

## **1. Meal Replacement Smoothies**

The most important thing to remember when blending a meal replacement smoothie is to include proteins and healthy fats. This combination will guarantee satiety and give you enough energy until your next meal.

### Yummy Peanut Butter Banana Smoothie

Ingredients:

- 1 ripe banana
- 1 tablespoon natural peanut butter
- ¼ cup rolled oats
- 10 oz. skim or soy milk
- 1 teaspoon honey (topping)

Directions: Mix everything in a blender for at least a minute until smooth. Top with honey for a sweet garnish. Serve immediately!

### Afternoon Kale Smoothie

Ingredients:

- 2 cups coconut milk, unsweetened
- 2 cups frozen berries
- 1 cup fresh kale leaves
- 1 ripe banana
- 4 tablespoons chia seeds + 2 tablespoons coconut oil

Directions: First remove kale leaves from their center stalk. Put the leaves and coconut milk into your blender and blend until smooth. Add remaining ingredients and blend once again until smooth. Serve immediately.

### Pear Banana Kale Smoothie

Ingredients:

- 1 cup fresh spinach leaves
- 1 cup chopped kale leaves
- ½ pear
- 1 fresh banana
- 1 ½ cups cold soy milk
- ½ cup rolled oats
- 1 tablespoon honey

Directions: First remove kale leaves from their center stalk. Put them into your blender with spinach leaves and soy milk. Blend for a few minutes until smooth. Add pear, banana, honey and rolled oats. Blend once again until smooth.

### Berry Bomb

Ingredients:

- 1 ½ cup frozen blueberries
- ½ cup frozen raspberries
- ½ cup frozen strawberries
- 1 tablespoon honey
- 2 tablespoon natural almond butter

- 1 tablespoon chia seeds
- 1 cup natural almond milk

Directions: Put everything into your blender and mix for few minutes until smooth. Sprinkle with some rolled oats and serve.

### Healthy Snack Smoothie

Ingredients:

- $\frac{3}{4}$  cup Greek yoghurt
- 1 cup fresh baby spinach
- $\frac{1}{4}$  cup water
- $\frac{1}{2}$  avocado (pitted)
- 1 tablespoon fresh lime juice
- 1 teaspoon honey
- 1 tablespoon hemp protein

Directions: Put everything into your blender and mix for a few minutes until smooth. If it is too thick, add some more water.

## **2. Protein smoothies**

Even if you are not a bodybuilder, your body needs protein and you will benefit from these delicious protein smoothies! Your body requires protein for healthy skin and hair and for muscle growth after an intense training.

### Whey Protein Smoothie

Ingredients:

- 1 cup nonfat Greek yogurt
- 1 cup cold natural almond milk
- ½ cup ice
- 1 whole banana
- 2 tablespoons protein powder (whey, hemp, peas)

Directions: Mix everything in a blender for at least one minute until smooth. Enjoy immediately.

### Morning Protein Bomb Smoothie

Ingredients:

- 1 kiwi, peeled and sliced
- 1 pear, pitted
- ½ avocado, pitted
- 1 cup frozen blueberries
- 1 tablespoon rolled oats
- ½ teaspoon flax seeds
- 3 ounces Greek yoghurt (nonfat)
- 2 cups cold water

Directions: Mix everything in a blender for at least one minute until smooth. Enjoy immediately.

### Tofu Protein Smoothie

Ingredients:

- ½ cup soft tofu
- ¼ avocado, pitted
- 1 cup cold soy or almond milk (vanilla)
- 1 fresh banana
- 1 tablespoon peanut butter

Directions: Mix everything in a blender for at least one minute until smooth. Enjoy immediately.

### Banana Apple Protein Smoothie

Ingredients:

- 6 raw almonds, chopped
- 1 apple, chopped and pitted
- 1 fresh banana
- ½ cup Greek yoghurt (nonfat)
- ¼ cup cold milk (nonfat)
- ¼ cup cold water

- 1 teaspoon honey

Directions: If your blender is not powerful enough, make sure to chop almonds and apple into small pieces before you start blending. Then put all the ingredients into the blender and mix everything until smooth. Enjoy immediately.

