

THE ULTIMATE SMOOTHIE GUIDE

Blending a better body in 5 minutes a day

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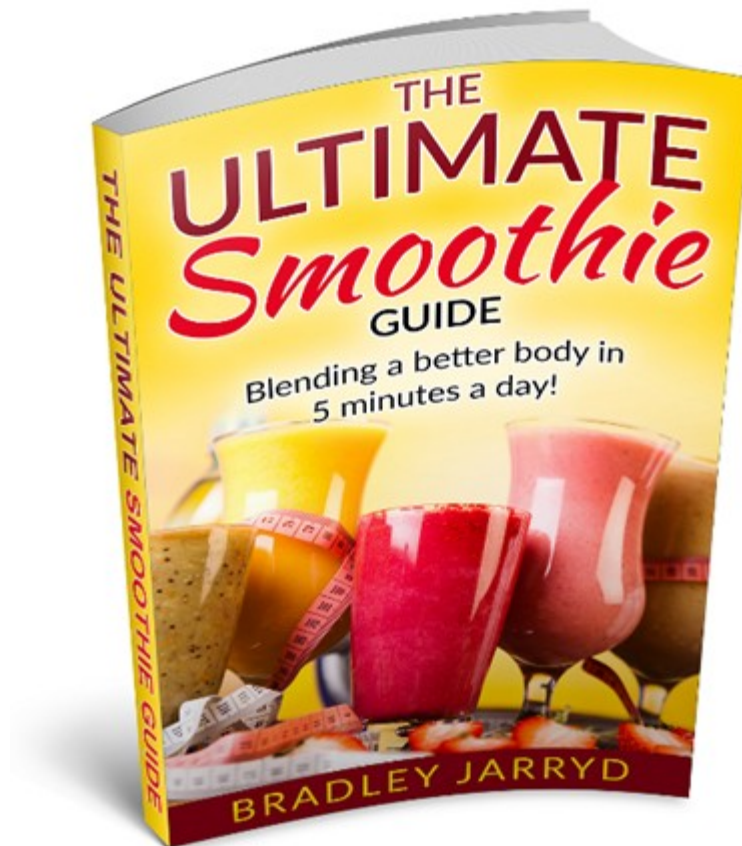


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Introduction

Hi and welcome to *The Ultimate Smoothie Guide: Blending a better body in 5 minutes a day!* This informal but detailed guide will give you all the information you need to making your own healthy, vitamin loaded, fat blasting, muscle building smoothies that your taste buds will crave. I will also show you how to find the right protein as well as how making your own smoothies will save you thousands of dollars while transforming your body. And of course, I will share with you my favorite recipes that helped me get into the best shape of my life while enjoying every sip.

Before I touch on smoothies, let me first say thank you for choosing to read this book. I am truly flattered. To me, this also means you care about your health and well being and are searching for ways to improve that area in your life. Whether you're looking to completely reshape your life or just pick up a few concepts and recipes, I wish you the best. As always, I can be reached on my website for personal coaching as well as any questions or comments you have and on Instagram for more recipes and health tips.

www.TheBradass.com

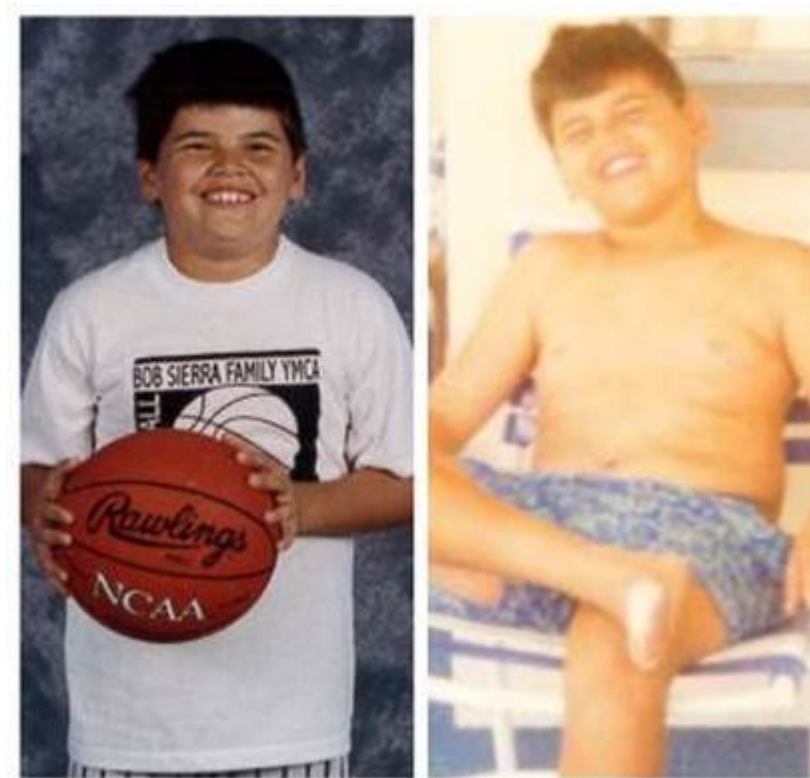
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Before I dive in to everything smoothie related, I'd like to share with you a brief background so you know why people close to me have dubbed me "The Real Smoothie King."

My background

I was born in Johannesburg, South Africa back in the summer of '86, but quickly moved to Tampa, Fl at the tender age of 4 with my parents as the apartheid was coming to an end and there was a lot of uncertainty in SA.

As a child, I had a pretty normal childhood. Growing up, I played video games with friends but also got a lot of exercise. I was always tall for my age (currently 6'3 and hoping for another growth spurt so I can sign with the Lakers) which kept me decent at athletics but yet I was overweight due to a horrible diet which included 3-4 sodas per day, brownies readily available for dessert and an ever growing monster appetite. Just so you have an idea of my appetite, I remember devouring an entire Papa John's 16" XL "The Works" pizza in one sitting as a 14 year old! That is 10 slices and 2500+ calories.....and of course there was room for dessert! I can also proudly say that just a few months ago, I easily cleared 2 burrito bowls at Chipotle and will soon tackle 3 bowls in one sitting later this year...but I digress..



Fast forward a few years....

It's 2002 and I am in high school. I am still not "healthy" but have started working out since seeing all the cool "jocks" at my school getting all the attention from the ladies. Now that I have a ride..1998 Ford F150 V8(my first love), I can drive to the gym and also find a part time job that wasn't within walking distance.

Enter Smoothie King. My second ever “real job” was at the popular chain, Smoothie King which was located close to my high school in the nicer part of town. I remember thinking to myself, “Wow, this place is cool! It's healthy, I get to drink free smoothies, and most importantly, hot girls from my high school come in here!” What a great situation, right?

Everything I wanted from that job came true and then some. Bodybuilders would come in asking for a specific concoction and I would ask “Why this ingredient or why not this drink?” Diabetics and recovering bulimics would ask for specific drinks and I would do the same. I ended up learning a boat load about all of the ingredients and what goals these ingredients achieved. I also had the freedom to experiment. What flavors worked well together and which didn't. How much protein will make the drink grainy versus just the right amount. What makes smoothies too runny, too thick, too icy, too sweet, too bitter, etc. It was essentially 2 ½ years at a smoothie school that I got paid \$10/hour to attend.

By the time I left, I had a new understanding of fruits, flavors, nutrition, and smoothies. What I didn't expect is for my habit of drinking smoothies to not only continue, but grow into a full blown obsession.

Ever since my job at Smoothie King, I have consumed 1-3 smoothies per day, except for travel days or vacations where piña coladas are all that's available.

At first, I made my smoothies as similar to Smoothie King's as possible, but throughout the years I would continually research nutrition more and more. I was still looking for ways to get rid of the 25+ lbs of belly fat that my unhealthy childhood had earned. Over time, light bulbs started going off in my head. Fourteen years and two more smoothie bar jobs later, light bulbs still go off with new ingredients and new nutrition trends being brought before us.

Now, in 2016, I have successfully lost that 25lbs and have become a NASM Certified Personal Trainer with a Fitness Nutrition Specialization Certification, health coach/weight loss consultant, and international male model signed with NEXT, Wilhelmina, and Ford.

How?

Diet, exercise, and of course.....Bradass smoothies!



Top Excuses People Don't Eat Healthy

So you're wondering....."Yeah smoothies are pretty good, but what's so great about smoothies in particular?"

Glad you asked! Have you ever uttered these words? Be honest.....

"I don't have time to eat healthy."

"If I buy groceries, they'll just go bad before I eat them."

"My kitchen is too small to cook."

"I can't cook because I am always on the go."

"I don't have enough money to eat healthy."

"I don't want to have to do dishes."

"I'm just too lazy to cook."

"I like to have variety when I eat."

Making your own Bradass smoothies eliminates all of these excuses! Let's quickly go over them.

1) "I don't have time to eat healthy." Making a protein smoothie takes me approximately 3-5 minutes. That's the same amount of time to warm up your Hungry Man dinner. Boom! Excuse gone!

2) "If I buy groceries, they'll just go bad before I eat them." Fair enough. I used to find myself trying to gobble down a few extra ripe avocados in a day before they spoiled. It's not fun. Fortunately, most ingredients I use have a long shelf life or are freezable INCLUDING AVOCADOS!

