



## Smoothie Recipes

Created by Swan Integrative Health and Wellness



# Smoothie Recipes

Swan Integrative Health and Wellness

This cookbook includes recipes for 36 different smoothie varieties - whether you are a chocolate lover or a berry connoisseur, there's something for everyone! All smoothies can be adjusted to your liking. Some include protein powder and some don't, but protein powder, collagen, greek yogurt or other protein boosters can be added to any recipe. Play around with them until you find some combos that you really love. Smoothies make a great breakfast, lunch, or snack. Your kids will love them, too!

All of these recipes work best if they are blended in a high-powered blender like a MagicBullet, NutriBullet, Ninja, Vitamix, or BlendTec. If you don't have a good blender at home, use that 20% off coupon from Bed, Bath, and Beyond (you know you have a bunch of them laying around!) and treat yourself to one. Not only are they great for smoothies, but you can also make delicious and healthy blended soups, dips, and nut butters with them. You'll get your money's worth many times over!

Happy smoothie making!

Amanda

# Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



## Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

## Notes

### Make it Mocha

Replace half of the almond milk with chilled coffee.

### Likes it Sweeter

Add pitted medjool dates.

### No Maca Powder

Leave it out or use cinnamon instead.

## Ingredients

**2 cups** Frozen Cauliflower

**2** Banana (frozen)

**2 tbsps** Almond Butter

**1/4 cup** Cacao Powder

**1/2 cup** Chocolate Protein Powder

**2 cups** Unsweetened Almond Milk

**1 tbsps** Maca Powder

## Nutrition

Amount per serving

<b>Calories</b>	450	Vitamin C	67mg
<b>Fat</b>	16g	Calcium	695mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	50g	Vitamin D	101IU
Fiber	17g	Vitamin B6	0.8mg
Sugar	20g	Folate	115µg
<b>Protein</b>	31g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	236mg
Sodium	235mg	Zinc	2mg
Potassium	1345mg	Selenium	9µg
Vitamin A	593IU		

# Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### Likes it Sweet

Add raw honey.

### More Protein

Add hemp seeds or a scoop of vanilla protein powder.

### No Papaya

Use extra pineapple or other fruit like mango or oranges.

## Ingredients

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

## Nutrition

Amount per serving

<b>Calories</b>	162	Vitamin C	94mg
<b>Fat</b>	5g	Calcium	159mg
Saturated	0g	Iron	3mg
<b>Carbs</b>	31g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.2mg
Sugar	16g	Folate	90µg
<b>Protein</b>	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	100mg
Sodium	27mg	Zinc	1mg
Potassium	650mg	Selenium	1µg
Vitamin A	2574IU		



# Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### No Protein Powder

Use hemp seeds with vanilla extract instead.

### Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### Make it Green

Add spinach.

## Ingredients

**1/2 cup** Vanilla Protein Powder

**2 tbsps** Ground Flax Seed

**2 tbsps** Chia Seeds

**2** Banana (frozen)

**4** Ice Cubes

**2 cups** Water

**1/2 tsp** Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	287	Vitamin C	10mg
<b>Fat</b>	7g	Calcium	227mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	36g	Vitamin D	0IU
Fiber	9g	Vitamin B6	0.6mg
Sugar	14g	Folate	32µg
<b>Protein</b>	24g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	119mg
Sodium	44mg	Zinc	2mg
Potassium	633mg	Selenium	8µg
Vitamin A	78IU		

# Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

## Notes

### No Pumpkin Pie Spice

Use cinnamon instead.

### Toppings

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

### Warm it Up

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

## Ingredients

**2 cups** Unsweetened Almond Milk

**1 cup** Pureed Pumpkin

**2** Banana (frozen)

**1 tsp** Vanilla Extract

**1 tsp** Pumpkin Pie Spice

**1/2 cup** Vanilla Protein Powder

## Nutrition

Amount per serving

<b>Calories</b>	270	Vitamin C	16mg
<b>Fat</b>	4g	Calcium	609mg
Saturated	1g	Iron	3mg
<b>Carbs</b>	40g	Vitamin D	101IU
Fiber	9g	Vitamin B6	0.7mg
Sugar	19g	Folate	47µg
<b>Protein</b>	23g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	125mg
Sodium	206mg	Zinc	2mg
Potassium	840mg	Selenium	8µg
Vitamin A	19642IU		

# Kiwi Green Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

## Notes

### No Chia Seeds

Use flax seed instead.

