

101 Smoothie Recipes



What You Need:

Blenders or Smoothie makers – It helps to have a good quality blender when making a smoothie especially when making green drinks. Hand blenders can work for the simpler fruit smoothies but will be no match for the higher spec ones.

Gold standard blenders would be a vitamix or blendtec– these are the ones used in Starbucks etc

Re-usuable bags – Store your fruit and vegetables in the freezer in a re-sealable plastic bag. The next day put the frozen fruit straight into the blender with some yoghurt or juice and blitz for an icy smooth drink.

Make sure to pour in liquids first (it's easier on the blender).

Start from the lowest speed and work up to higher speeds once the mixture smooths out. Add ice last, and use as much or as little as you'd like.

Ingredients:

Fresh fruit and vegetables– Fruits and vegetables that are available to you seasonally will taste best, but pretty much all fruits and vegetables can be juiced so you don't have to be a Hitler on this.

Frozen fruit – Ready-frozen fruit is great if something you want is out of season. Either defrost them when making juices or use them frozen for making smoothies. Call me a cheap skate if you want but when I see cheap fruit or veg in the supermarket I buy the whole lot. Straight into the freezer it all goes.

Canned fruit– As with frozen fruit, some canned fruits are great as an alternative to expensive fruits. I don't really use them but I am realist.

Yogurt– Greek yogurt is the king and the creamiest of all the yogurts making the best smoothies, but flavour is a matter of taste. If you want it sweeter add honey or vanilla extract.

Bottled juices – For those of you with little time, it's a good cheat to have a bottle of freshly squeezed orange or apple juice in the fridge– stay away from concentrated juices if possible.

Ice – A well-stocked ice compartment in your freezer is essential when making any drinks, especially the frozen cocktails and thick, icy shakes in this guide.

Protein Powder– Any flavour will do but I find vanilla the most versatile

Milk– When I use the word milk you can use goat/ almond/coconut/rice milk or any alternative. I generally stick to coconut but it depends on your goals really...

Nut Butters – Almond, peanut, Cashew Butters are all great at adding flavour and texture

Favourites

1) Peach and Raspberry Smoothie

1 peach, pitted and quartered

1/2 cup raspberries

1/2 cup plain yogurt

1/4 cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.



2) Banana and Strawberry Smoothie

This is a seriously rich yet healthy smoothie that has become a classic because the sweet flavours of banana and strawberry are perfectly complementary.

1 banana, peeled and quartered

1 cup strawberries, hulled

1/2 cup plain low-fat yogurt

1/4 cup milk

Put all the ingredients in a blender.

Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

3) Tropical Madness

1 medium mango, pitted, peeled, and cut into chunks

Pulp of 2 passion fruit

1/2 cup plain low-fat yogurt

1/2 cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass. Sprinkle a few passion fruit seeds over the top of the smoothie if desired and serve immediately.

4) Berry Blast

Take advantage of the fresh wild blueberries available in late summer if you can.

1/2 cup blueberries

1 cup strawberries, hulled 1/2 cup

plain low-fat yogurt

1/4 cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

5) Melon and Kiwifruit Smoothie

1/2 cup honeydew melon chunks

2 kiwifruit, peeled

1/2 cup plain low-fat yogurt

1/4 cup milk

Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.

Breakfast

6) Nutty Banana Delight

A thick and filling smoothie to set you up for a day at the office.

1½ bananas, peeled and quartered

1 tbsp. smooth peanut butter

1 cup milk

Place all the ingredients into a blender and blend for 1 minute. Pour into a glass and serve immediately.

Serves 1

7) Old School Smoothie

You may need to add some honey to this as it can be pretty sharp..

1 apple

1 pear

1 cup chopped rhubarb

¼ cup blackberries

Squeeze of lemon juice

8) Lime, Coconut and Mango Smoothie

The addition of lime brings a necessary edge to the creamy blend of coconut and mango.