3) "My kitchen is too small to cook." I lived in Manhattan twice. I know a small kitchen when I see one! Fortunately, all you need is a blender which can easily fit on top of your mini fridge.

4) "I can't cook because I am always on the go." This is a common excuse. We're all busy and on the run. Even though you can travel around town with prepped meals, it's not ideal if you may not have a way to reheat it. Enter smoothies! On many shoot days, I have to be on set at 5am and may not get out until 5pm or later. Not knowing what kind of food will be on set, I always take an extra 5 minutes to prep a smoothie before I leave and pour it into my thermos. Just the way a thermos keeps your soup and coffee hot for hours, it will also keep your smoothie cold for hours on end.

5) "I don't have enough money to eat healthy." I feel you on this one. I used to think I couldn't afford to eat healthy because I simply eat so damn much! (You'll see in the next section what my appetite can handle.) However, after a few grocery trips, I was able to figure out what healthy foods were a bargain versus which ones drained my account. Hint: whole foods like fruit,

veggies, rice, oats, eggs, etc will be the easiest on your wallet while prepared “healthy” foods like kale chips and a fruit salads will deplete every last penny you got. Fortunately, with smoothies, you do the preparing yourself. By dumping all of the ingredients into a blender jar and pressing a button, you save a couple bucks each time.

6) “I don't want to have to do dishes.” I don't blame you. I still hate doing dishes. That's why smoothies make even more sense. I typically have one spoon, one glass, and the blender jar to worry about. Most of the time, I just rinse the blender jar for 15 seconds and wait to thoroughly clean it once to twice per week. (But I can also be disgusting!).

7) “I'm just too lazy to cook.” You and me both, brother! Did I mention you literally just dump a few ingredients into a jar that magically transforms it into a delicious and filling elixir?

8) “I like to have variety when I eat.” You're making this too easy for me. Just like the movie, Fight Club,....there are no rules with smoothies! I have made smoothies with popular combinations like Strawberry/banana or Chocolate/peanut butter. I have also made off the wall smoothies that included carrot juice and cayenne pepper and another that was based on fresh green beans and tofu. We all like variety. Hell, it's the spice of life.

As you can see, smoothies will only help you achieve your fitness goals and keep you moving toward a healthy lifestyle.

Saving Money with Smoothies

Before I go any further, I really want to address one final excuse I hear from time to time....”Smoothies are really expensive. It's cheaper to just eat out.” I agree with you that smoothies at fitness shops and health boutiques can be pricey. I remember paying \$11 for a 20oz smoothie. I could have easily drank 2-3 of those suckers. That's way too much money. This is one reason why I rarely buy smoothies.

On the flip side, making your own killer creations will save you a heap of money. Let's breakdown a typical scenario.

Let's assume you spend \$10 to go out for lunch everyday at work. That would equate to \$50/week. Assuming you have 2 weeks of vacation time, over a year, you would have spent \$2500 for lunch. That's a hefty chunk.

Let's compare that to *The Banana Berry Protein Refresher....*

Ingredients | Cost

1 cup milk | \$3.50 per gallon average/ 16 cups = \$.22 cents per cup
1 scoop Vanilla protein | \$50 for a 5lb tub/70 servings = \$.72 cents per scoop
1 cup fresh strawberries | Frozen strawberries \$2.50/3 cups(1lb) = \$.83 cents per cup
1 large ripe banana | \$.30 cents
2 tablespoons sweetener | <\$.10 cents for sugar
1.5 cups of ice | free (essentially)

22 cents + 72 cents + 83 cents + 20 cents + 10 cents = **\$2.17**

For less than ¼ of the price, you get a healthy and high protein refreshing smoothie.

It's unrealistic to replace every day's lunch out with a smoothie, but if you did, the savings would be $\$10 - \$2.17 = \$7.80$ per day or \$39 per week and \$1950 in a year.

A more realistic scenario would be to pre blend a smoothie 2-3 times per week which would still save you \$800 - \$1000 per year while filling you with natural healthy ingredients.

“One big problem,Brad! I don't have a blender at work and if I make it before work, it will have melted...” I hear you and that was a concern of mine as well. With my endless traveling throughout the day, I needed an amazing insulated bottle, large enough to contain one of my man sized smoothies. After hours of searching,...I decided on the ThermoCafe by Thermos.

For less than \$30, the ThermoCafe has successfully kept my smoothie at an ideal consistency and temperature for 5 hours. Of course there's a longer span if kept in the fridge and shorter if you're in warm weather. This product has easily paid itself off for me in both money and time since I often spend the day driving from appointment to appointment. It also works for keeping food warm. Personally, I like the ThermosCafe because it was so big! The size I bought holds over 40 oz of mouth watering Bradass smoothie! Plus it was sold on Amazon, but you can use your own. Just make sure it insulates well.

Lastly, most of my protein smoothie recipes require ingredients that have long life spans. Protein and nut butters last 1+ years. Also, frozen fruits can last 6-8+ months as well. Only low cost dairy requires some attention. This means that you will be throwing out less food that has gone bad which gives you additional savings.

Now that we've eliminated all of these excuses, let me touch on blender shopping before I go into the amazing health benefits of smoothies.

Finding Your Perfect Blender

I have gone through my fair share of blenders over the years. Some have been great and others have been flat out horrible. Here are a few words of wisdom I have to offer on finding the right blender for you.

- 1) Stay within your budget. You don't need a \$500 Vitamix to make healthy smoothies. I have used Vitamix blenders in the past and they are very powerful and smoothies with perfect consistencies. But honestly, that's a lot of money for most people and it's just not necessary.
- 2) Don't buy the cheapest one either! I have bought a few “temporary” blenders that had 500w-600w motors that were used while I was traveling. The problem with these cheap blenders is that the motor will start burning within the first few uses if you follow my recipes. The weak motor doesn't handle ice or frozen fruit well and can take 5 frustrating minutes or longer of straight blending to get a consistency that will slide smoothly out the blender jar.
- 3) Nutribullet and similar blenders will be too small to make larger smoothies like the ones I make. If you would like a smaller smoothie, you will have to adjust the recipe to see what works. Many times that means using less protein so that the texture isn't grainy.
- 4) Lastly, buy from a company with a great return policy. In spite of great reviews, you may find a blender just doesn't work for you for whatever reason. Remember, you want a blender you are happy with and can rely on! Nothing is more annoying then when the blender leaves chunks of ice for you to spit out or obliterates your smoothie into a water thin substance. Take your time and give the blender a week long trial. I have returned around 8-10 blenders in my life and I'm sure that number will continue to grow!

Smoothie Health Benefits

- 1) Smoothies contain a lot of water, keeping you well hydrated. Fruits and vegetables contain mostly water, then you're adding ice and liquid on top of that.
- 2) In comparison to juicing, you are retaining all of the fiber found in the fruits and veggies as well as creating more volume. This means the smoothie is more filling and slower digesting; both of which is ideal for fat loss.
- 3) Making smoothies with all of these fruits and vegetables will give you all of the vitamins and minerals to reduce blood pressure, fight off disease, and keep your energy levels high.
- 4) Smoothies can help you kick the coffee habit in the morning.
- 5) Smoothies make eating your fruits and vegetables easy and tasty.
- 6) Smoothies are incredibly refreshing, especially in hot weather!

My Smoothie Recipes Compared to Others

Frequently, clients will tell me about a smoothie “I just have to try!” I'll ask about it and they'll tell or show me the recipe that they most likely found online. It will look something like this....

Example:

Healthy Happy Colorful Vegan Bliss Rainbow Smoothie of Dreams Recipe

1 cup Orange juice
½ chopped apple
1 banana
½ cup frozen pineapple
½ cup frozen mango
1 tbsp flaxseed
2 tbsp chia seed
dash of cinnamon
4 ice cubes

Looking at it at first glance, you may think “Hey, this looks pretty good.” These ingredients are healthy. Take a look here at the nutritional breakdown and see if you can spot the common theme that irks health professionals like me...

1 cup Orange juice | 110 calories, 26g carbs, 21g from sugar, 2g protein
½ chopped apple | 50 calories, 12g carbs, 10g from sugar, .5g protein
1 medium banana | 105 calories, 27g carbs, 14g from sugar, 1.3g protein
½ cup frozen pineapple | 37 calories, 10g carbs, 7g from sugar, 0.4g protein
½ cup frozen mango | 53 calories, 14g carbs, 12g from sugar, .8g protein
2 tbsp flaxseed | 90 calories, 6.5g fat, 5g carbs, 0 sugar, 4g protein
2 tbsp chia seed | 60 calories, 4g fat, 4g carbs, 0g sugar, 2g protein
dash of cinnamon | minimal calories
4 ice cubes | 0 calories

*minimal fat in all of the fruits

So when you total the nutrition of this smoothie, you get:

Calories: 505
Fat: 10.5g
Carbohydrates: 98g
Sugar: 64g
Protein: 11g

505 calories doesn't say much on it's own. For me that is a snack, while for others that is a big meal. Same with the fat. The quality of fat is high so I'm cool with that. It's the last 3 categories that alarm me and this is where my smoothies differ.

