



Smoothie Recipe Ideas



30 HEALTHY TASTY SMOOTHIE RECIPES



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Key

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (<20g per serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (>20g per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts





The Power Breakfast Smoothie

Serves 2 | 5 Minutes

- 5.2 oz. (150g) frozen blueberries
- 1 medium ripe banana
- 4 tbsp. rolled oats
- 2 tbsp. almond butter
- 16.2 fl. oz. (480ml) unsweetened almond milk
- 2 medjool dates, pitted
- 1.7 oz. (50g) vanilla protein powder

Blend all the ingredients in a blender until smooth. Serve.

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DF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	446kcal	26g	9g	14g



The Super Strawberry Breakfast Smoothie

Serves 2

5 Minutes

1 medium banana, sliced and frozen

5.2 oz. (150g) frozen strawberries

2 tbsp. rolled oats

1.7 oz. (50g) vanilla protein powder

2 tbsp. natural peanut butter

12.1 fl. oz. (360ml) unsweetened almond milk

Blend all the ingredients in a blender until smooth. Serve.

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DF	LC	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	323kcal	27g	29g	11g



The 'Coffee Lover' Smoothie

Serves 2

5 Minutes

4 tbsp. rolled oats

12.1 fl.oz. (360ml)
unsweetened almond milk

4 fl. oz. (120ml) water

1 oz. (30g) chocolate
protein powder

2 tsp. instant coffee powder

2 tsp. natural cocoa powder

1 banana

1 oz. (30g) pecans

Blend all the ingredients in a blender until smooth. Serve.

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DF	LC	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	282kcal	25g	14g	14g



The Energizer Smoothie

Serves 2

5 Minutes

8 oz. (240ml) coconut milk
(from carton)

8 oz. (240ml) chilled coffee

5.8 oz. (165g) coconut
yogurt, unsweetened

2 Medjool dates

1 oz. (30g) chocolate
protein powder

1 tbsp. natural cacao
powder

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	LC	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	210kcal	28g	11g	6g

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The Green Matcha Protein Packed Smoothie

Serves 2

5 Minutes

4 tbsp. rolled oats

½ tsp. matcha green tea powder

16.2 fl. oz. (480 ml)
unsweetened almond milk

1 banana, chopped &
frozen

1.7 oz. (50 g) vanilla protein powder

Blend all the ingredients in a blender until smooth. Serve.

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DF	LC	HP	V	Q	N
----	----	----	---	---	---

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	220kcal	23g	23g	4g

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The Super Green Protein Smoothie

Serves 2

5 Minutes

8 fl. oz. (240ml)
unsweetened almond milk

1 medium frozen banana

½ frozen mango

2 oz. (60g) spinach

4 tbsp. pumpkin seeds

2 tbsp. hemp seed hearts

1 oz. (30g) vanilla protein
powder

4 tbsp. water

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	286kcal	30g	19g	10g

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The Classic Strawberry Mango Protein Smoothie

Serves 2 | 5 Minutes

- 5.2 oz. (150g) frozen strawberries
- 1 frozen mango, chopped
- 4.2 oz. (120g) Greek yogurt
- 1.7 oz. (50g) vanilla protein powder
- 16.2 fl. oz. (480ml) almond milk, unsweetened
- 6 ice cubes

Blend all the ingredients in a blender until smooth. Serve.

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GF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	313kcal	36g	31g	5g



The Cherry Burst Protein Smoothie

Serves 2 | 5 Minutes

12.1 fl. oz. (360ml)
unsweetened almond milk

1 avocado

8 oz. (230g) frozen cherries

1.7 oz. (50g) chocolate
protein powder

2 tsp. vanilla extract

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	LC	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	350kcal	24g	23g	18g



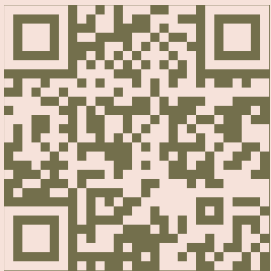
The Spiced Banana Protein Smoothie

Serves 2 | 5 Minutes

- 4 tbsp. rolled oats
- 16.2 fl. oz. (480ml) unsweetened almond milk
- 1 banana
- 1 apple
- 1 tsp. ground cardamom
- 1.7 oz. (50g) vanilla protein powder

Blend all the ingredients in a blender until smooth. Serve.