1 mango, pitted and peeled ¼ cup coconut cream

Juice of 1 lime

1 cup ice cubes

9) Vanilla Oat Delight

- 1 cup rolled oats
- 1 scoop vanilla whey
- 1 medium diced apple Handful of nuts
- 1 tsp. cinnamon
- 1 tsp. splenda
- 2 cups water
- 4 ice cubes



Instructions: Blend this up, pour it into a huge glass, and drink it as you get ready in the morning or on your way to work.

10) Orange Delight

- 1 medium orange (Chopped in to medium sized pieces)
- 1/4 orange peel
- 1/4 cup fat free cottage cheese
- 1 scoop of a protein (any flavour)
- 2 TBSP nuts
- 1 1/2 cups water 4 ice cubes

Instructions: The orange peel adds the anticancer phytochemical lemonene to your shake. Blend all ingredients and enjoy

11) Strawberry Detox

- 1 1/2 cups water
- 1 scoop protein powder
- 1/3 cup fat free or low fat cottage cheese
- 1 serving greens supplement.
- 1/2 cup frozen strawberries



2 TBSP walnuts

4 ice cubes

Instructions: Strawberry flavoured protein powder is a good choice here as it aids in masking the Greens “grassy” taste. This shake is high in fibre, essential fatty acids, protein, and nutrients.

12) Iced Coffee

200ml extra strong coffee (room temperature)

1 scoop chocolate whey

6 almonds

A couple drops of almond/ vanilla extract

Instructions: This morning mocha drink will give you a nice dose of caffeine and fast digesting protein. The perfect combination to halt protein breakdown and wake you up, plus it isn't full of empty calories you usually get courtesy of your coffee shop Just make sure the coffee isn't too hot as it can make the protein powder curdle / not mix.

13) OMEGA Breakfast

Serves 1– Ingredients

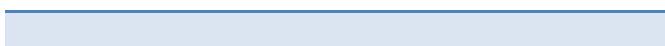
1/4 cup of walnuts

1 tbsp cinnamon

1 pinch of ginger

1 pinch of nutmeg

1 tbsp of Almond butter



1 mashed banana
2 whole eggs
1/4 – 1/2 of a cup of almond milk
1 handful of berries

Method

1. Blend nuts and spices in a food processor to make a grain like consistency and put to one side.
2. Whisk the eggs and almond milk together then blend with the mashed banana and almond butter.
3. Stir in the nut and spice mixture and warm on the stove until it reaches your desired consistency.

14) Green Tea and Melon

Instead of a java-induced boost in the a.m., try green tea instead. Brew two bags for a strong flavour that won't get lost when mixed with the other ingredients.

1 banana, frozen
1/2 a large, whole honeydew melon
3/4 cup strong-brewed green tea
1 teaspoon honey
1/4 cup almond milk

Juices

15) Vit C Booster

Here's the ultimate pick-me-up for when you feel a cold coming on. This juice is packed full of vitamin C in its strongest and purest form.

- 1 cup blackcurrants
- 1 cup redcurrants
- 2 kiwifruit peeled
- 2 oranges peeled

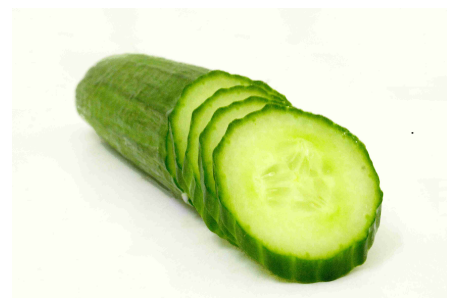
16) Hangover cure

- 1 apple
- 1 carrot, peeled and trimmed
- 2 celery stalks, trimmed
- 3/4-inch piece of peeled ginger
- 1 1/2 cups mixed dried berries and currants

Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

17) Ultimate Detoxer

- Apple (core removed)
- 1/2 cup peeled honeydew melon chunks
- 1/4 cucumber
- 1 cup watercress
- 1/4 cup wheatgrass (optional)



Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.

18) Antioxidant booster

1/4 cup strawberries, hulled

1/4 cup raspberries

1/4 cup blueberries

1/4 cup cranberries

1/4 cup apple juice

1 tsp. spirulina powder

Place all the ingredients into a blender and blend for 1 minute or until smooth. Pour into a glass and serve immediately.