### Protein Fit Smoothie

Ingredients:

- 3 ounces nonfat Greek yoghurt
- ½ teaspoon vanilla extract
- ¼ cup frozen raspberries
- ¼ cup frozen blackberries
- 2 tablespoons almond butter
- ¼ cup frozen pineapple
- ½ cup fresh kale
- ½ cup water

Directions: First remove kale leaves from their center stalk. Put them into your blender and add water. Blend for a few minutes until smooth. Add all the other ingredients. Blend once again until smooth.

### **3. Green Smoothie Recipes**

If you are not a fan of vegetables or if you know you do not consume enough veggies during the day, the best way to solve this problem is to get familiar with green smoothies. They are easy to make and will only take a few minutes of your time.

#### Cherry Green Smoothie

Ingredients:

- 1 cup fresh or frozen cherries (pitted)
- 1 cup natural almond milk (unsweetened)
- 1 tbsp. natural almond butter
- 1 tsp. flax seeds
- 1 tbsp. rolled oats
- 4 fresh kale leaves
- 1 tsp. vanilla extract

Directions: First remove kale leaves from their center stalk. Put them into your blender and add almond milk. Blend for a few minutes until smooth. Add all the other ingredients. Blend once again for at least a minute until smooth.

#### Green Parsley Smoothie

Ingredients:

- ¼ cup fresh parsley (chopped)
- 2 fresh or frozen mangos (pitted and sliced)
- ½ fresh cucumber
- 1 cup unsweetened coconut water
- 1 tbsp. lime juice (freshly squeezed)
- 1 tbsp. coconut flakes

Directions: Put all the ingredients to a blender and blend until smooth. Sprinkle with some extra coconut flakes.

#### Green Ginger Smoothie

Ingredients:

- 1 handful fresh spinach (chopped)
- 1 inch fresh ginger (chopped)
- 1 ¼ cup fresh or frozen peaches
- ½ cup fresh or frozen cherries (pitted)
- ½ cup cold water
- 1 cup orange juice (freshly squeezed)

Directions: Put all the ingredients to your blender and blend until smooth.

#### Basic Blueberry Smoothie

Ingredients:

- 1 cup fresh or frozen blueberries
- ½ cup fresh baby spinach
- ½ cup dried cranberries
- 5 fresh basil leaves
- 1 ½ cup natural almond milk (unsweetened)

- 1 tbsp. natural almond butter

Directions: Put all the ingredients to your blender and blend until smooth.

### Morning Green Breakfast

Ingredients:

- 1 cup fresh spinach
- ½ cup chopped kale (stems removed)
- ½ cup fresh cucumber (diced)
- fistful fresh parsley (chopped)
- ½ avocado (pitted)
- 1 pear (cored)
- 1 tbsp. fresh orange juice
- 1 tbsp. fresh lemon juice

Directions: Put all the ingredients to your blender and blend until smooth.

#### **4. Non-dairy Smoothies**

Some people do not like milk or other dairy products, and the others simply cannot stand them (the reason being different allergies or lactose intolerance). More and more scientists point out that frequent consumption of milk and dairy products is not very healthy. The following smoothie recipes do not include milk and dairy products, however, they are still very yummy!

##### Delicious Pear Morning Smoothie

Ingredients:

- 1 ripe banana
- ½ pear (pitted)
- ½ cup spinach
- ½ cup cold water
- ½ cup almond milk (unsweetened)
- 1 tbsp. chia seeds
- 1 tbsp. flaxseed (ground)
- ½ tbsp. hemp seeds

Directions: Put all the ingredients to a blender and blend until smooth.