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DF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	268kcal	35g	23g	4g



The Superfood Cocoa Smoothie

Serves 2

5 Minutes

1 medium banana, sliced and frozen

1 cup (150g) frozen blueberries

1 cup (70g) kale

2 medjool dates, pitted

1 tbsp. ground flax seeds

3 frozen cauliflower florets (40g)

2 scoops (50g) chocolate protein powder

1 ½ tbsp. natural cocoa powder

2 cups (480ml) unsweetened almond milk

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	354kcal	50g	25g	6g



The Post Workout Strawberry Smoothie

Serves 2 | 5 Minutes

5.2 oz. (150g) frozen strawberries

8 fl. oz. (240ml) cartoned coconut milk

1.7 oz. (50g) vanilla protein powder

2 tsp. honey

2 tsp. vanilla extract

2 tsp. desiccated coconut

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	LC	HP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	192kcal	16g	23g	4g



The High Protein Golden Glow Smoothie

Serves 2

5 Minutes

1 mango, chopped & frozen

1 banana, sliced & frozen

4.2 oz. (120g) Greek yogurt

1 tsp. ground cinnamon

1 tsp. ground turmeric

½ tsp. ground ginger

pinch of black pepper

8 fl. oz. (240ml)
unsweetened almond milk

1.7 oz. (50g) vanilla protein
powder

Blend all the ingredients in a blender until smooth. Serve.

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GF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	340kcal	45g	32g	4g

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The Berry Blast Protein Smoothie

Serves 2 | 5 Minutes

7.7 oz. (220g) frozen mixed berries

1 chopped frozen banana

2 tsp. chia seeds

1.7 oz. (50g) vanilla protein powder

16.2 fl. oz. (480ml) unsweetened almond milk

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	LC	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	256kcal	29g	26g	4g



The Protein Cinnamon Roll Smoothie

Serves 2

5 Minutes

8 fl. oz. (240ml) almond milk, unsweetened

4.2 oz. (120g) Greek yogurt

1.7 oz. (50g) vanilla protein powder

4 tbsp. rolled oats

1 tbsp. honey

1 tsp. ground cinnamon

1 banana, chopped and frozen

Blend all the ingredients in a blender until smooth. Serve.

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GF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	288kcal	35g	28g	4g

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The Anti-Inflammatory Turmeric Smoothie

Serves 2 | 5 Minutes

16.2 fl. oz.(480ml)
unsweetened almond milk

2 oz. (60g) packed spinach

½ tsp. ground turmeric

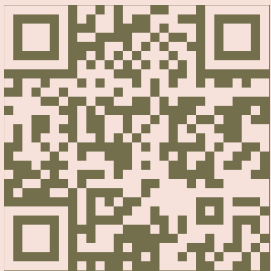
pinch of black pepper

2 tbsp. chia seeds

11.6 oz. (330g) frozen
pineapple chunks

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	203kcal	30g	5g	7g



The Green Glow Smoothie

Serves 2 | 5 Minutes

2 medium bananas, frozen

12.1 fl. oz. (360ml)
unsweetened almond milk

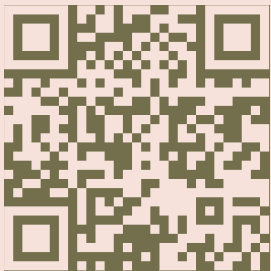
2 oz. (60g) baby spinach

24 mint leaves

10 ice cubes

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	LC	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	146kcal	29g	3g	2g



The Golden Mango Smoothie

Serves 2

5 Minutes

1 mango, peeled, chopped,
& frozen

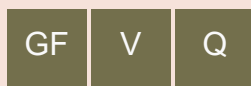
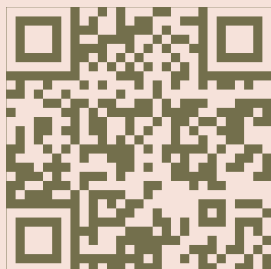
10.5 oz. (300g) Greek
yogurt