Looking at the Carbohydrates line, 98g of carbohydrates is extremely high for one little smoothie! 64G of sugar is insane! That is equivalent to 1 ½ cans of soda! No bueno!

When losing fat, I learned to reduce my carbohydrates, but especially my sugar intake. This is why a lot of bodybuilders and physique competitors would come to Smoothie King with their unusual requests. They would want me to strain the strawberries (which came prepackaged in a red sugar syrup). They would ask which smoothies had the lowest carbohydrate count and highest protein count.

I learned that the healthiest smoothies had a solid source of protein. After that, carbohydrate sources such as fruits and some vegetables and fats such as nut butters and seeds could be added depending on your goal.

But if you want a smoothie that will rev your metabolism, build muscle (which will burn even more fat), and be satisfying as a snack or meal replacement, then **YOU NEED TO HAVE AT LEAST 20-25G OF PROTEIN IN YOUR RECIPE!**

As of today, I have made over 5000 smoothies in my life. Since leaving my job at Smoothie King, of the thousands of smoothies I have made, I can't think of one occasion that I have made a smoothie without 25-30g of protein.

When ordering at your favorite smoothie bar, make sure to ask for the nutritional content. There's a good chance if it tastes too good to be healthy, it probably is. Of course, you are more than welcome to make any of the smoothies listed in this book without protein. This was just a disclaimer. :)

Now without further ado,.....

The Ultimate Bradass Smoothie Guide

Step 1: The Base

Almost any protein smoothie you make with ice or frozen fruit will need a liquid base to act as a lube for ideal blending. Using the correct base to match your flavors and using the perfect amount is critical to a delicious smoothie with the consistency you are looking for. Not enough of a base will result in a chunky partially blended drink while too much of a base will make your smoothie runny.

First, the choices of bases for your protein smoothies.

Water - This one is easy. Water is easily available and contains zero calories. The downside is that you are literally watering down your smoothie. Water plus ice requires lot of work from other ingredients to bring flavor to your protein smoothie.

Milk - Milk is a great option since dairy will add creaminess and flavor to your smoothie. Nowadays there are so many varieties of milk. Whole fat down to skim, almond milk, rice milk, soy milk, hemp milk, lactose free milk, soy milk, goat milk, breast milk...just kidding but you get the idea.

Milk Type	Calories	Fat (g)	Carbohydrates(g)	Protein(g)
Silk Unsweetened Almond Milk	30	2.5	<1	1
Silk Sweetened Almond Milk	90	2.5	16	1
Generic Whole Milk	148	8	12	8
Generic 2% Milk	124	4.9	12	8
Generic 1% Milk	103	2.4	12	8
Generic Skim milk	83	0	12	8
Soy Milk	152	3.7	24	5
Unsweetened Soy Milk	80	4	4	7
Rice Dream Original Rice Milk	120	2.5	23	1
Rice Dream Unsweetened Original Rice Milk	70	2.5	11	0
Generic Goat's Milk	168	10	11	9

I use a form of milk for almost all of my protein smoothie recipes. My favorite is unsweetened vanilla almond milk. Though it practically has no protein, there is only 30 calories in a cup and 0 sugar.

Fruit juices - Fruit juices can make delicious alternatives as well. The most popular fruit juices for protein smoothies are orange juice, pineapple juice, and apple juice however any mixed berry juice you find at the grocery store can also work. I would throw coconut water and aloe juice in this category too.

I don't use juices very often in my smoothies because of the high sugar content. However, post workout is a great time to have a fruit juice based protein smoothie simple to quickly deliver protein to your fatigued muscles. Some juices come in a "diet" or "light" version which is a fraction of the calories. While this is one option for cutting calories, pay attention to the sweeteners that are substituted for sugar. Many times, artificial sweeteners such as sucralose and aspartame are used. While research is torn as to whether these chemicals can cause harm to humans, remember that unsweetened is always better.

Fruit Juice	Serving size	Calories	Fat (g)	Carbohydrates	Protein (g)
Mott's 100% Apple Juice	1 cup	120	0	29	0
Simply Orange Orange Juice	1 cup	110	0	22	2
Ocean Spray 100% Cranberry Juice	1 cup	140	0	36	0
Vita Coco Coconut Water	1 cup	45	0	11	0
Minute Maid Mixed Berry	1 cup	120		29	0

Other bases include...

Coffee- There are a few more creative bases that can be used in your protein smoothies. Brewed coffee is one great low calorie alternative. Brewed coffee is practically calorie free and adds wonderful flavor. Coffee also tastes great with most protein powders. The protein acts as a sweetener and a cream when blended with black coffee.

Egg Whites - If you're really looking to boost your protein intake, egg whites will do the trick. One cup contains 126 calories, no fat or carbs, and a whopping 26 grams of muscle building protein. The sound of drinking egg whites may sound strange but mixed in a smoothie and you would never know.

Yogurt/Kefir - Yogurt has one of those consistencies that can be used as a base but only with a great blender and soft ingredients to assist in the blending. Most likely, you will need a few ounces of pure liquid base. Kefir is an amazing pro-biotic which will help support intestinal health and digestion but can have a sour taste unless you purchase the sweetened variety. If you are going to use yogurt or kefir, make sure you notice the sugar and fat content. I recommend you buy the lowest fat and unsweetened variety.

Tea: A cup of flavored tea is a delicious alternative to water with hardly any calories. With so many teas available, it's up to you to experiment. A few of my favorites include ginger tea which is great for digestion, green tea which contains caffeine and is a metabolism booster, chai tea which adds a mild spicy taste, and any fruit flavored tea for flavor enhancement.

Step 2: The Protein Source

In part 1, we discussed the numerous bases that you can use to start your smoothie. Some of which can be part of your protein source (egg whites, dairy milk, and yogurt).

In this section, we will delve deeper into your protein sources that will make your smoothie build muscle, burn fat, and fill your stomach.

Protein Powder - The most common choice. Just like milk, there is an array of types of protein on the market including soy, rice, egg, whey, casein, pea, and hemp. Below is a comparison chart between the different proteins. While plant based proteins are gaining popularity, I am most familiar with whey and casein. Both offer a creamy taste (dairy duh). I have started to implement rice and pea protein into my smoothies especially for easier digestion. Rice and pea protein have a distinct texture and taste. Though different, I like both flavors.

If you're new to protein powders, they can take a little getting used to. Some people strongly dislike the taste while others feel like it makes the smoothie grainy. Some of this has to do with the variety of protein. I find vegan protein to be very grainy in comparison to dairy protein(whey and casein). Another reason is because there is too much protein powder in the smoothie. If you don't add enough of the other ingredients, the smoothie will be like drinking sand.

Protein quality is another subject I want to quickly touch on. I always recommend the highest quality protein your budget allows. I personally like whey isolate protein which is 92%+ pure whey protein compared to whey concentrate which is typically 70%-80% and the rest is filler. Whey isolate also has a very low lactose content if your that is an issue of yours. Lastly, watch out for artificial sweeteners and strange ingredients. Most flavored proteins contain some so read the label carefully.

You'll also notice in the chart below, there is a column titled "Speed of Digestion." This mostly related to working out. Long story short, after an intense workout, it is ideal to have a fast digesting protein to repair your muscles while slow and moderate digesting protein can be consumed other parts of the day and before bed.

My advice is to experiment and find a protein that works for you. Ask around, do research, and try the individual serving protein packs that are sold and given away at supplement stores. This way, you're not stuck with a 5lb tub of a protein that you can't stand.

Types of Protein and Attributes

Protein Type	Speed of Digestion	Pros	Cons	Hypoallergenic
Whey Concentrate	Fast	Ease to find, affordable	May cause bloating and discomfort	No
Whey Isolate	Fast	Low lactose and very high quality	Expensive compared to Whey Concentrate	Yes...ish
Casein	Slow	Ideal before bed	May cause bloating and discomfort	No
Rice	Moderate/ Fast	Easy to digest and vegetarian	Incomplete Protein	Yes
Pea	Moderate/ Fast	Easy to digest and vegetarian	Incomplete Protein	Yes
Soy	Moderate	The highest quality plant protein (vegan)	Conflicting research as to increased estrogen levels in men and women	No
Hemp	Slow	Great source of fiber	May be expensive and tough to find. Harsh taste too!	No
Egg	Moderate	Lactose free and rich in vitamins and minerals	Can be expensive and difficult to find	No

*Note: Hypoallergenic means that the **protein** has been “hydrolyzed” or broken down into tinier **proteins** that are less likely to cause allergic reactions.*

Dairy products - The other primary source of protein for your smoothies are dairy. Don’t think that yogurt is the only option though. Greek yogurt, cottage cheese, and even ricotta cheese add protein, creaminess, and sustenance to any smoothie. Review this chart below to get an idea of the nutritional content of the different dairy sources.

Keep in mind that I did not include reduced fat options nor did I include flavored yogurts and cottage cheese containing fruit. The reason being is because you can always add sweetener and fruit to your smoothie later on. If you will use a flavored dairy product, you will not need as much sweetener as dairy companies add sugar to their flavored products. Personally, I almost always add ½ cup of a dairy protein source because it really helps the blending. These “in between” consistencies do a great job bringing the powers, liquids, and ice together in the blender.