### No Protein Powder

Use hemp seeds instead.

## Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	249	Vitamin C	80mg
<b>Fat</b>	5g	Calcium	268mg
Saturated	0g	Iron	3mg
<b>Carbs</b>	31g	Vitamin D	0IU
Fiber	8g	Vitamin B6	0.5mg
Sugar	14g	Folate	110µg
<b>Protein</b>	23g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	145mg
Sodium	75mg	Zinc	2mg
Potassium	843mg	Selenium	8µg
Vitamin A	3614IU		

# Green Blender Juice or Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

## Ingredients

- 1 1/2 cups Pineapple (diced)
- 1 Cucumber (diced)
- 1 cup Parsley
- 4 cups Baby Spinach
- 1 tbsp Ginger (peeled)
- 1 Lemon (juiced)
- 10 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	235	Vitamin C	259mg
<b>Fat</b>	2g	Calcium	286mg
Saturated	0g	Iron	9mg
<b>Carbs</b>	56g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.7mg
Sugar	32g	Folate	399µg
<b>Protein</b>	9g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	201mg
Sodium	139mg	Zinc	2mg
Potassium	1785mg	Selenium	3µg
Vitamin A	16769IU		



# Coconut Matcha Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients together in a blender. Blend until smooth.
2. Divide between glasses. Top with any leftover coconut cream and enjoy!

## Notes

### No Coconut Milk

Replace coconut milk with more almond milk.

### More Protein and Fibre

Add ground flax seed.

## Ingredients

**2/3 cup** Organic Coconut Milk (full fat, refrigerated overnight)

**1 1/2 cups** Unsweetened Almond Milk

**2** Banana

**2 cups** Baby Spinach

**2 tbsps** Hemp Seeds

**2 tsps** Green Tea Powder (matcha)

## Nutrition

Amount per serving

<b>Calories</b>	330	Vitamin C	19mg
<b>Fat</b>	21g	Calcium	384mg
Saturated	13g	Iron	3mg
<b>Carbs</b>	32g	Vitamin D	76IU
Fiber	5g	Vitamin B6	0.6mg
Sugar	16g	Folate	93µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	139mg
Sodium	167mg	Zinc	1mg
Potassium	857mg	Selenium	2µg
Vitamin A	3264IU		

# Mango Oat Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

## Notes

### No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

### Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours.

### More Protein

Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

### More Fibre

Add ground flax seed.

### More Like Mango Lassi

Reduce almond milk and add greek yogurt.

## Ingredients

**2 cups** Frozen Mango

**1** Banana

**1/4 cup** Oats

**2 cups** Unsweetened Almond Milk

**2 tbsps** Hemp Seeds

**1/4** Lemon (juiced)

## Nutrition

Amount per serving

<b>Calories</b>	276	Vitamin C	68mg
<b>Fat</b>	9g	Calcium	485mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	47g	Vitamin D	101IU
Fiber	7g	Vitamin B6	0.5mg
Sugar	30g	Folate	99µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	133mg
Sodium	165mg	Zinc	2mg
Potassium	687mg	Selenium	5µg
Vitamin A	2323IU		

# Gut Healing Green Smoothie

8 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

## Notes

### No Kale

Use spinach instead.

### No Honey

Use maple syrup, dates or extra banana to sweeten instead.

### Likes it Creamy

Use almond milk instead of water for extra creaminess.

### Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

## Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

## Nutrition

Amount per serving

<b>Calories</b>	404	Vitamin C	19mg
<b>Fat</b>	22g	Calcium	177mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	47g	Vitamin D	0IU
Fiber	11g	Vitamin B6	0.5mg
Sugar	24g	Folate	75µg
<b>Protein</b>	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	194mg
Sodium	67mg	Zinc	2mg
Potassium	738mg	Selenium	1µg
Vitamin A	6613IU		



# Strawberry Banana Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

## Notes

### No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

### Storage

Refrigerate in a sealed mason jar up to 48 hours.