19) Strawberry Lemonade

This one is refreshing without the guilt of other lemonades

1/2 cup fresh strawberries

1 large date, pitted

1/2 cup unsweetened almond milk

1 tablespoon raw cashews

1 tablespoon fresh lemon juice

1/2 teaspoon finely grated lemon zest

3 ice cubes

20) Pink Drink

This could be in the detox section. Bonus: Grapefruit has been shown to have weight loss benefits.

1/2 Cucumber, peeled and diced
1/2 small raw beet, peeled and diced
1 apple, diced
1 large grapefruit, juiced
3 ice cubes

Party Time

21) Pineappleade

1/4 pineapple, peeled
1/4 cup soda water

Squeeze the juice from the pineapple or use a juicer. . Pour into a glass and top off with soda water. Add your favourite alcoholic beverage too if you like

22) Strawberry frozen daiquiri

1 1/2 cups strawberries, hulled
Squeeze of lime
1 tbsp honey or sugar
1 cup ice cubes
1 tbsp. white rum

Place all the ingredients into a blender and blend until slushy. Pour into a glass and serve immediately.

23) Mojito

You can add alcohol to this or give it a by ball. Algae is a good source of protein and nutrients

1 cup coconut water

2 tablespoons hemp seeds

1/2-1 teaspoon spirulina

2 tablespoons freshly squeezed lime juice

1/2 avocado

1 banana, frozen

2 dates, pitted

1 handful fresh mint leaves



Recovery

24) Nutty chocolate smoothie.

5-6 ice cubes of ice

1.5 scoops chocolate whey protein (cocoa powder will do but missing out on the protein)

4 stalks of celery (you won't taste this)

Good spoon of nut butter such as peanut or almond,

1 banana,

300ml coconut milk or milk to mix to your desired consistency.

Once you have all of these ingredients blend them together and drink.

25) Protein Creamcicle

This smoothie has only three ingredients to get the job done.

1 scoop vanilla whey protein powder

1 cup orange juice

3 ice cubes

26) Sweet Potato Pie

1 scoop vanilla whey protein (or vanilla protein 1 teaspoon cinnamon

1/4 cup sweet potato, peeled, cooked, and diced 1 cup vanilla almond milk

3 ice cubes

27) Pina Colada

1/2 cup unsweetened almond milk

1/2 cup coconut water

1/2 cup pineapple, frozen

1 teaspoon honey

1 tablespoon shredded coconut

1/4 teaspoon vanilla extract

28) Raspberry Turmeric

Tumeric is the bright yellow spice known for its anti-inflammatory properties,

1 cup water

1 banana

1/4 cup raspberries, frozen

2 tablespoons hemp seeds
1/4 teaspoon turmeric
1/2 teaspoon cinnamon
3 stalks collard greens

29) Key Lime pie

1/2 cup cottage cheese
1 scoop protein powder
1 cup lime yogurt
2 TBSP chopped walnuts
2 cups of water
4 ice cubes



Muscle Gain

30) Strawberry Peach Oatcake

This mix is extra thick thanks to the oats, yogurt, and chia seeds. Cook the oats separately and let it cool before adding it the blender with the remaining ingredients.

3–4 peach slices, frozen (or about half a peach)
7 strawberries, frozen
1/4 cup rolled oats
1/2 cup fat– free plain Greek yogurt

1/4 cup orange juice
1 tablespoon chia seeds
3 ice cubes

31) The Halle Berry

1/2 cup blueberries
1/4 cup raspberries
1 cup strawberries
2 TBSP cashews
1.5 scoops vanilla or strawberry protein powder
2 cups water
4 ice cubes

This has a huge antioxidant punch due to all of the berries. If you use frozen strawberries then you can omit the added ice cubes.