Type	Calories (8 oz)	Fat (g)	Carbohydrates (g)	Sugar(g)	Protein (g)
Full Fat Plain Yogurt	149	8	11	11	9
Fat Free Plain Yogurt	80	0	12	12	8
Full Fat Greek Yogurt	190	10	8	8	18
Fat Free Greek Yogurt	130	0	9	9	26
Full Fat Cottage Cheese	240	12	10	8	24
Fat Free Cottage Cheese	170	0	12	12	28
Full Fat Ricotta Cheese	430	32	7	<1	28
Fat free Ricotta Cheese	200	0	20	8	20

Keep in mind that I did not include reduced fat options nor did I include flavored yogurts and cottage cheese containing fruit. The reason being is because you can always add sweetener and fruit to your smoothie later on. If you will use a flavored dairy product, you will not need as much sweetener as dairy companies add sugar to their flavored products. Personally, I almost always add ½ cup of a dairy protein source because it really helps the blending. These “in between” consistencies do a great job bringing the powers, liquids, and ice together in the blender.

Other: Unless you don’t mind experimenting with a grilled sea bass or chicken breast in your smoothie, there are only a few other sources of pure protein left for your smoothie.

Nuts and nut butters - Peanut butter, almond butter, and any other nut butter make a delicious addition to many smoothies. One serving (2 tablespoons) contain roughly 190 calories, 16g of fat, 6g of carbs, and 7g of protein. The downside is that nuts are calorie dense and don’t work well with many fruits (orange, mango, papaya, etc)

Chia seeds: Chia seeds are a very versatile little superfood. Chia is loaded with fiber and protein for such a small serving. This means that if you have a small appetite, you can get all the protein with a few spoon fulls without having to drink a monster smoothie. Chia seeds contain 60 calories per tablespoon, 4.5g of fat, 5g of fiber, and 3g of protein. These seeds can also be sprinkled on top of your protein smoothie for appearance and added texture. Flax seeds work the same way and have a softer texture and nutty taste.

Wheat bran: Wheat bran is the ultimate filler. Flavorless with the texture of a pile of tiny wood chips, wheat bran is comprised mostly of fiber. Unlike chia seeds, wheat bran is low calorie. An entire cup is only 125 calories, 2.5g of fat, and 9g of protein. Though a cup of wheat bran has 37g of carbs, 25g of which is fiber which is subtracted to reach a total of only 12g net carbs. Also, wheat bran is sugar free. Be careful when using wheat bran. Using a large quantity can severely alter the texture of your smoothie, making a silky smooth drink very grainy.

**Try pouring your smoothie over a ½ cup - cup of wheat bran to form a porridge you can eat with a spoon.*

Tofu: This flavorless block of soy protein may be painful to eat without some serious marinading, but goes well in a lot of smoothies. In fact, when you think about it, making a smoothie with a block of Tofu is a lot like intensely marinading it with fruits and other flavors. A 6 oz serving of Tofu contains 160 calories, 8g of fat, 4g of net carbs, and 18g of protein.

Oats: Lastly, oats can be added to many smoothies as a fiber rich filler that can add a natural nutty taste. A half cup of dry oats contains roughly 150 calories 3g of fat, 6g of protein, and 21g of net carbs (25g minus 4g of fiber) and practically no sugar..

Step 3: The Flavors

So you have an idea of the different liquid bases and protein sources that you will use. Now is the fun part. Now we're adding flavor! There really is no limit to what can be added to your smoothie, but there are some guidelines to follow if you want a delicious smoothie.

Fruits - Fruit combinations are the most common flavors in protein smoothie recipes you will find and for good reason. Fresh and frozen fruits will naturally sweeten your smoothie without calling for additional sugar. There are so many fruits out there and all packed with their own health benefits.

If losing weight is your goal, stick to less fruit. If you must add fruit, lower glycemic fruits such as berries are your best option. Berries are low sugar, low calorie, and high fiber. Avoid fruits with high glycemic values like pineapple and banana. Fruits like this will spike insulin making weight loss nearly impossible. On the flip side, after an intense workout, high glycemic fruits are your muscles' best friend for growth. For a complete list of fruits, visit <http://www.lowglycemicdiet.com/fruitsgi.html>

In my years of working at Smoothie King and other smoothie bars, I can safely say the most popular fruits here in the United States are:

- 1) Strawberries
- 2) Bananas
- 3) Pineapple
- 4) Blueberries
- 5) Mangoes

There are also blackberries, raspberries, cantaloup, papaya, coconut, kiwi, orange, apples, peach, pear, cherry, lime, watermelon, pumpkin, and others that were hardly used.

The most common fruit combinations are listed below but of course experiment for yourself.

- 1) Strawberry + Banana - hands down the most popular combination
- 2) Coconut + Pineapple
- 3) Strawberry + Blueberry + Blackberry + Blueberry + Raspberry (all the berries)
- 4) Pineapple + Banana
- 5) Orange + Mango

Avocados are also an amazing fruit (or nut or whatever you want to call it). Think of avocados as nature's creamer. Adding an avocado won't add intense flavor, but its high fat content will add a filling creaminess that can only be matched by adding ice cream or half and half.

Buying fruit: When buying fruit, the best option is to buy fresh and organic. It's also ideal to consume the fruit while it's completely fresh. Of course, we don't all have the convenience to buy fruit every other day nor the money to always buy organic. I completely get that. This is why I buy mostly frozen. Frozen fruit is great because it is typically cheaper and was frozen when the fruit was extremely fresh. Lastly, feel free to keep the frozen fruit in your freezer for a few months. There's no rush!

Non fruit flavors: There is also a great selection of non fruit flavors you can use in your protein smoothie recipes if you are watching your carb intake or want a smoothie that isn't as sweet.

- *Chocolate:* This includes unsweetened cocoa powder, cacao nibs, Hershey's syrup, a handful of M&M's, or any other version of chocolatey goodness you find. Chocolate isn't naturally unhealthy for you. It's the added cream and sugar that jacks up the empty calories. This is why I only use unsweetened cocoa powder in my smoothies. Occasionally I'll top my smoothies with cacao nibs but I find the taste too bitter and the texture too tough for my liking. But don't let my preferences stop you from trying it out.

- *Coffee:* Oh man how I love my coffee. Regular, decaf, hot, iced, lukewarm, it doesn't matter to me. Good thing there are a lot of ways to incorporate coffee into a healthy Bradass smoothie. The options include chilled brewed coffee, espresso shots, instant coffee powder, coffee beans, coffee flavored ice cream, coffee flavored protein, etc. I'm sure I am missing a couple but that's plenty of choices to get started. The great news about using coffee in your smoothie is that any dairy or whey protein will act as a natural cream and sweetener. Say goodbye to sugar packets and mini creamer cups!

- *Nut butters:* Not only are nuts a source of protein, nuts are loaded with flavor, fiber, and nutrients. Almond butter has been the new kid on the block and has been winning the popularity contest lately and for good reason. Almonds contain more Vitamin E and healthy fats than peanuts as well as a lower risk for salmonella and aflatoxin contamination due to their tough outer shell. Though almond butter has a few advantages over peanut butter, I absolutely love the taste of pb and prefer it as my everyday nut butter. It's cheaper and has a stronger flavor, requiring less of it. I find myself loading 3-4 tbsp of almond butter in my smoothie to get the level of taste I desire. At 100 calories per spoon, the smoothie can turn fattening very quickly so watch out.

- *Spices:* Herbs and spices are incredible for so many reasons. Every spice has its own health specialty and flavor profile. While many spices won't taste great in smoothies, there are a few that you will always want to keep in your pantry. The first and most widely used spice is cinnamon which pairs well with coffee, banana, pumpkin, vanilla, chocolate, chai, and more. Plus cinnamon is known to reduce blood sugar and fight heart disease. Others include ginger which aids digestion and adds a kick to citrus smoothies, cardamom which also aids in digestion and detoxifies, and cayenne pepper which has a whole array of properties to support your immune system. However, even if a specific herb won't give you the flavor your palate desires, just adding a small amount (½ tsp) to a smoothie will give you the health benefits without any

detectable taste. Frequently, I add a few dashes of turmeric to my post workout smoothies since turmeric is such a powerful antioxidant.

- *Extracts:* Another item you probably have around in your pantry is extract. Most likely it is vanilla extract but there are many great extracts that will boost flavor with minimal calories. Almond, mint, banana, coconut, cinnamon, maple, lemon, coffee, orange, root beer, raspberry, strawberry, pumpkin pie, and even BUTTER are among others extracts and imitation extracts.

- *Flavored Powders:* There are also several powders that can create wonderful flavors. Stores like Trader Joe's and Whole Foods sell Chai Tea and Green Tea Latte mixes as well as Pumpkin and Gingerbread mixes during the holidays. Though they taste great, look for added sugar. Most flavored powders like this will have 15-20g of sugar per serving. This is why I recommend unsweetened cocoa powder compared to Nestle chocolate milk mix and Matcha powder compared to Green Tea Latte mix. Another option is pudding mix. Jell-O has a huge selection of creative sugar-free flavor mixes like pistachio, butterscotch, and white chocolate. The down side is that these powders are sweetened with artificial sweeteners.