### More Protein

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

### More Fibre

Add ground flax seeds.

## Ingredients

**2 cups** Strawberries

**1** Banana

**1/4 cup** Oats (quick or rolled)

**2 cups** Unsweetened Almond Milk

**2 tbsps** Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	224	Vitamin C	95mg
<b>Fat</b>	9g	Calcium	490mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	34g	Vitamin D	101IU
Fiber	7g	Vitamin B6	0.4mg
Sugar	15g	Folate	62µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	137mg
Sodium	165mg	Zinc	2mg
Potassium	637mg	Selenium	4µg
Vitamin A	556IU		



# Post Workout Green Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### No Spinach

Use kale instead.

### No Protein Powder

Add a few spoonfuls of hemp seeds.

## Ingredients

**1/4 cup** Protein Powder (vanilla)

**2 cups** Water (cold)

**1/2** Avocado

**1** Banana (frozen)

**2 cups** Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	183	Vitamin C	19mg
<b>Fat</b>	8g	Calcium	120mg
Saturated	1g	Iron	1mg
<b>Carbs</b>	20g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.5mg
Sugar	8g	Folate	115µg
<b>Protein</b>	12g	Vitamin B12	0.3µg
Cholesterol	2mg	Magnesium	83mg
Sodium	52mg	Zinc	1mg
Potassium	682mg	Selenium	4µg
Vitamin A	2924IU		

# Peanut Butter Banana Oat Smoothie

4 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

## Notes

### No Banana

Sweeten with raw honey, maple syrup or a few soaked dates.

### No Peanut Butter

Use any nut or seed butter.

### Storage

Store in a mason jar with lid in the fridge up to 48 hours.

### More Protein

Add hemp seeds or a scoop of protein powder.

### More Fibre

Add ground flax seed.

## Ingredients

**1/2 cup** Oats (quick or traditional)

**1/4 cup** All Natural Peanut Butter

**2** Banana

**1 cup** Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	389	Vitamin C	10mg
<b>Fat</b>	20g	Calcium	258mg
Saturated	4g	Iron	2mg
<b>Carbs</b>	48g	Vitamin D	51IU
Fiber	7g	Vitamin B6	0.6mg
Sugar	18g	Folate	59µg
<b>Protein</b>	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	123mg
Sodium	88mg	Zinc	2mg
Potassium	693mg	Selenium	8µg
Vitamin A	326IU		

# Cherry Blaster Green Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### Likes it Sweet

Add honey or pitted dates.

### More Protein

Add vanilla protein powder.

## Ingredients

**2 cups** Unsweetened Almond Milk

**2 cups** Baby Spinach

**1 cup** Cherries (fresh or frozen)

**1** Banana (frozen)

**2 tbsps** Chia Seeds

**2 tbsps** Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	247	Vitamin C	18mg
<b>Fat</b>	12g	Calcium	567mg
Saturated	1g	Iron	3mg
<b>Carbs</b>	32g	Vitamin D	101IU
Fiber	8g	Vitamin B6	0.4mg
Sugar	16g	Folate	84µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	170mg
Sodium	186mg	Zinc	1mg
Potassium	774mg	Selenium	1µg
Vitamin A	3395IU		



# Creamy Apple Pie Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### Apple Type

For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

### No Almond Milk

Use any other type of milk instead.

## Ingredients

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 **tbsps** Vanilla Protein Powder
- 2 **tbsps** Oats
- 1 **tbsp** Almond Butter
- 3/4 **tsp** Cinnamon (ground)
- 1 **cup** Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	358	Vitamin C	14mg
<b>Fat</b>	13g	Calcium	601mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	52g	Vitamin D	101IU
Fiber	11g	Vitamin B6	0.4mg
Sugar	27g	Folate	33µg
<b>Protein</b>	16g	Vitamin B12	0.3µg
Cholesterol	2mg	Magnesium	125mg
Sodium	184mg	Zinc	2mg
Potassium	664mg	Selenium	7µg
Vitamin A	641IU		



# Blueberry Detox Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## Notes

### More Protein

Add protein powder, hemp seeds or nut butter.

### Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

### Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

## Ingredients

**2 cups** Frozen Blueberries

**2 cups** Baby Spinach

**2** Banana (peeled, chopped and frozen)

**2 tbsps** Chia Seeds

**2 cups** Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	280	Vitamin C	23mg
<b>Fat</b>	8g	Calcium	566mg
Saturated	0g	Iron	3mg
<b>Carbs</b>	53g	Vitamin D	101IU
Fiber	12g	Vitamin B6	0.6mg
Sugar	28g	Folate	93µg
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	116mg
Sodium	188mg	Zinc	0mg
Potassium	796mg	Selenium	2µg
Vitamin A	3459IU		

# Blueberry Energy Smoothie

5 ingredients · 10 minutes · 2 servings



## Directions

1. Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
2. Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

## Notes

### Make it Sweeter

Add in a few soaked dates to sweeten it up.

## Ingredients

- 1/2 cup Cashews
- 1/4 cup Hemp Seeds
- 2 cups Water
- 2 cups Baby Spinach
- 1 1/2 cups Frozen Blueberries

## Nutrition

Amount per serving

<b>Calories</b>	373	Vitamin C	11mg
<b>Fat</b>	26g	Calcium	93mg
Saturated	4g	Iron	5mg
<b>Carbs</b>	28g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.3mg
Sugar	12g	Folate	112µg
<b>Protein</b>	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	264mg
Sodium	37mg	Zinc	4mg
Potassium	664mg	Selenium	4µg
Vitamin A	2868IU		

# Detox Green Smoothie

8 ingredients · 10 minutes · 2 servings



## Directions

1. Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

## Notes

### No Kale

Use spinach.

### No Pear

Use apples.

### Metabolism Boost

Add 1/4 tsp cayenne pepper.

### Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

### More Protein

Add a scoop of protein powder or hemp seeds.

## Ingredients

- 4 cups** Kale Leaves
- 1** Cucumber (chopped)
- 1** Lemon (juiced)
- 2** Pear (peeled and chopped)
- 1 tbsp** Ginger (grated)
- 1 tbsp** Ground Flax Seed
- 1 1/2 cups** Water
- 5** Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	220	Vitamin C	39mg
<b>Fat</b>	2g	Calcium	225mg
Saturated	0g	Iron	4mg
<b>Carbs</b>	48g	Vitamin D	0IU
Fiber	11g	Vitamin B6	0.1mg
Sugar	21g	Folate	28µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	38mg
Sodium	119mg	Zinc	1mg
Potassium	464mg	Selenium	1µg
Vitamin A	13204IU		

# Lucky Green Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## Notes

### No Mango

Add frozen pineapple or banana instead.

### More Protein

Add a scoop of your favourite clean protein powder.

## Ingredients

- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water

## Nutrition

Amount per serving

<b>Calories</b>	238	Vitamin C	67mg
<b>Fat</b>	13g	Calcium	116mg
Saturated	1g	Iron	3mg
<b>Carbs</b>	27g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.3mg
Sugar	18g	Folate	137µg
<b>Protein</b>	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	189mg
Sodium	37mg	Zinc	2mg
Potassium	666mg	Selenium	1µg
Vitamin A	4176IU		