32) The Hardgainer

1 banana
1 cup strawberries
2 TBSP walnuts
1/4 cup cottage cheese
1 scoop protein powder
4 ice cubes
2 cups water

33) Tropical Breeze

1/2 mango, sliced

1 cup cubed pineapple (you can use frozen if you like)

1 medium orange, peeled and quartered

1 tsp coconut oil

2 scoops vanilla or orange protein powder

4 ice cubes

2 cups water

PRE WORKOUT

34) Ultimate Pre Workout Shake

2 shots of coffee (room temp)

20g Whey Protein

1-2 tsp of Coconut oil

Blend and Enjoy



35) Beetroot and Chocolate

The shake ends up being a really rich vibrant red colour. You need to buy and cook fresh beetroot, this does not work with the pickled beetroot you get in a jar. You can keep the cooked beetroot in the freezer until you are ready to add it to a shake

100g Cooked Beetroot

1 Scoop Chocolate Whey Protein 200 ml (water or milk)

36) Almond & Chocolate shake

1 scoop chocolate whey protein

Coconut milk

6 almonds

1 tbsp grated coconut to taste

1/2 tsp almond extract

1 cup ice



37) Trail Mix

1 scoop chocolate protein powder

1 banana

1 teaspoon cinnamon

1 teaspoon honey

1/4 cup low fat plain yogurt

1/4 cup low fat milk

10 almonds

1 tablespoon raisins

3 ice cubes

38) Peach Oat Smoothie

1/2 cup rolled oats

1/3 cup plain yogurt

1/4 cup milk (plus 1/4 cup more to thin out the mixture after it sits overnight)

1 small peach

1/2 medium banana

1 tablespoon chia seeds

Pinch salt

39) Banana Java

1 banana

1/3 cup oats

1 scoop vanilla whey protein

1/4 cup milk

1 cup coffee

40) Ultimate energy

1 Americano (cooled)

2 square dark chocolate

2 dates

1 handful of cashew nuts



DETOX

41) Green Smoothie

2 celery sticks

1/2 cucumber

1 tsp cashew nut butter

1 tsp coconut oil

Handful of spinach & watercress

Half an avocado

Splash of coconut milk, depending on how thick you like it Ice cubes

Method: Place all ingredients into blender and blend

42) Berry & Spinach

1 handful of strawberries

1 handful of blackberries

200ml coconut milk

Handful of frozen spinach

Handful of ice cubes

Method: Blitz all ingredients in a blender and serve!

43) Purple Drank (not for the faint hearted)

1 small beetroot

1 cup yoghurt

2 tsp cocoa powder 3 ice cubes



44) Black and Blue

2–3 cups spinach
1 cup milk (or juice) of choice
1 banana
1/4 cup blueberries, frozen
1/4 cup blackberries, frozen
3 ice cube

45) Thin Mint

1 cup spinach, frozen (or 2 cups fresh)
1 cup almond milk
2 scoops chocolate protein powder
1/4 cup rolled oats
1/8 teaspoon peppermint extract

45) Spinach Flax

Spinach is great but this has the benefits of flax too.

1/2 cup vanilla yogurt
1 cup milk
1 tablespoon natural peanut butter
2 cups spinach
1 banana, frozen
3 strawberries
1 teaspoon flaxseed

46. Killer Kale

1 ½ cups unsweetened almond milk
1 ½ tablespoons almond butter
1 banana, frozen
2 cups kale
1 tablespoon hemp seeds

47) Coconut Kale

1 cup chopped kale
1 banana
1 ½ cups coconut milk
1 tablespoon flaxseed
1 tablespoon honey
¼ teaspoon coconut extract 3 ice cubes



48) Green detox

1 cup of kale coconut milk
½ cup pineapple
1 tsp honey
4 ice cubes water

QUICK AND EASY

49) Banana and Cinnamon Smoothie

4 ice cubes

1 large banana

1 teaspoon cinnamon

250ml coconut milk

Method: Place ice cubes, banana and coconut milk into a processor.
Blend until smooth.

50) Banana & Coconut Smoothie

1/2 fresh pineapple, chopped

2 bananas

400ml of coconut milk

1 tsp organic cashew nut butter

Handful of ice cubes

Add all ingredients to a food processor and blend until smooth.