1 tbsp. turmeric root,
chopped

4 clementines, peeled

Blend all the ingredients in a blender until smooth. Serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	316kcal	53g	17g	4g

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The Pineapple & Ginger Lassi

Serves 2

5 Minutes

12. 6 oz. (360g) plant-based
vanilla yogurt

11.6 oz. (330g) canned
pineapple with juice

8 fl. oz. (120ml) canned
light coconut milk

½ tsp. grated ginger root

10 ice cubes

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	305kcal	46g	10g	9g



The Green Mean Smoothie

Serves 2

5 Minutes

½ avocado, pitted

11.6 oz. (330g) pineapple chunks

2 oz. (60g) baby spinach

8 fl. oz. (240ml) coconut milk (from carton)

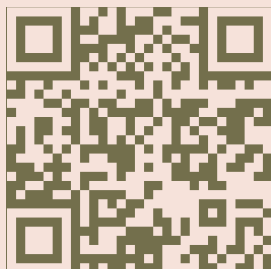
4 tbsp. lime juice

4 tbsp. coriander, chopped

2 tsp. ground ginger

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	255kcal	36g	3g	11g

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The Strawberry Summer Smoothie

Serves 2

5 Minutes

4.2 oz. (120g) Greek yogurt

4 tbsp. coconut milk

4 tbsp. orange juice

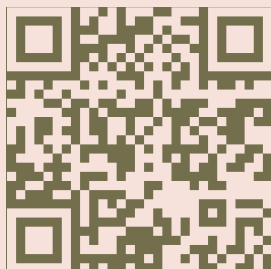
5.2 oz. (150g) frozen strawberries

1 orange, peeled

1 tbsp. honey

Blend all the ingredients in a blender until smooth. Serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	170kcal	31g	7g	2g

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The Post-Workout Cocoa Smoothie

Serves 2

5 Minutes

5.4 fl. oz. (160ml)
unsweetened almond milk

4.2 oz. (120g) Greek yogurt

1 tbsp. ground flaxseed

1 tbsp. natural cocoa
powder, unsweetened

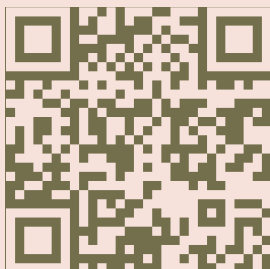
2 tbsp. peanut butter

½ tsp. vanilla extract

1 medium banana, chopped
and frozen

Blend all the ingredients in a blender until smooth. Serve.

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GF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	488kcal	45g	23g	24g

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The Kiwi Burst Smoothie

Serves 2

5 Minutes

5.6 oz. (160g) coconut yogurt

8 fl. oz. (120ml) coconut milk (from a carton)

¼ tsp. grated ginger root

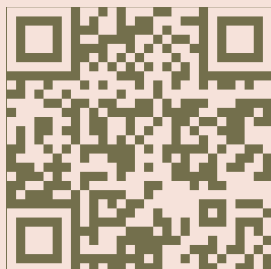
2 kiwis, peeled and quartered

2 tbsp. quinoa flakes

2 oz. (60g) baby spinach

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	LC	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	157kcal	24g	4g	5g

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The Purple Power Smoothie

Serves 2

5 Minutes

12.1 fl. oz. (360ml) water

10 oz. (285g) red cabbage,
shredded and frozen

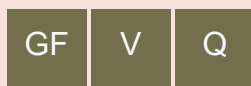
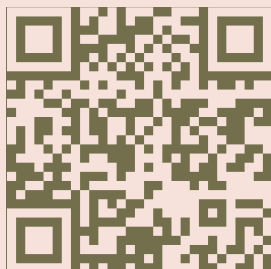
5.2 oz. (150g) blueberries,
frozen

1 banana, chopped and
frozen

5.8 oz. (165g) vanilla yogurt

Blend all the ingredients in a blender until smooth. Serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	231kcal	44g	7g	3g

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The Mocha Smoothie

Serves 2

5 Minutes

10.6 fl. oz. (315ml) cold
brew coffee

4.2 oz. (120g) Greek yogurt

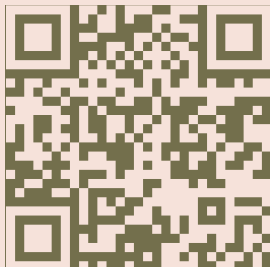
2 medjool dates, pitted

1 ½ tbsp. natural cocoa
powder

½ tsp. vanilla extract

Blend all the ingredients in a blender until smooth. Serve.