# Winter Berry Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

1. Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

## Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

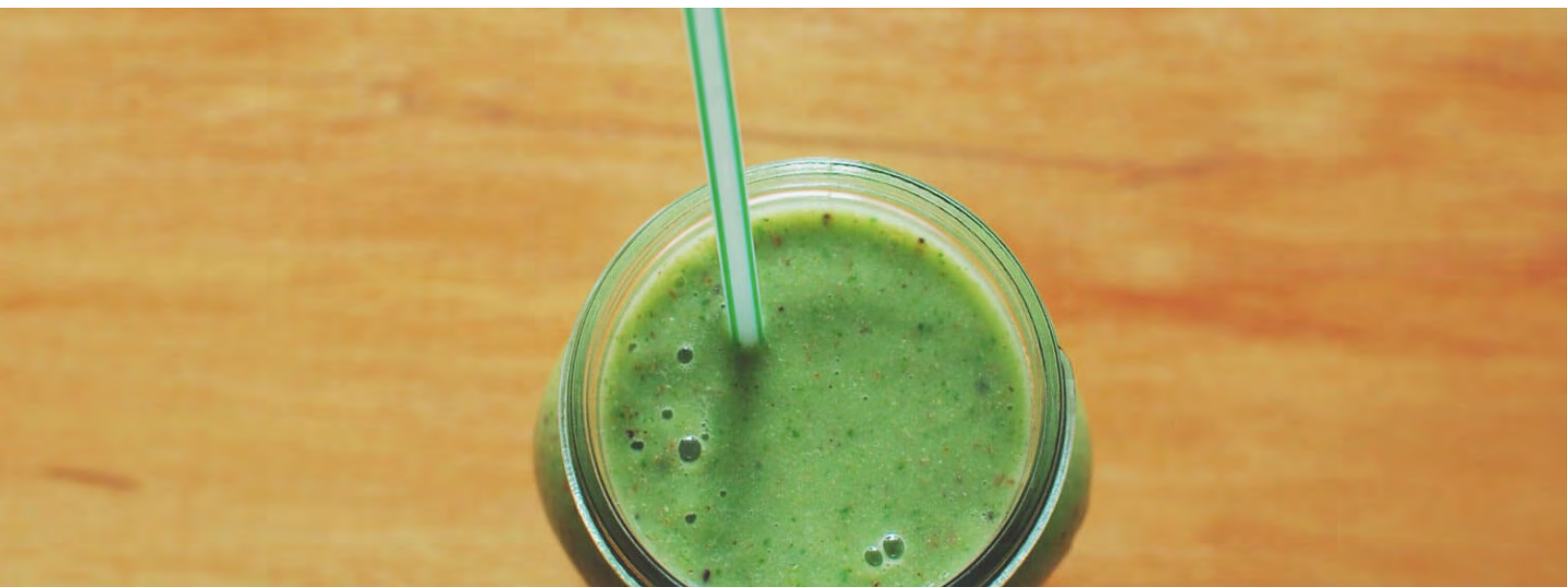
## Nutrition

Amount per serving

<b>Calories</b>	168	Vitamin C	80mg
<b>Fat</b>	6g	Calcium	427mg
Saturated	0g	Iron	3mg
<b>Carbs</b>	27g	Vitamin D	76IU
Fiber	8g	Vitamin B6	0.1mg
Sugar	17g	Folate	88µg
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	79mg
Sodium	146mg	Zinc	1mg
Potassium	539mg	Selenium	0µg
Vitamin A	3361IU		

# Green Apple Cinnamon Smoothie

6 ingredients · 10 minutes · 1 serving



## Directions

1. Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

## Ingredients

- 1 Apple (peeled, cored and chopped)
- 2 Kiwi (peeled and sliced)
- 1 **tbsp** Ground Flax Seed
- 1/2 **tsp** Cinnamon
- 1 **cup** Unsweetened Almond Milk
- 2 **cups** Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	260	Vitamin C	153mg
<b>Fat</b>	6g	Calcium	591mg
Saturated	0g	Iron	3mg
<b>Carbs</b>	52g	Vitamin D	101IU
Fiber	13g	Vitamin B6	0.3mg
Sugar	32g	Folate	155µg
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	99mg
Sodium	215mg	Zinc	1mg
Potassium	1001mg	Selenium	1µg
Vitamin A	6347IU		

# Tropical Ginger Smoothie

7 ingredients · 10 minutes · 1 serving



## Directions

1. Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
2. Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
3. Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

## Ingredients

**3/4 cup** Pineapple (diced)  
**1 tbsp** Ground Flax Seed  
**1 1/2 tsps** Ginger (peeled and grated)  
**2 cups** Baby Spinach  
**1/2 cup** Water  
**4** Ice Cubes  
**1/4 cup** Blueberries

## Nutrition

Amount per serving

<b>Calories</b>	135	Vitamin C	80mg
<b>Fat</b>	3g	Calcium	100mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	26g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.3mg
Sugar	16g	Folate	141µg
<b>Protein</b>	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	69mg
Sodium	52mg	Zinc	1mg
Potassium	510mg	Selenium	1µg
Vitamin A	5718IU		