- *Syrups and Jellies:* Next up are syrups and jellies. These additions are typically for indulging since both syrups and jellies are usually sugar based. Just because it says “berry” on the jar, doesn't mean it's going to shred body fat. If you must add syrups and jellies, get sugar free or at least reduced sugar. Check out Walden Farms at your nearest grocery store. This company offers numerous 0 calorie syrups and jams. Since they have no calories, don't expect the taste to be exactly like the real thing but some are quite good. My favorite is the 0 calorie maple syrup! It's sheer guilt free deliciousness!

- *Veggies:* From sweet dessert toppings to bitter veggies. How anticlimactic. Smoothies are a great way to incorporate veggies in your diet. Sweet potatoes, spinach and kale, green beans, asparagus, and spirulina have all been experimented with in my smoothies. With the exception of sweet potatoes, I don't recommend adding any vegetables for enhanced flavor. *Spinach is my favorite because its mild taste can easily be masked by peanut butter and other intense flavors.* (Not recommended to enhance flavor, only nutritional content)

The most popular combinations using these flavors as well are:

- 1) Chocolate + Peanut Butter + Banana
- 2) Strawberry (fruit or jam) + Peanut Butter (PB & J sandwich smoothie)
- 3) Chocolate + Coffee (like a Mocha from a coffee shop)
- 4) Peanut Butter + Banana + Cinnamon
- 5) Chocolate + Avocado

TIP: Some ingredients like vanilla extract and cocoa powder will be mild while others such as peanut butter and kale will be strong. If you add a weak ingredient to your smoothie, but change your mind, you can add other stronger flavors to overcome this.

However, once you add strong flavors to a smoothie, there is no turning back. Even a ½ tablespoon of peanut butter will be powerful enough to detect in a smoothie and you will have to add much more ice and other ingredients to dilute the flavor.

Indulgent Flavors:

If you are reading this, you probably want a protein smoothie that is lower in fat and sugar. However, if you want to indulge, here are a few other great ingredients that will make your taste buds scream in ecstasy.

1) Ice cream - Ice cream turns your protein smoothie into a protein milk shake. Vanilla is the most versatile flavor but any kind will be awesome in a smoothie with the right flavor pairings. I mean, come on, it's ice cream!

2) Whipped cream - Why not top your smoothie with a little dollop of delicious whipped cream. One serving of Reddi Whip is only 15 calories and adds that beautiful dessert aesthetic.

3) Chocolate syrup - While we're indulging, chocolate and caramel syrup will surely satisfy that sweet tooth of yours. Before pouring your smoothie, swirl the chocolate syrup around your glass for a beautiful display.

4) Nuts, candy, and other toppings - Top your smoothie with chopped nuts, M & M's, shredded coconut, cereal, or anything else you can find at a frozen yogurt shop.

5) Oils - Oils such as Coconut, Olive, Flaxseed, and Walnut can easily be thrown in your smoothie at the last second for a source of healthy fat and flavor. Be careful though because 1 tbsp of oil is typically 100-150 calories, all coming from fat!

Step 4: Putting it All Together

We have gone over the different types of bases, protein sources, and flavors that you can use in your smoothie. Now it's your turn to put it all together.

This is where it's all about your preference in flavor, consistency, and health content. While there are dozens of ways to make a single smoothie, here are the laws of protein smoothie making....

1) Your frozen ingredient to liquid ratio will determine your smoothie's consistency.

The more liquid base you use, the thinner your smoothie will end up.

It is better to start with a little base (½ cup) and keep adding during the blending process than add too much early and have a water-thin smoothie or keep adding ice until it's thick but flavorless.

On the flip side, the more ice or frozen fruit you use, the thicker the smoothie.

Too much frozen ingredients and not enough base will make proper blending near impossible. Start with 1 cup of frozen ingredients. You can always add more if the smoothie is too thin for your liking.

2) When using a protein powder, you will need enough volume of other ingredients (and especially ice) to ensure there is no graininess.

Simple enough. If you try to fit a whole scoop of protein into a smoothie that is 16oz or smaller, you will probably end up with a grainy consistency. Aim for a 20oz or larger smoothie.

3) Water and Ice will “water down” your smoothie.

If your base is water and/or you are adding ice, remember you are diluting your flavors. Too much of either and you will have a bland drink. A few solutions are to use a different base all together or to split your base(ex. 50% water, 50% milk). Same applies to your ice. Substitute some of your ice for frozen fruits to reach the same consistency while gaining flavor. Lastly, a tablespoon of a sweetener such as stevia goes a long way.

4) Soft ingredients such as yogurt, cottage cheese, and fresh fruits make blending 10x easier and result in the best consistency.

I rarely make a smoothie without a fresh fruit or soft dairy ingredient because it is sooooo much trickier. I don't own an industrial quality blender, just a run of the mill \$60 kind. Since I am assuming you're in the same boat as me, do yourself a favor and make it as easy as possible on yourself and your blender.

Just a ½ cup of fruit or dairy help tremendously. Without it, many smoothies will result in thick chunks surrounded by water thin puddles. You'll also smell your blender's motor burning from working overtime.

5) Order of ingredients DO matter.

Everywhere I have worked have always started with the base and ended with ice. As a rule of thumb, just remember, “Thinnest first, thickest last.”

By adding your base first, you ensure the blades catch it. The other ingredients will fall down next, blending quite easily. Lastly, the thin concoction will gradually grab the ice and blend perfectly.

6) It is normal for some powders and ingredients to get caught on the side of the blender.

Even if you place your protein and peanut butter directly in the center of the blender jar and surround it by ice, some of it will smear against the side jar. As a seasoned smoothie vet, I scrape the side of the jar during blending. However, I don't recommend this as I have accidentally dropped the spoon in the blender jar resulting in a mess as well as a chipped spoon and blender blade.

When the smoothie is done blending, scrape the edges and re blend for 15 seconds.

7) You must experiment!

Finding your perfect protein smoothie recipes require experimenting and tweaking. We all have different tastes, health requirements, ingredients, and blenders. Now you have all the knowledge to make an amazing protein smoothie. Go try for yourself.

Top 10 Calorie Slashing Tips

- 1) For the base, use water (0 calories) or unsweetened almond milk (30-40 calories per cup).
- 2) Try “Better’n Peanut Butter which contains 100 calories per serving (½ of regular peanut butter) or PB2 which contains 45 calories per serving (¼ of regular peanut butter).
- 3) Use stevia as your sweetener instead of sugar or honey.
- 4) Make sure your protein is around 120 calories for 25g of protein. Some brands like Muscle Milk add other ingredients that bump up fat and carbohydrates content to add flavor. While Muscle Milk is one of the most (if not the most) delicious protein brand I have ever tried, avoid it if you are concerned with extra calories.
- 5) Utilize low to zero calorie flavors. Cinnamon, unsweetened cocoa, orange zest, and extracts add flavor without adding inches to your waist. Jello also has a range of fat free sugar free flavors that will take your smoothie in a new direction for only 25 calories per ¼ packet.
- 6) Opt for fat free dairy products such as regular and greek yogurt, milk, cottage cheese, and ricotta cheese.
- 7) Avoid the seeds and avocado. Though these are high quality sources of healthy fat, the seeds and avocados won’t fill you to be worth the calories.
- 8) Stick with berries as your fruit. A cup of frozen blueberries/strawberries are only around 80 calories with 14g of net carbs plus add antioxidants, flavor, and volume to your protein smoothie. Fruits higher in sugar will contain more calories such as mangoes and pineapple.
- 9) Strain canned fruits such as peaches and pears to avoid the empty calories from the sugary syrup.
- 10) Measure your ingredients (especially fats and sweeteners) to avoid accidentally adding extra calories.

The End

There you have it! That is everything you need to make smoothies that will help you on your journey to a healthier and happier self. I would like to thank you again for purchasing this book and to invite you to reach out to me on my website, www.TheBradass.com and Instagram (@The_Bradass) with your comments and success stories. If you got some value out of this guide, please leave a quick little review wherever you got this from and feel free to share with friends you think would find this guide helpful.

For additional support, I also offer comprehensive health coaching starting which includes nutrition and exercise consultation, lifestyle adjustment, and behavior modification strategies as low as \$75 on www.TheBradass.com. :)

Best wishing and blend on!

-Brad (The Bradass)

About The Author



Bradley Jarryd is a former chubby, insecure, and timid kid turned NEXT/Ford represented male model and NASM Certified Personal Trainer and health coach living in West Hollywood, CA.

He is a self improvement junkie that loves helping others reach their goals through the same guidance he has been fortunate enough to receive.

Bradley loves large quantities of food including chocolate cake and burritos. When he's not eating and drinking smoothies, he loves burning calories working out, cycling, hiking, and anything else in the beautiful California sun.

He also loves connecting with people, scooting around LA on his Vespa, entrepreneurship, animals of all kinds, and is a huge advocate of overseas traveling and being open minded to new experiences and ways of life.