51) Creamy Cantaloupe

1/2 cantaloupe, seeded and roughly chopped

1/2 cup plain Greek yogurt

1 tablespoon honey

3 ice cubes

Late Night Treats

52) Cafe Coco Latte

2 espresso shots, chilled
1/2 tsp vanilla essence
1 cup coconut cream
1 cup ice cubes or crushed ice



Steps: Blend all ingredients in a blender until well incorporated. Serves 1

53) Hot Chocolate

1/2 cup Almond Milk
1-2 tbsp unsweetened cacao
1/2 cup hot water
1/2 tsp sweetener/ honey

Steps: Stir until ingredients are incorporated and enjoy. Makes 1

54) Peanut Butter Bomb

Peanut butter and banana are a game-changing combo.

1 cup almond milk
1 banana, frozen
1/2 tablespoon chia seeds
1 1/2 tablespoons natural peanut butter

1/4 teaspoon vanilla extract

3 ice cubes

55) Strawberry Cheesecake Smoothie

250 ml Milk

1 Spoon low fat cottage cheese

1 large handful of strawberries (fresh or frozen)

1 tsp Low fat yoghurt

1 Pinch Lemon Zest

1 scoop (45g) strawberry-flavoured protein powder

Put all the ingredients in a blender and blitz until smooth.



56) Almond Butter and Jelly

The old American favourite

3/4 cup almond milk

1 tablespoon almond butter

1/2 scoop vanilla protein powder

1/2 banana, frozen

1 tablespoon jam

2 tablespoons plain Greek yogurt

1/2 teaspoon vanilla extract

3 ice cubes

7) Butternut Squash and Vanilla

Cooked butternut squash, pumpkin or sweet potato works really well in these recipes it freezes well and depending on how much milk you add it can be made into thick milk shake consistency or even ice-cream.

1 Scoop Vanilla Whey Protein

100g Frozen Cooked Butternut squash

200ml of water, or other milk

58) Raspberry Avocado

Source of good fats and antioxidant berries

1/2 cup avocado

1/3 cup orange juice

1/3 cup raspberry juice

1/4 cup frozen raspberries

59) Vanilla Date

I love dates and use them a lot due to their sweetness.

1/2 cup greek yogurt

1/2 cup of milk

1/2 cup dates, pitted

1/4 teaspoon vanilla extract

3 ice cubes

60) Tiramisu

- 1/3 cup part-skim ricotta cheese
- 2 tablespoons low-fat plain yogurt
- 1/2 tablespoon slivered almonds
- 1 scoop chocolate whey protein powder
- 1 teaspoon ground flaxseed
- 1/2 teaspoon finely ground coffee
- 3 ice cubes

61) Gingerbread

- 1 cup almond milk
- 1 pear, diced
- 1 scoop vanilla protein powder
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ginger
- 3 ice cubes



62) Banana Cheesecake

- 1 banana, frozen
- 1/2 cup unsweetened vanilla Almond milk
- 1/2 cup vanilla Greek yogurt
- 1/4 cup low-fat cottage cheese

63) Chocolate banana

2 ripe bananas

1 teaspoon cacao/ cocoa powder

1 avocado

Half can coconut milk

GREEN SMOOTHIES

64) Blueberry Flax Seed

2 packed cups of fresh spinach

1/2 cup of Almond milk (or other dairy substitute)

1/2 cup of frozen blueberries

1 frozen banana

1 tablespoon flax seed

Add all ingredients in blender.

65) Banana Bread Green Monster

1 ripe banana, frozen (peel before freezing!)

1 cup milk

2 handfuls spinach leaves

1/4 Cup walnuts



1/4 Cup oats sprinkle of cinnamon

66) Blueberry Pie Green Monster

2 Cups spinach

1 Cup milk

1 ripe banana

1/2 C frozen blueberries

1/4 Cup plain Greek yogurt

1/4 cup nuts



67) New you

1 handful spinach

1 handful mint

1 handful parsley

Juice of half a lemon

1/2 a cucumber, peeled

1 large celery stalk

1 inch piece of fresh ginger, peeled

Blend all ingredients together in a juicer or blender until smooth. Serve over ice.