# Glowing Green Mango Energy Smoothie

7 ingredients · 10 minutes · 2 servings



## Directions

1. Place all ingredients together in a blender. Blend until smooth. Enjoy!

## Ingredients

**4 cups** Baby Spinach  
**1/2** Cucumber  
**1** Lime (juiced)  
**1** Lemon (juiced)  
**1** Apple (skin removed and diced)  
**1 1/2 cups** Frozen Mango  
**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	158	Vitamin C	84mg
<b>Fat</b>	1g	Calcium	120mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	40g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.4mg
Sugar	29g	Folate	184µg
<b>Protein</b>	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	83mg
Sodium	58mg	Zinc	1mg
Potassium	800mg	Selenium	2µg
Vitamin A	7105IU		



# Collagen Green Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

1. Combine all ingredients into your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Collagen Powder

Omit or use protein powder instead.

### No Spinach

Use kale or romaine lettuce instead.

### Make it Vegan/Vegetarian

Omit the collagen and use a plant-based protein powder instead.

### Leftovers

Best enjoyed immediately.

## Ingredients

**1 cup** Water

**2 cups** Baby Spinach

**1/2** Avocado

**1/2** Banana (frozen)

**1/2 oz** Collagen Powder

## Nutrition

Amount per serving

<b>Calories</b>	274	Vitamin C	32mg
<b>Fat</b>	15g	Calcium	107mg
Saturated	2g	Iron	2mg
<b>Carbs</b>	24g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.6mg
Sugar	8g	Folate	214µg
<b>Protein</b>	16g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	101mg
Sodium	88mg	Zinc	1mg
Potassium	1035mg	Selenium	7µg
Vitamin A	5811IU		

# Green Pineapple Ginger Smoothie with Aloe

7 ingredients · 5 minutes · 1 serving



## Directions

1. Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
2. Add remaining ingredients and blend until smooth. Serve immediately.

## Notes

### No Aloe Juice

Use fresh aloe leaf gel or coconut water instead.

### Likes it Sweet

Add raw honey to taste.

## Ingredients

- 1 cup Water
- 1 1/2 fl ozs Pure Aloe Juice
- 1/2 cup Kale Leaves (finely chopped)
- 2 tsps Ginger (peeled and grated)
- 1 cup Frozen Pineapple (chunks)
- 1/2 Avocado (fresh or frozen)
- 4 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	266	Vitamin C	94mg
<b>Fat</b>	15g	Calcium	97mg
Saturated	2g	Iron	2mg
<b>Carbs</b>	34g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.4mg
Sugar	17g	Folate	112µg
<b>Protein</b>	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	56mg
Sodium	43mg	Zinc	1mg
Potassium	685mg	Selenium	1µg
Vitamin A	3493IU		

# Berry & Greek Yogurt Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

1. Add all ingredients to a high-speed blender and blend until very smooth.
2. Pour into a glass and serve immediately. Enjoy!

## Notes

### Ultra Creamy

Use milk instead of water.

## Ingredients

**1/2 cup** Plain Greek Yogurt

**1 tbsp** Raw Honey

**1** Banana (frozen)

**1 cup** Frozen Raspberries

**1 tbsp** Ground Flax Seed

**1 cup** Water

## Nutrition

Amount per serving

<b>Calories</b>	369	Vitamin C	42mg
<b>Fat</b>	6g	Calcium	324mg
Saturated	2g	Iron	2mg
<b>Carbs</b>	70g	Vitamin D	50IU
Fiber	11g	Vitamin B6	0.5mg
Sugar	43g	Folate	63µg
<b>Protein</b>	15g	Vitamin B12	0µg
Cholesterol	17mg	Magnesium	69mg
Sodium	82mg	Zinc	1mg
Potassium	680mg	Selenium	1µg
Vitamin A	805IU		

# Chocolate Collagen Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

1. Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!

## Notes

### No Almond Milk

Use any other kind of milk like cashew, hemp or rice instead.

### No Collagen Powder

Omit or use protein powder instead.