##### Refresh-Me Morning Mango Smoothie

Ingredients:

- ½ cup almond milk
- ½ tbsp. natural almond butter
- ½ cup cold water
- 1 ripe banana
- ½ cup mango (fresh or frozen, diced)
- ½ lime, freshly squeezed
- 1 tbsp. hemp seeds
- ½ tsp. chilli powder

Directions: First squeeze ½ lime to make fresh lime juice. Put it into the blender and then add all the other ingredients. Blend until smooth.

##### Antioxidant Blueberry Green Tea Smoothie

Ingredients:

- 1 ½ cup green tea (chilled)
- 1 cup blueberries (fresh or frozen)
- 1 ripe banana
- 1 tbsp. hemp protein powder
- ½ tbsp. hemp seeds
- 1 tbsp. chia seeds

Directions: Put all the ingredients into a blender and blend until smooth.

##### Energizing Coffee Smoothie

Ingredients:

- ¼ cup coffee (cooled)
- ¼ cup ice cubes or cold water
- 1 cup natural coconut or almond milk (unsweetened)

- 1 ripe banana
- ¼ cup cashews (soaked for at least six hours)
- 1 tbsp. cacao nibs
- 1 tsp. cacao powder (as a topping)

Directions: Put all the ingredients into a blender and blend until smooth. Top with cacao powder and enjoy.

### Best Berry Smoothie

Ingredients:

- ½ cup natural fresh cranberry juice
- ½ cup coconut or rice milk (unsweetened)
- 1 ripe banana
- ¼ cup strawberries (fresh or frozen)
- ¼ cup blueberries (fresh or frozen)
- ¼ cup cranberries (fresh, dried or frozen)
- ¼ cup raspberries (fresh or frozen)
- 2 tbsp. natural almond butter
- ½ tbsp. honey (as a sweetener, if needed)

Directions: Put all the ingredients into a blender and blend until smooth. Add some honey if the smoothie is not sweet enough.



## **5. Detox Smoothies**

Our body suffers from stressful situations and toxins from the environment on a daily basis, which is why regular detoxification of the body is the best way to get rid of excess toxins and restore our energy, radiance and well-being.

### Avocado Antioxidant Smoothie

Ingredients:

- 1 avocado (pitted)
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen blueberries
- ½ cup water
- ¼ cup fresh orange juice

Directions: Put all the ingredients into a blender and blend until smooth.

### Berry Mix Antioxidant Smoothie

Ingredients:

- ½ cup blueberries (fresh or frozen)
- ½ cup strawberries (fresh or frozen)
- ½ cup Greek yoghurt
- ¼ cup cold water
- 1 tbsp. natural almond butter

Directions: Put all the ingredients into a blender and blend until smooth.

### Orange Sun Smoothie

Ingredients:

- 1 ripe banana
- ½ inch fresh ginger
- ½ cup mango (fresh or frozen, sliced)
- ½ cup orange juice (freshly squeezed)
- ¼ cup water
- ½ tsp. chilli powder
- few ice cubes (optional)

Directions: First peel and mince ginger. Put it into the blender and then add all the other ingredients. Blend until smooth.

### Kale Detox Smoothie

Ingredients:

- ½ avocado (pitted)
- ¼ fresh cucumber (sliced)
- 1 cup fresh or frozen kale
- 1 ripe banana
- ½ cup cold water
- ½ lemon
- ½ inch fresh ginger
- 1 tbsp. hemp protein powder
- 1 tsp. cacao powder (as a topping)

Directions: First remove kale leaves from their center stalk. Squeeze lemon to make fresh lemon juice. Peel and mince ginger and put it into the blender. Add all the remaining ingredients and blend until smooth. Top with cacao powder.

### Amazing Mango Mint Smoothie

Ingredients:

- ½ cup almond milk (unsweetened)
- ¼ cup coconut milk (unsweetened)
- ½ cup non-fat Greek yoghurt
- 2 tbsp. natural almond butter
- 2 mangoes (fresh or frozen, pitted)
- ½ cup blueberries (fresh or frozen)
- 2 tbsp. fresh mint leaves

Directions: Put all the ingredients into a blender and blend until smooth.