Recipes

Below are a list of 50+ recipes I have made over the years. You'll see that many have similar flavor profiles and combinations. This is because I have found my favorites and typically adjust them to meet my nutritional requirements of the day.

With the information you have just learned, you can find your favorite flavors and adjust to your own desire. Of course your blender, size of ice, and whether you are using fresh or frozen fruits will affect how these concoctions turn out which is why I recommend using these recipes more as a starting point to create your own.

Lastly, here is a *general* chart for nutritional content. This is just so you have an idea of what different types of food typically contain but I recommend downloading a nutrition app or looking online for more accurate information.

Coffee and tea: no calories

Dairy milk (1 cup): 100 calories, 10g carbs, 3g fat, 8g protein

Juices (1 cup): 100 calories, 25g carbs (20g from sugar), 0g fat, 0g protein,

Protein powder (1 scoop): 125 calories, 4g carbs, 2g fat , 24g protein

Oils (1 tbsp): 120 calories, 0 carbs ,13g fat, 0 protein

Fruit (1 serving): 100 calories, 25g carbs, 0g fat, 0 protein (Excludes coconut and avocado)

Nut Butters (2 tbsp): 200 calories, 7g carbs, 16g fat, 7g protein

Featured Smoothies

The Strawberry Cheesecake Smoothie Bowl



- 1 cup almond milk
- 1 scoop vanilla protein
- 2 tbsp Jell-O No Sugar Added Cheesecake mix
- 1.5 cups fresh strawberries
- 2 heaping tbsp reduced fat cream cheese
- 1.5 cups of ice

The Carrot Ginger Soup Smoothie



- ½ cup water
- ½ cup Carrot Ginger Soup
- 1 cooked and chilled sweet potato
- 1.5 scoops vanilla protein

2 tbsp pumpkin butter
1 tsp turmeric
1 tsp cinnamon
1 tbsp stevia
8-10 ice cubes

The Bradass Potato Coffee Cooler



$\frac{3}{4}$ cup almond milk
1.5 scoops vanilla protein
1.5 cooked and chilled sweet potatoes
2 tbsp instant coffee
1 tbsp stevia or other sweetener
 $\frac{1}{2}$ tsp turmeric
1 tsp cinnamon
8-10 ice cubes

The Apple Pecan Pie Protein Smoothie



½ cup unsweetened apple sauce
1 large chopped apple
1 scoop vanilla protein
1 tbsp honey or maple syrup
¼ cup pecans
2 tsp cinnamon
6-8 ice cubes

The Coconut Creamer



1 ¼ cup coconut creamer (or coconut water)
½ cup unsweetened shredded coconut
1 tsp vanilla extract
1 scoop vanilla protein
1 vanilla or coconut yogurt container
1 tbsp sweetener
8-10 ice cubes

The Bradass Banana Split Morning Mocha



$\frac{3}{4}$ cup chilled coffee
1 ripe banana
1 tbsp unsweetened cocoa powder
1 tsp vanilla extract
 $\frac{1}{2}$ cup non fat plain yogurt
1 tbsp sweetener of choice
1 scoop chocolate protein
6-8 ice cubes

The Pine-berry Surf



1 cup pineapple juice
 $\frac{1}{2}$ cup blueberries
 $\frac{1}{2}$ cup strawberries

½ cup pineapple tidbits
1 scoop vanilla protein
6 ice cubes

Caramel Coffee Protein Smoothie



1 cup chilled brewed coffee
1 scoop caramel or similar flavored protein
2 tbsp Walden Farms Sugar-free caramel syrup
1 organic frozen banana
½ cup vanilla yogurt
1 tsp cinnamon
1 cup ice

The Summer Breeze



2/3 cup coconut milk
1 ripe banana
1 cup mixed strawberries/raspberries
1 scoop vanilla protein
½ cup non fat yogurt
1 tbsp honey
6-8 ice cubes

The Sweet Detoxifier



1 cup coconut water
2 handfuls raw spinach
1/2 ripe avocado
1 tsp ginger
1 tsp cayenne pepper
1 tsp turmeric
½ squeezed lemon
1 scoop vegan protein
1 cup frozen pineapple
1 cup ice

The “New York City Drove Me Nuts” Smoothie



1 cup cashew milk
2 tbsp almond butter
1.5 scoops vanilla protein
1 cup vanilla yogurt
2 pitted dates
1 cup ice

The California Christmas Special



1 cup eggnog
1 scoop vanilla protein
1 tsp vanilla extract
½ tsp nutmeg
½ tsp cinnamon

6-8 ice cubes
Ho! Ho! Ho!

The Hazelnut Banana Cream Smoothie



1 cup milk
1 scoop vanilla protein
¼ cup hazelnuts or 2 tbsp hazelnut butter
1 tbsp honey
2 tbsp hazelnut creamer
1 frozen banana
½ – 1 cup vanilla ice cream
1 cup ice

The Mocha Fudge Supreme



2/3 cup almond milk
3 shots chilled espresso
1 scoop chocolate protein
1 tbsp dark chocolate chips
½ cup low fat cottage cheese
1 tbsp honey
1 cup ice

The Quadruple Berry Smoothie Bowl



1 cup cranberry juice
½ cup blackberries
½ cup strawberries
½ cup blueberries
1 scoop vanilla protein
1 tsp vanilla extract
1 cup ice

The Almond Joy



1 cup coconut milk or coconut creamer
4-5 tbsp shredded coconut
1 tbsp coconut oil
1 tbsp cocoa powder
1 scoop chocolate protein
1 tbsp stevia
6-8 ice cubes

The Power Vegan



1 cup almond milk
1.5 scoops vegan protein
1 ripe banana
1 cup cooked and chilled butternut squash
2 tbsp stevia or agave
8 ice cubes
Top with hemp seeds

The Big Bradass Blueberry



1 cup watermelon juice
1 scoop vegan protein
1.5 cups frozen blueberries
1 tbsp honey
6 ice cubes

Manhattan Morning Mocha



1 cup chilled brewed coffee
1 tbsp unsweetened cocoa powder
½ ripe banana
1 scoop chocolate protein
2 tbsp reduced sugar maple syrup

1-2 tsp almond extract
8-10 ice cubes

The Dark Cherry



1 cup milk
1 scoop chocolate protein
2 tbsp unsweetened cocoa powder
1 tbsp honey
1 cup frozen dark sweet cherries
6-8 ice cubes

The Slice of Pecan Pie



1 cup cashew milk
1 scoop protein

¼ cup pecans
2 tbsp reduced sugar maple syrup
1 tsp pecan extract
½ tsp cinnamon
Dash of Himalayan salt
6-10 ice cubes

The Sweet Potato Caffeine Creation



1 cup chilled coffee
1.5 cooked and chilled sweet potatoes
1 scoop vanilla protein
1 tbsp cinnamon
2 tbsp honey
8 ice cubes

The Ghostly Good Halloween



1 cup almond milk
1 scoop vanilla protein
 $\frac{3}{4}$ cup pumpkin puree
1.5 tsp cinnamon
3 tbsp sweetener
10 ice cubes

The Green Tea Gratitude Bowl



1 cup iced unsweetened green tea
2 tbsp green tea matcha powder
1.5 scoops vanilla protein
1 tsp vanilla extract
1 ripe banana
1 tbsp honey
6-8 ice cubes

White Chocolate Seducer



1 cup milk
3 tbsp Jell-O Sugar-free White Chocolate pudding mix
1 tsp vanilla extract
1.5 scoop vanilla protein
½ cup low fat vanilla yogurt
8-10 ice cubes

The Carrotberry Crush



1 cup carrot juice
½ cup raspberries
1 tangerine
1 scoop vanilla protein

1 tbsp agave
8-10 ice cubes

The Central Park Pb & J



1 cup milk
2 tbsp peanut butter
2 tbsp grape (or strawberry) jelly
 $\frac{3}{4}$ cup frozen blueberries
1 scoop vanilla protein
1 tbsp raw honey
6-8 ice cubes

Butterscotch Blast



1 cup milk
 $\frac{1}{2}$ banana

1 tbsp cinnamon
2 tbsp Jell-O Sugar-free butterscotch pudding powder
½ cup low fat yogurt
1 tsp butterscotch extract
8-10 ice cubes

Chocolate Covered Strawberry Seduction Bowl



1 cup non fat milk
1 scoop chocolate protein
1 cup fresh strawberries
1 container no sugar added chocolate pudding
1 tbs cocoa powder
1 tablespoon Stevia or alternative sweetener
6-8 ice cubes

The Gingerbread House



1 cup almond milk
1 scoop vanilla protein
½ tsp ginger
½ tsp cinnamon
¼ tsp cloves
¼ tsp nutmeg
½ cup low fat cottage cheese
6-8 ice cubes

Pure Peaches and Cream



¾ cup almond milk
1 cup nonfat vanilla yogurt
1.5 cups frozen peaches
1 scoop vanilla protein
1 tsp vanilla extract
6-8 ice cubes

The Kale Kleanse



1 cup chilled green tea
2 handfuls of kale
½ squeezed lemon
1.5 cups frozen pineapple
1 scoop vegan protein
½ tsp turmeric
½ tsp ginger
6 ice cubes

The Berry Deliciousness



1 cup almond milk
½ cup blackberries

1 cup blueberries
1 tbsp chia seeds
1 scoop vanilla protein
1 tbsp honey
6-8 ice cubes
Top with whipped cream.