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GF	LC	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	150kcal	26g	7g	2g

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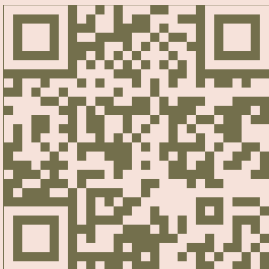
The Perfect Piña Colada Smoothie

Serves 2 | 5 Minutes

- 4 tbsp. oats
- 16.2 fl. oz. (480ml) almond milk, unsweetened
- 7 oz. (200g) pineapple chunks
- 4 tbsp. desiccated coconut
- 1 oz. (30g) walnuts

Blend all the ingredients in a blender until smooth. Serve.

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DF	LC	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	295kcal	25g	6g	19g



The Creamy Carrot Cake Smoothie

Serves 2

5 Minutes

1 banana, chopped & frozen

1 carrot, peeled & grated

2 tbsp. rolled oats

2 tbsp. almond butter

¼ tsp. ground cinnamon

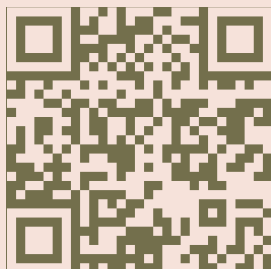
⅛ tsp. ground ginger

1 tbsp. honey

8 fl. oz. (240ml) almond milk, unsweetened

Blend all the ingredients in a blender until smooth. Serve.

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DF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	255kcal	33g	6g	11g



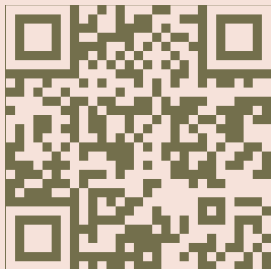
The Classic Banana Smoothie

Serves 2 | 5 Minutes

- 2 medium bananas, sliced & frozen
- 4.2 oz. (120g) Greek yogurt
- 1 tbsp. ground flax seeds
- 8 fl. oz. (240ml) unsweetened almond milk
- 1 tsp. vanilla extract

Blend all the ingredients in a blender until smooth. Serve.

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GF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	196kcal	32g	8g	4g



The Best Apple Pie Smoothie

Serves 2

5 Minutes

4 fl. oz. (120ml) almond milk, unsweetened

4.2 oz. (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored, & chopped

1 medium banana, sliced & frozen

1 tbsp. honey

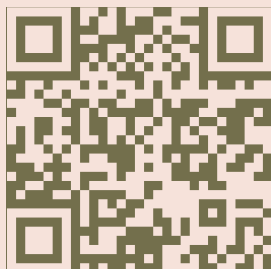
1 tbsp. almond butter

1 tsp. vanilla extract

1 ½ tsp. ground cinnamon

Blend all the ingredients in a blender until smooth. Serve.

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V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	295kcal	48g	10g	7g

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The Sweet Potato Smoothie

Serves 2

5 Minutes

9.5 oz. (270g) sweet potatoes, peeled & chopped

1 medium banana, sliced & frozen

8 fl. oz. (240ml) unsweetened almond milk

4.2 oz. (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

Blend all the ingredients in a blender until smooth. Serve.

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GF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	360kcal	50g	13g	12g

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The Zen Smoothie

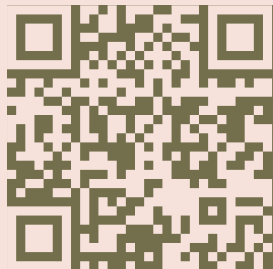
Serves 2

5 Minutes

- 1 cucumber, chopped
- 6.5 oz. (185g) green grapes
- 2 carrots, peeled & chopped
- 2 slices lemon
- 1 cup water
- 5 ice cubes

Blend all the ingredients in a blender until smooth. Serve.

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GF	DF	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	245kcal	55g	4g	1g



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DAILY REAL FOOD

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