68) Basic Greens Smoothie

2 cups cold water

1 banana, cut into chunks

1 orange, peeled and separated into segments

1/2 apple (your favourite variety), peeled, cored, and cut into chunks

1/2 lemon, peeled and separated into segments

1/2-inch piece of fresh ginger, peeled and minced

2 cups baby spinach

69) Lime & Coconut Greens

Juice of 1 lime

1/2 cup coconut milk

1/2 cup coconut water

1/2 frozen banana

2 cups of spinach

Ice (if you like your smoothie a little thicker)

70) The New Zealander

2 kiwi, peeled and halved

1/2 banana, peeled

1 cup baby spinach

1/2 cup vanilla yogurt

1/2 cup apple juice

10–12 ice cubes

Place all the ingredients into a blender. Blend until smooth

71) Fruit & Spinach Smoothie

8 strawberries, fresh or frozen
1 medium sized orange, juiced
1/2 apple, peeled and cubed
1 handful spinach (approximately 1 cup)
1/2 cup water (optional)

73) Celery Green Smoothie with Mango, Banana and Goji Berries

3–4 stalks of celery, chopped
1–2 bananas, fresh or frozen
1/2 cup goji berries, soaked in water for 20 minutes
1 cup mango pieces, fresh or frozen
1 cup water
Blend on the highest speed until smooth and creamy.

74) Morning Greens

1.5 cups water
1 cup ice
10 organic mint leaves
1 handful of spinach
2 spoons of nut butter
2 dates

75) Tropical Mess

Ingredients: 1 1/2 – 2 cups spinach
1 small sprig parsley (about 3 leaves)
1 banana (a frozen banana will give you a thicker consistency)
5 small pieces of frozen mango,
Handful of frozen pineapple pieces
1/4 cup orange juice

76) Nutty Greenness

1 frozen banana
2 to 3 handfuls of spinach
2 tablespoons smooth peanut butter
2 tablespoons cocoa powder
1 to 1-1/2 cups almond milk

77) Detox greens

1/2 inch piece fresh ginger, peeled
1/4 lemon, skin and all
1-2 cored apples
5 stalks kale (stems removed)
1 avocado
1 cup of water



78) Green Ice cubes

1 bag of baby spinach
1 bottle coconut water

1 cup almond milk

2 scoops Vanilla protein powder

Plus anything else you always put in your smoothie, like oatmeal, chia seeds, wheat germ, etc. Blend to thin and add to ice cube trays.

79) Kale and Pear Smoothie with Herbs

1 1/2 cups water

2 cups kale

1/4 cup herbs (parsley and cilantro both work great)

2 ripe pears, cored

1 frozen banana

1 cup ice

1 Tablespoon flax seeds (optional)

Protein powder (optional)

1/4 avocado (optional)

80) Green grapes

2 Cups Red Seedless Grapes

1 Cup Packed Greens– I used lettuce but Kale and Spinach are even better

1 Medium Pear, Cored & Chopped

1/2 Cup Frozen Pumpkin Pureé or sweet potato if you can't get pumpkin

2 Tbsp. Avocado

3/4 Cup Coconut Water

Ice Cubes

81) Citrus Greens

2 cups spinach

1 cup lettuce

1 apple

1 small mango

1/2 lemon

82) Easy Going greens

2 cups spinach

1 cup lettuce

1 banana

1 pear

1 stalk celery some mint



83) Berry blast Greens

1/2 cup Almond Milk

1 cup Blueberries

1 banana

1 cup spinach

1 cup ice

84) Green almonds smoothie

1/2 cup almond milk

2 tbsp natural almond butter

1 small banana

1 small handful of kale leaves

Combine all ingredients in a blender and process until smooth

EVERYTHING ELSE

85) Fruity sorbet

1 cup plain yogurt

1 frozen banana

1/2 cup orange juice

6 frozen strawberries

4 cubes of ices



86) Strawberry & Kiwi delight

1 1/4 cups cold apple juice

1 ripe banana, sliced

1 kiwifruit, sliced

5 frozen strawberries

1 1/2 teaspoons honey

87) Pineapple Passion

1 cup low-fat or light vanilla yogurt
6 ice cubes
1 cup pineapple chunks
Glass of water