The Nutella Milkshake



1 cup milk
1 scoop protein
2 tbsp unsweetened cocoa powder
2 tbsp Nutella
½ cup low fat yogurt
1 tsp hazelnut extract
1 tbsp stevia
3 tbsp hemp seeds
8-10 ice cubes

Almond Joy Protein Shake II



1/2 Cup Coconut Greek Yogurt
1 scoop of chocolate protein
2 tbsp Hershey's chocolate syrup
1/4 cup skim milk
1 to 2 tablespoons of sliced almonds
1/4 cup shredded coconut
1 handful of ice

Banana Based Smoothies

The Banana Bomb

1 cup milk
1 scoop vanilla protein
1-1.5 extra ripe banana
½ cup Fat Free Plain Yogurt or Dairy Equivalent
1 tsp banana extract
2 tbs sweetener
1.5 cups ice

The Chocolate Peanut Butter Cup smoothie with Banana

1 cup milk
1 scoop chocolate protein
2 tablespoon unsweetened cocoa
2 tablespoons natural creamy peanut butter
1 large ripe banana
2 tablespoons sweetener
1.5 cups of ice

-use chocolate milk if available and skip cocoa powder

-if using vanilla protein, add an additional tablespoon of cocoa

- if using sweetened chocolate powder(ex. Nesquik) use 1 tablespoon sweetener

The Pineapple Banana Protein Refresher

½ Cup Water
½ Cup Pineapple Juice
1 Scoop Vanilla Protein
1 Cup Fresh Pineapple Chunks
1 Large Ripe Banana
½ Tsp Vanilla Extract
1 Tablespoon Sweetener
1.5 Cups of Ice

--if using frozen fruit, subtract .5 cups of ice for smoother consistency and easier blending

The Banana Frosty

1 Cup Milk
1 Scoop Chocolate Protein
1 Large Ripe Banana
½ tsp xanthan gum
1/2 tsp vanilla extract
1 tbs sweetener
1.5 cups of Ice

The Banana Oatmeal Protein Smoothie

1 Cup Milk
1 Scoop Vanilla Protein
⅓ Cup Old Fashioned Oats
1 Large Ripe Banana
½ cup Fat Free Plain Yogurt or Dairy Equivalent
½ Tsp Cinnamon
2 Tbs Maple Syrup or Sweetener of Choice
1.5 cups ice

--Dairy milk is recommended because when combined with oats create a complete protein.

The Banana Mocha

1 Cup Cold Pressed Coffee
1 Scoop Chocolate Protein
1 Large Ripe Banana
½ cup Fat Free Plain Yogurt or Dairy Equivalent
1 Tsp Cocoa powder
2 Tsp Sugar Free Jell-O Banana Cream Pudding Mix (optional)
2 Tbsp Sweetener of Choice
1.5 cups ice

The Orange Banana Protein Cocktail

1 Cup Reduced Sugar Orange Juice
1 Scoop Vanilla Protein
1 Large Ripe Banana
1 Tsp Vanilla Extract
1 Tbsp Honey or Sweetener of Choice
1.5 cups ice

The Fruit Salad

1 cup Orange or Apple Juice
1 Scoop Vanilla Protein
1 Large Ripe Banana
1/3 Cup Strawberries
1/3 Cup Mango
1/3 Cup Pineapple
1 Tsp Honey or Sweetener of Choice
1.5 Cups Of Ice

The Peanut Butter Banana Hulk

1 cup milk
2/3 scoop vanilla or peanut butter cookie flavored protein powder
2 tablespoons natural creamy peanut butter
1 Large Ripe Banana
2/3 cup fat free cottage cheese
2 cups organic raw spinach
1/2 tsp Vanilla Extract
1 tablespoon sweetener
1.5 cups of ice

- to reduce calories, substitute part or all peanut butter for PB2

The Chocolate Banana Bomb

1 cup milk
1 scoop chocolate protein
1-1.5 ripe banana
1/2 cup Fat Free Plain Yogurt or Dairy Equivalent
1 tsp vanilla extract
2 tsp powder
2 tbsp sweetener
1.5 cups ice

-use chocolate milk if desired

-use extra tbs powder if vanilla protein powder is only option

The Chocolate Peanut Butter cup smoothie with Banana

1 cup milk
1 scoop chocolate protein
2 tablespoon unsweetened cocoa powder
2 tablespoons natural creamy peanut butter
1 large ripe banana
2 tablespoons sweetener
1.5 cups of ice

-use chocolate milk if available and skip cocoa powder

-if using vanilla protein, add an additional tablespoon of cocoa powder

- if using sweetened chocolate powder(ex. Nesquik) use 1 tablespoon sweetener

The Bradass Energy Booster

1 cup almond milk
1 handful kale
2 handfuls spinach
1 tbsp chia seeds
1 tbsp flax seeds
1 tbsp honey
1.5 ripe banana
1 cup berries of choice
1 scoop vegan protein powder
1.5 cups ice

The Banana Berry Protein Refresher

1 cup milk
1 scoop Vanilla protein
1 cup fresh strawberries
1 large ripe banana
2 tablespoons sweetener
1.5 cups of ice

--if using frozen fruit, subtract .5 cups of ice for smoother consistency and easier blending

--also works well with blueberries, raspberries, and blackberries

The Pineapple Banana Protein Refresher

½ Cup Water
½ Cup Pineapple Juice

1 Scoop Vanilla Protein
1 Cup Fresh Pineapple Chunks
1 Large Ripe Banana
½ Tsp Vanilla Extract
1 Tablespoon Sweetener
1.5 Cups of Ice

--if using frozen fruit, subtract .5 cups of ice for smoother consistency and easier blending

The Banana Frosty

1 Cup Milk
1 Scoop Chocolate Protein
1 Large Ripe Banana
½ tsp xanthan gum
1/2 tsp vanilla extract
1 tbs sweetener
1.5 cups of Ice

The Banana Oatmeal Protein Smoothie

1 Cup Milk
1 Scoop Vanilla Protein
⅓ Cup Old Fashioned Oats
1 Large Ripe Banana
½ cup Fat Free Plain Yogurt or Dairy Equivalent
½ Tsp Cinnamon
2 Tbs Maple Syrup or Sweetener of Choice
1.5 cups ice

--Dairy milk is recommended because when combined with oats create a complete protein.

The Banana Mocha

1 Cup Cold Pressed Coffee
1 Scoop Chocolate Protein
1 Large Ripe Banana
½ cup Fat Free Plain Yogurt or Dairy Equivalent
1 Tsp Cocoa powder
2 Tsp Sugar Free Jell-O Banana Cream Pudding Mix (optional)
2 Tbsp Sweetener of Choice
1.5 cups ice

The Orange Banana Protein Cocktail

1 Cup Reduced Sugar Orange Juice
1 Scoop Vanilla Protein
1 Large Ripe Banana
1 Tsp Vanilla Extract
1 Tbsp Honey or Sweetener of Choice
1.5 cups ice

The Fruit Salad

1 cup Orange or Apple Juice
1 Scoop Vanilla Protein
1 Large Ripe Banana
1/3 Cup Strawberries
1/3 Cup Mango
1/3 Cup Pineapple
1 Tsp Honey or Sweetener of Choice
1.5 Cups Of Ice

The Peanut Butter Banana Hulk

1 cup milk
2/3 scoop vanilla or peanut butter cookie flavored protein powder
2 tablespoons natural creamy peanut butter
1 Large Ripe Banana
2/3 cup fat free cottage cheese
2 cups organic raw spinach
1/2 tsp Vanilla Extract
1 tablespoon sweetener
1.5 cups of ice

- to reduce calories, substitute part or all peanut butter for PB2

Berry Based Smoothies

The Banana Berry Protein Refresher

1 cup milk
1 scoop Vanilla protein
1 cup fresh strawberries
1 large ripe banana
2 tablespoons sweetener
1.5 cups of ice

--if using frozen fruit, subtract .5 cups of ice for smoother consistency and easier blending

--also works well with blueberries, raspberries, and blackberries

The Chocolate Covered Strawberry Seduction

1 cup non fat milk
1 scoop chocolate protein
1 cup fresh strawberries
2 tsp cocoa powder
1 tbsp Stevia or alternative sweetener

Blueberry Avocado and Spinach Smoothie

1 cup almond-coconut milk (you can use just coconut or just almond)
1 cup blueberries
1 cup fresh spinach
½ ripe avocado
1 tablespoon chia seeds
¼ teaspoon cinnamon
1 tablespoon honey
1 scoop protein powder
6 ice cubes

Blueberry Cobbler Protein Smoothie

1 cup milk
1 large ripe banana
1 cup frozen blueberries
1 scoop vanilla protein

2 tablespoons peanut butter
½ tsp cinnamon
1 tbs sweetener
1 cup ice

Orange Berry Blast

1 cup orange juice
1 cup fresh strawberries
1 scoop Vanilla protein
½ cup non fat sugar free yogurt or berry flavored light yogurt
1 tbs honey or sweetener of choice
1.5 cups of ice