### No Romaine

Use spinach or kale instead.

## Ingredients

**1 1/2 cups** Unsweetened Almond Milk

**5 leaves** Romaine (washed and torn)

**1/4 cup** Frozen Cauliflower

**1/2 cup** Strawberries

**1/2** Banana (frozen)

**2 tbsps** Chia Seeds

**2 tbsps** Cacao Powder

**1 tbsp** Almond Butter

**1/2 oz** Collagen Powder

## Nutrition

Amount per serving

<b>Calories</b>	490	Vitamin C	69mg
<b>Fat</b>	25g	Calcium	961mg
Saturated	2g	Iron	7mg
<b>Carbs</b>	45g	Vitamin D	152IU
Fiber	20g	Vitamin B6	0.4mg
Sugar	14g	Folate	251µg
<b>Protein</b>	27g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	272mg
Sodium	294mg	Zinc	1mg
Potassium	1362mg	Selenium	8µg
Vitamin A	12995IU		



# Peach Cobbler Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

## Notes

### Dairy-Free

Use coconut yogurt instead of cottage cheese.

### No Cashew Milk

Use almond, rice, coconut or your choice of alternative milk instead.

### No Dates

Sweeten with maple syrup, honey or banana instead.

### Storage

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

### More Protein

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

### More Fiber

Add ground flax seed.

## Ingredients

**1 1/2 cups** Unsweetened Cashew Milk

**2** Peach (pitted)

**1/4 cup** Oats (quick or rolled)

**1 cup** Cottage Cheese

**2 tbsps** Pitted Dates

**1 tsp** Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	255	Vitamin C	10mg
<b>Fat</b>	8g	Calcium	194mg
Saturated	2g	Iron	1mg
<b>Carbs</b>	33g	Vitamin D	107IU
Fiber	5g	Vitamin B6	0.1mg
Sugar	21g	Folate	47µg
<b>Protein</b>	15g	Vitamin B12	3.2µg
Cholesterol	18mg	Magnesium	65mg
Sodium	395mg	Zinc	2mg
Potassium	496mg	Selenium	17µg
Vitamin A	1015IU		

# Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cacao powder.

### Likes it Sweet

Add frozen banana.

### Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

## Ingredients

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

## Nutrition

Amount per serving

<b>Calories</b>	298	Vitamin C	13mg
<b>Fat</b>	19g	Calcium	655mg
Saturated	2g	Iron	2mg
<b>Carbs</b>	11g	Vitamin D	101IU
Fiber	7g	Vitamin B6	0.4mg
Sugar	1g	Folate	115µg
<b>Protein</b>	25g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	146mg
Sodium	228mg	Zinc	2mg
Potassium	685mg	Selenium	7µg
Vitamin A	3385IU		

# Mango Coconut Green Smoothie

7 ingredients · 10 minutes · 1 serving



## Directions

1. Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### Coconut Butter

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

### No Protein Powder

Use hemp seeds instead.

## Ingredients

**1/4 cup** Frozen Cauliflower

**1/4 cup** Frozen Broccoli

**1/2 cup** Frozen Mango

**1 cup** Unsweetened Almond Milk

**1/4 cup** Organic Coconut Milk (full fat)

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Coconut Butter

## Nutrition

Amount per serving

<b>Calories</b>	391	Vitamin C	64mg
<b>Fat</b>	24g	Calcium	594mg
Saturated	18g	Iron	2mg
<b>Carbs</b>	24g	Vitamin D	101IU
Fiber	7g	Vitamin B6	0.3mg
Sugar	14g	Folate	77µg
<b>Protein</b>	24g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	81mg
Sodium	236mg	Zinc	2mg
Potassium	521mg	Selenium	8µg
Vitamin A	1538IU		



# Raspberry Zinger Smoothie

6 ingredients · 10 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

## Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	312	Vitamin C	100mg
<b>Fat</b>	10g	Calcium	925mg
Saturated	0g	Iron	4mg
<b>Carbs</b>	36g	Vitamin D	152IU
Fiber	16g	Vitamin B6	0.4mg
Sugar	12g	Folate	131µg
<b>Protein</b>	27g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	158mg
Sodium	317mg	Zinc	2mg
Potassium	819mg	Selenium	8µg
Vitamin A	874IU		



# Lemon Tart Smoothie

6 ingredients · 10 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Enjoy!

