



Smoothie Recipes

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Fruits

- 1/2 Avocado
- 1 1/2 Banana
- 1/2 cup Blueberries
- 1 cup Pineapple
- 1/2 cup Raspberries
- 1/2 cup Strawberries

Breakfast

- 3 tbsps Almond Butter

Seeds, Nuts & Spices

- 1 tbsp Chia Seeds
- 1/2 tsp Cinnamon
- 2 tbsps Hemp Seeds
- 1 tbsp Whole Flax Seeds

Frozen

- 1/2 cup Frozen Banana
- 1 cup Frozen Berries
- 1/2 cup Frozen Blueberries
- 1/2 cup Frozen Mango
- 12 Ice Cubes

Vegetables

- 3 cups Baby Spinach
- 1/4 Cucumber
- 1 1/2 cups Kale Leaves

Baking

- 1 tsp Cocoa Powder

Cold

- 2 1/2 cups Soy Milk
- 5 1/4 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1/4 cup Chocolate Protein Powder
- 1 1/2 cups Vanilla Protein Powder



Berry Banana Smoothie

1 serving
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 cup Frozen Berries
1/2 Banana
1 cup Kale Leaves
1/4 cup Vanilla Protein Powder
1 tbsp Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



Vanilla Berry Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Soy Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	523
Fat	25g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	39g
Cholesterol	4mg
Sodium	213mg
Vitamin A	63IU
Vitamin C	23mg
Calcium	652mg
Iron	5mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size: One serving is equal to approximately two cups.

Soy-Free: Use coconut milk or oat milk instead.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Consistency: If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.



Chocolate Kale Smoothie

1 serving
5 minutes

Ingredients

- 1/2 cup Kale Leaves (finely chopped)
- 1 cup Unsweetened Almond Milk
- 1/2 Avocado (medium, pitted)
- 1/4 cup Chocolate Protein Powder
- 1 tsp Cocoa Powder
- 4 Ice Cubes (optional)

Nutrition

Amount per serving	
Calories	283
Fat	18g
Carbs	13g
Fiber	10g
Sugar	1g
Protein	23g
Cholesterol	4mg
Sodium	212mg
Vitamin A	1151IU
Vitamin C	20mg
Calcium	606mg
Iron	2mg

Directions

- 1 Add all the ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed fresh.

Serving Size: One serving is approximately 1 1/4 cups.

More Flavor: Use your preferred choice of milk.



Banana Spinach Smoothie

1 serving

5 minutes

Ingredients

- 1 Banana (frozen)
- 1 cup Baby Spinach
- 4 Ice Cubes
- 1/2 cup Unsweetened Coconut Yogurt
- 1 cup Soy Milk
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	357
Fat	8g
Carbs	48g
Fiber	6g
Sugar	24g
Protein	28g
Cholesterol	4mg
Sodium	202mg
Vitamin A	2889IU
Vitamin C	19mg
Calcium	699mg
Iron	3mg

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

No Soy Milk: Use other milk alternative.



Pineapple Spinach Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 4 Ice Cubes
- 1/2 cup Unsweetened Coconut Yogurt
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g
Cholesterol	4mg
Sodium	249mg
Vitamin A	3408IU
Vitamin C	87mg
Calcium	866mg
Iron	2mg

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 2 1/2 cups.

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Strawberry Blueberry Smoothie

1 serving
5 minutes

Ingredients

- 1/2 cup Frozen Blueberries (wild)
- 1/2 cup Strawberries (stems removed)
- 1 1/4 cups Unsweetened Almond Milk
- 1 tbsp Chia Seeds
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g
Cholesterol	4mg
Sodium	242mg
Vitamin A	668IU
Vitamin C	44mg
Calcium	772mg
Iron	2mg

Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Cucumber, Mango & Banana Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Banana
- 1/2 cup Frozen Mango
- 1/4 Cucumber (medium, chopped)
- 1 cup Baby Spinach
- 2 tbsps Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	51g
Fiber	11g
Sugar	28g
Protein	30g
Cholesterol	4mg
Sodium	228mg
Vitamin A	4360IU
Vitamin C	50mg
Calcium	743mg
Iron	3mg

Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use another plant-based milk such as cashew or oat.

No Almond Butter: Use cashew butter or sunflower seed butter.

Additional Toppings: Add chia seeds or hemp seeds.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.