89) Water melon breeze

2 cups chopped watermelon
1/4 cup fat-free milk
2 cups ice

90) Vanilla berry burst

1/2 cup frozen raspberries
1/2 cup frozen strawberries
3/4 cup pineapple juice
1 cup (8 ounces) fat-free vanilla yogurt

91) Straw-banana oat delight

1/4 cup uncooked oats (old fashioned rolled oats recommended; do not use steel cut oats)
1-1/2 teaspoons dried chia seeds
3/4 cup milk
1/4 cup orange juice
1/4 cup Greek yoghurt
1/2 cup fresh quartered strawberries

1/2 cup fresh banana slices
1/2 teaspoon vanilla extract
1–2 teaspoons honey, optional

92) Silky Mango

1/4 cup mango cubes
1/4 cup avocado
1/2 cup of orange juice
1 tbsp freshly squeezed lime
juice



Combine all ingredients in a blender and process until smooth.

93) Healthy heart choco–raspberry smoothie

1/2 cup almond milk
1/4 organic, fair–trade dark chocolate chips or chunks
1 cup of fresh organic raspberries

Combine all ingredients in a blender and process until smooth.

94) Dessert in a glass

1/2 cup of almond milk
1 small banana
2 tbsp of natural hazelnut butter
1 tsp of organic, fair –trade cocoa powder
1 tbsp of honey

95) Green Tea, blueberry and banana

3 tbsp water

1 green tea bag

2 tsp honey

1 cup frozen blueberries

1/2 banana

1 cup of milk

96) Lemon Drop

1 scoop vanilla whey protein

1 cup of greek yoghurt

Zest & juice of a lemon

Ice cubes

Water for desired consistency



97) Orange blast

1 orange, peeled

1/4 cup yogurt

2 tablespoons frozen orange juice concentrate

1/4 teaspoon vanilla extract

4 ice cubes

98) Cheesecake Protein

- 1 cup water or unsweetened Almond or coconut Milk
- 1 cup cottage cheese
- 2 scoops protein (vanilla)
- 1/4 cup crushed nuts

99) Blueberry Madness Shake

- 1-4 ice cubes
- 1 cup blueberries
- 1 cup spinach
- 2 scoops vanilla protein powder
- 2 tbsp. ground flax or chia seeds
- 2 tbsp. cashews
- 1 cup almond milk
- 1 tsp. pure vanilla extract
- 1 pinch cinnamon

100) Peach Cobbler

- 1 cup water
- 1 scoop vanilla whey protein
- 1/2 cup peaches
- 1 cup oats



101) Popeye's favourite

1/2 cup frozen raspberries

1 cup spinach

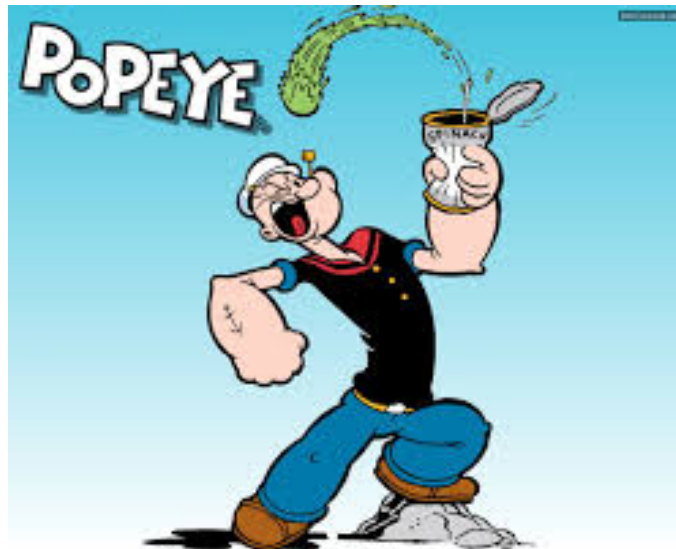
2 scoops vanilla protein powder

2 tbsp. ground flax or chia seeds

2 tbsp. raw cashews

1 cup milk

Combine all ingredients into a blender.



We hope you enjoy the Smoothie recipes
we have put together.

If there are any that you feel we are
missing or you would just like to

comment on the smoothie guide, please
feel free to contact us at.

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