Pure Berry Bliss

1 cup milk
1.5 cups berries (your choice of one type of berry or combination)
1 scoop vanilla protein
1 tbs honey or sweetener of choice
1.5 cups of ice

The PB & Jelly Sandwich Protein Smoothie

1 cup milk
1 scoop vanilla or peanut butter cookie flavored protein powder
2 tablespoons natural creamy peanut butter
1 cup fresh strawberries or blueberries (or ½ cup of each)
1 tablespoon strawberry, blueberry, or grape calorie free Walden Farms fruit spread
1 tablespoon sweetener
1.5 cups of ice

- if using frozen fruits, add ½ cup yogurt or cottage cheese for easier blending and reduce ice

- I find dairy milk is best as it simulates a PB&J sandwich and a glass of milk you enjoyed as a child

- to reduce calories, substitute part or all peanut butter for PB2

Raw Vegan Blueberry Almond Smoothie

1 cup water or milk
1 cup frozen blueberries
1 bananas
1/4 cup raw almonds
1 tbsp almond butter
2 tbsp pure maple syrup
1 scoop protein powder
1 cup ice

Chocolate Based Smoothies

The Chocolate Frosty

1 scoop chocolate protein
1 cup unsweetened almond milk
1 tbsp cocoa powder
1/2 banana
1 cup ice
1/2 teaspoon xanthan gum
1/4 teaspoon vanilla extract

The White Chocolate Macadamia Nut Dessert Smoothie

1 cup milk of choice
1 scoop vanilla protein
1/2 cup vanilla yogurt
1 tbsp honey
2 tbsp Jell-O No Sugar Added White Chocolate Pudding Powder
1/4 cup macadamia nuts
1 tsp macadamia nut extract
6-8 ice cubes

The Bradass Chocolate Mint Breath Freshener

1 cup milk
1 scoop chocolate protein powder
2 tbsp cacao powder
2 tbsp sweetener of choice
8-12 mint leaves
1 tsp mint extract
1 cup ice

The Caramel Hazelnut Creamer

1 cup milk of choice
1 scoop vanilla protein
1/2 cup cottage cheese
2 tbsp hazelnut coffee creamer
1/8 cup sugar-free caramel syrup

1 tsp hazelnut extract (optional)
1 cup ice

Almond Joy Protein Shake

1/2 Cup Coconut Greek Yogurt
1 scoop of chocolate protein
1/4 cup skim milk
1 to 2 tablespoons of sliced almonds
1/4 cup shredded coconut
1 handful of ice

The Brown Bomber

1 cup cold pressed coffee (or 1 cup water, 1 heaping tbs of instant coffee)
1 ripe banana
1 scoop chocolate protein
1 tablespoon cocoa powder
2 tablespoons peanut butter.
1 tablespoon sweetener
1 cup of ice

Chocolate Orange protein smoothie

1 cup orange juice
1 scoop chocolate protein
1 tsp vanilla extract
1 tsp cocoa powder
1 Yo-plait lite orange yogurt

Triple Layer Chocolate Cake Protein Smoothie

1 cup chocolate milk of choice
1 scoop chocolate protein
1 heaping tsp cocoa powder
1/2 cup yogurt
1 cup ice
1 tablespoon sweetener of your choice
Top with chocolate whipped cream and drizzle with chocolate syrup

Peanut Butter Based Smoothies

Chocolate Peanut Butter Cup Smoothie

1 cup milk of choice
1 scoop chocolate protein
1 heaping tablespoon unsweetened cocoa powder
2 tablespoons natural creamy peanut butter
½ cup
2 tablespoons sweetener
1.5 cups of ice

- use chocolate milk if available and skip cocoa powder
- if using vanilla protein, add an additional tablespoon of cocoa
- if using sweetened chocolate powder(ex. Nesquik) use 1 tablespoon sweetener
- add a half to a whole ripe banana if desired

The Double Pea-nutty Professor

1 cup milk
1 scoop Peanut Butter cookie protein
2 tablespoons natural peanut butter
2 tablespoons sweetener
½ cup fat free vanilla or plain yogurt or cottage cheese
½ tsp vanilla extract (optional)
½ tsp cinnamon (optional)
1.5 cups of ice

- with vanilla protein, add an additional tbs peanut butter
- to reduce calories, substitute part (or all) of the Peanut Butter with PB2
- add a half to a whole ripe banana if desired

The Peanut Butter Mocha

1 cup cold pressed coffee (or 1 cup water, 1 heaping tbs of instant coffee)
1 scoop chocolate protein
1 tablespoon cocoa powder
2 tablespoons peanut butter.

1 tablespoon sweetener
1.5 cups of ice

- add 1 ripe banana
- use water or milk and 2 tablespoons instant coffee if regular coffee is not available
- to reduce calories, substitute part (or all) of the Peanut Butter with PB2

The Peanut Butter and Jelly Sandwich Protein Smoothie

1 cup milk
1 scoop vanilla or peanut butter cookie flavored protein powder
2 tablespoons natural creamy peanut butter
1 cup fresh strawberries or blueberries (or ½ cup of each)
1 tablespoon strawberry, blueberry, or grape calorie free Walden Farms fruit spread
1 tablespoon sweetener
1.5 cups of ice

- if using frozen fruits, add ½ cup yogurt or cottage cheese for easier blending and reduce ice
- I find dairy milk is best as it simulates a PB&J sandwich and a glass of milk you enjoyed as a child
- to reduce calories, substitute part or all peanut butter for PB2

The Peanut Butter Hulk

1 cup milk
1 scoop vanilla or peanut butter cookie flavored protein powder
2 tablespoons natural creamy peanut butter
1 cup fat free cottage cheese
2 cups organic raw spinach
1 tablespoon sweetener
1.5 cups of ice

- to reduce calories, substitute part or all peanut butter for PB2

The Peanut Butter Bowl of Oats

1 cup milk
1 scoop vanilla or peanut butter cookie flavored protein powder
2 tablespoons natural creamy peanut butter
½ cup old fashioned oats

1 cup fat free plain yogurt (or equivalent)
½ tsp cinnamon
1 tablespoon maple syrup or sweetener of choice
1.5 cups of ice

- to reduce calories, substitute part or all peanut butter for PB2
- drizzle with sugar free maple syrup
- add ½ cup unsweetened apple sauce

The Peanut Butter Fruit Salad Power Smoothie

1 cup milk of choice
1 ripe banana
1 cup unsweetened apple sauce
1 cup frozen strawberries
1 scoop peanut butter cookie or vanilla protein
2 tablespoons natural creamy peanut butter
2 tablespoons raw honey or sweetener of choice
1.5 cups ice

- if using all fresh fruits, start with $\frac{2}{3}$ cup of milk
- if using all frozen fruits, subtract .5 cups of ice and add additional milk if necessary

Other Smoothies

Triple Melon Melody

1 cup watermelon juice
¾ cup cantaloupe
¾ cup honeydew melon
1 scoop vanilla protein
1.5 tbsp raw honey
1 cup ice

The Key Lime Pie

1 cup milk of choice
1 scoop vanilla protein
2 tbsp Jell-O sugar-free Key Lime Pie pudding mix
½ squeezed fresh lime
1 tsp vanilla extract
½ cup low fat cottage cheese
1.5 tbsp stevia
6-8 ice cubes

The Red Velvet Cheesecake

1 cup milk of choice
1 scoop chocolate protein
1 tbsp unsweetened cocoa powder
2 tbsp Jell-O sugar-free red velvet pudding mix
1 tbsp sweetener of choice
½ cup low fat ricotta cheese (or yogurt)
6-8 ice cubes

Cherry Good

1 cup almond milk
1.5 scoops vanilla protein
1.5 cups frozen cherries
½ cup vanilla yogurt
2 tbsp stevia
6-8 ice cubes

The Guilt Free Orange Creamsicle

1 cup reduced sugar orange juice
1 scoop vanilla protein
1 tsp vanilla extract
1 container low fat/reduced sugar yogurt
6-8 ice cubes

It's Grrrraaappee!!

1.5 cups seedless grapes
1 scoop unflavored protein (or vanilla)
1 tbsp sugar-free grape jelly
1 cup blueberries
1 tbsp ground flaxseed
6-8 ice cubes

Good Chai!

1 cup chilled chai tea
2 tbsp chai latte powder mix
1 scoop vanilla protein
1 tsp cinnamon
1 tsp vanilla extract
½ ripe banana
6-8 ice cubes

The Strawberry Lemonade Stand

1 cup no sugar added lemonade
½ cup plain fat free greek yogurt
1 scoop vanilla protein
1 cup strawberries
1 tbsp sugar-free strawberry jelly
1 tbsp sweetener of choice
8-10 ice cubes

The Piña Colada Protein Pleasure

½ cup pineapple juice
½ cup coconut creamer or coconut milk
½ cup unsweetened coconut
½ cup pineapple bits
1 scoop vanilla protein
1 tbsp brown sugar
1.5 tsp vanilla extract
8-10 ice cubes

That is all for now. Thank you and stayed tuned for

**The Ultimate Smoothie Guide:
Blending a better body in 5 minutes a day!**

Version 2.0