## Notes

### What is Coconut Butter?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

### No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

## Ingredients

- 1 Lemon (juiced)
- 1 Banana (frozen)
- 1 cup Frozen Cauliflower
- 2 tbsps Coconut Butter
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	489	Vitamin C	85mg
<b>Fat</b>	26g	Calcium	830mg
Saturated	18g	Iron	3mg
<b>Carbs</b>	48g	Vitamin D	152IU
Fiber	15g	Vitamin B6	0.8mg
Sugar	20g	Folate	116µg
<b>Protein</b>	27g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	123mg
Sodium	322mg	Zinc	2mg
Potassium	896mg	Selenium	9µg
Vitamin A	846IU		

# Pear Blackberry Smoothie

7 ingredients · 10 minutes · 1 serving



## Directions

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

## Notes

### No Ground Flax Seed

Use chia seeds instead.

### No Blackberries

Use blueberries instead.

## Ingredients

- 1 Pear
- 1 cup Blackberries
- 2 tbsps Ground Flax Seed
- 1/2 tsp Cinnamon
- 1 cup Baby Spinach
- 1 cup Water
- 6 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	243	Vitamin C	46mg
<b>Fat</b>	6g	Calcium	145mg
Saturated	0g	Iron	3mg
<b>Carbs</b>	47g	Vitamin D	0IU
Fiber	18g	Vitamin B6	0.2mg
Sugar	25g	Folate	106µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	71mg
Sodium	32mg	Zinc	1mg
Potassium	612mg	Selenium	1µg
Vitamin A	3169IU		

# Pineapple Turmeric Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

## Notes

### Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

### No Pineapple

Use mango, peaches or banana instead.

## Ingredients

- 2 cups** Unsweetened Almond Milk
- 2 cups** Pineapple (diced into chunks)
- 1 tbsp** Ginger (peeled and grated)
- 1/2 cup** Vanilla Protein Powder
- 1 tsp** Turmeric (powder)

## Nutrition

Amount per serving

<b>Calories</b>	204	Vitamin C	79mg
<b>Fat</b>	3g	Calcium	588mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	26g	Vitamin D	101IU
Fiber	4g	Vitamin B6	0.3mg
Sugar	16g	Folate	39µg
<b>Protein</b>	21g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	88mg
Sodium	201mg	Zinc	2mg
Potassium	380mg	Selenium	7µg
Vitamin A	595IU		



# Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### No Blueberries

Use any type of frozen berry instead.

### No Protein Powder

Use hemp seeds instead

## Ingredients

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Ground Flax Seed

**1 cup** Frozen Blueberries

**1 cup** Baby Spinach

**1 cup** Water (cold)

## Nutrition

Amount per serving

<b>Calories</b>	207	Vitamin C	12mg
<b>Fat</b>	4g	Calcium	190mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	23g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.3mg
Sugar	13g	Folate	77µg
<b>Protein</b>	22g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	84mg
Sodium	69mg	Zinc	2mg
Potassium	372mg	Selenium	7µg
Vitamin A	2884IU		



# Chocolate Cherry Green Smoothie

4 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### Likes it Sweet

Add more cherries.

### Extra Chocolate

Add some cacao or cocoa powder.

### Extra Thick

Add ground flax seeds or chia seeds.

### No Protein Powder

Use a blend of hemp seeds and cocoa powder instead.

## Ingredients

**2 cups** Cherries (fresh and pitted, or frozen)

**1/2 cup** Chocolate Protein Powder

**2 cups** Baby Spinach

**2 cups** Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	209	Vitamin C	18mg
<b>Fat</b>	3g	Calcium	613mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	26g	Vitamin D	101IU
Fiber	5g	Vitamin B6	0.3mg
Sugar	18g	Folate	72µg
<b>Protein</b>	22g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	103mg
Sodium	223mg	Zinc	2mg
Potassium	630mg	Selenium	7µg
Vitamin A	3400IU		