



## **3-2-1 Smoothie Cookbook**

Created by Swan Integrative Health and Wellness



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A nutrient-dense smoothie can be an awesome way to start your day. My 3-2-1 GO Smoothie Template helps you to design a smoothie that is a nutritional powerhouse, not a sugar bomb. In this cookbook you'll find seven smoothie recipes that fit my criteria perfectly. They all start with base of liquid and protein, and per the 3-2-1 GO template, each one contains:

- 3 servings of veggies
- 2 servings of healthy, satisfying fats
- 1 serving of fruit

Have fun playing with these smoothie ideas and creating delicious combos of your own!

Happy blending!

Amanda

## 3-2-1 Beet Red Smoothie or Smoothie Bowl

8 ingredients · 10 minutes · 2 servings



### Directions

1. In your blender or food processor, combine all ingredients. Blend until smooth and thick. Add water to thinner consistency if smoothie is desired.
2. Transfer to a bowl or cup and add toppings. Enjoy!

### Notes

#### Topping Ideas

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

### Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Raspberries
- 1 cup Frozen Cauliflower (Fresh also an option)
- 1 Zucchini (Peeled and chopped, about 1 cup)
- 2 cups Unsweetened Almond Milk
- 1/4 cup Cashews
- 2 tbsps Hemp Seeds
- 2 cups Vanilla Protein Powder (2 scoops, or portion specified on packaging (2 servings))

### Nutrition

Amount per serving

<b>Calories</b>	615	<b>Vitamin C</b>	60mg
<b>Fat</b>	18g	<b>Calcium</b>	975mg
Saturated	3g	<b>Iron</b>	5mg
<b>Carbs</b>	33g	<b>Vitamin D</b>	101IU
Fiber	13g	<b>Vitamin B6</b>	1.0mg
Sugar	12g	<b>Folate</b>	181µg
<b>Protein</b>	87g	<b>Vitamin B12</b>	2.4µg
Cholesterol	15mg	<b>Magnesium</b>	370mg
Sodium	374mg	<b>Zinc</b>	9mg
Potassium	1382mg	<b>Selenium</b>	29µg
Vitamin A	771IU		



# 3-2-1 Orange Pumpkin Super Smoothie

10 ingredients · 10 minutes · 2 servings



## Directions

1. Throw all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

## Notes

### No Pureed Pumpkin

Use steamed sweet potato instead.

### Not sweet enough?

Sweeten with maple syrup, raw honey or soaked dates.

### Want some punch?

Add turmeric, to taste

## Ingredients

- 1 cup Pureed Pumpkin
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 2 cups Unsweetened Almond Milk
- 1 cup Grated Carrot
- 1 Navel Orange (peeled and sectioned)
- 1 cup Frozen Cauliflower
- 1/4 cup Cashews
- 1 cup Vanilla Protein Powder (Per packaging, 2 servings worth)
- 1/2 cup Organic Coconut Milk (Canned, full fat)

## Nutrition

Amount per serving

<b>Calories</b>	526	Vitamin C	79mg
<b>Fat</b>	23g	Calcium	790mg
Saturated	11g	Iron	5mg
<b>Carbs</b>	40g	Vitamin D	101IU
Fiber	13g	Vitamin B6	0.6mg
Sugar	16g	Folate	116µg
<b>Protein</b>	46g	Vitamin B12	1.2µg
Cholesterol	8mg	Magnesium	207mg
Sodium	320mg	Zinc	5mg
Potassium	1173mg	Selenium	16µg

Vitamin A 30439IU

## 3-2-1 Creamy Lemon Meringue Smoothie

8 ingredients · 10 minutes · 2 servings



### 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.

#### Not creamy enough?

Add 1/2 frozen banana per serving

#### Need more lemon?

Add more freshly squeezed lemon or lemon zest

#### Topping ideas

Lemon zest, hemp seeds, coconut flakes

### Ingredients

1 Lemon (peeled)

1 cup Frozen Cauliflower

2 tbsps Coconut Butter

1 cup Vanilla Protein Powder (Per packaging, for 2 servings)

2 cups Unsweetened Almond Milk

1 Zucchini (peeled and chopped)

1 Cucumber (peeled, seeded, and chopped)

2 tbsps Macadamia Nut Butter

### Nutrition

Amount per serving

<b>Calories</b>	464	Vitamin C	59mg
<b>Fat</b>	24g	Calcium	775mg
Saturated	12g	Iron	3mg
<b>Carbs</b>	24g	Vitamin D	101IU
Fiber	10g	Vitamin B6	0.6mg
Sugar	8g	Folate	93µg
<b>Protein</b>	46g	Vitamin B12	1.2µg
Cholesterol	8mg	Magnesium	157mg
Sodium	269mg	Zinc	4mg
Potassium	905mg	Selenium	14µg
Vitamin A	864IU		

## 3-2-1 Green Goddess Smoothie

8 ingredients · 5 minutes · 2 servings



### Directions

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

### Notes

#### No Protein Powder

Add a few spoonfuls of hemp seeds.

### Ingredients

**1 cup** Protein Powder (vanilla)

**2 cups** Water (cold)

**1/2** Avocado

**1** Banana (frozen)

**2 cups** Baby Spinach

**2 cups** Kale Leaves (organic)

**1 cup** Frozen Cauliflower

**1/4 cup** Walnuts

### Nutrition

Amount per serving

<b>Calories</b>	459	Vitamin C	56mg
<b>Fat</b>	18g	Calcium	400mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	33g	Vitamin D	0IU
Fiber	13g	Vitamin B6	0.9mg
Sugar	9g	Folate	179µg
<b>Protein</b>	46g	Vitamin B12	1.2µg
Cholesterol	8mg	Magnesium	185mg
Sodium	180mg	Zinc	4mg
Potassium	1054mg	Selenium	15µg
Vitamin A	9436IU		

## 3-2-1 Blueberry Burst Smoothie

8 ingredients · 10 minutes · 2 servings



### Directions

1. Combine cashews, hemp seeds and nut milk in a blender. Blend until very smooth.
2. Add in remainder of ingredients and blend until smooth. Divide into glasses and enjoy!

### Notes

#### Make it Sweeter

Add in a few soaked dates to sweeten it up.

#### No spinach?

Sub organic kale or any other leafy green

### Ingredients

**1/4 cup** Cashews

**1/4 cup** Hemp Seeds

**2 cups** Baby Spinach

**1 cup** Frozen Blueberries

**1** Zucchini (peeled and chopped)

**2 cups** Unsweetened Cashew Milk ((or almond, hemp, etc))

**2 cups** Frozen Cauliflower

**1 cup** Protein Powder (Vanilla or chocolate, 2 servings worth)

### Nutrition

Amount per serving

<b>Calories</b>	513	Vitamin C	84mg
<b>Fat</b>	23g	Calcium	433mg
Saturated	3g	Iron	5mg
<b>Carbs</b>	32g	Vitamin D	139IU
Fiber	12g	Vitamin B6	0.9mg
Sugar	12g	Folate	243µg
<b>Protein</b>	52g	Vitamin B12	4.8µg
Cholesterol	8mg	Magnesium	370mg
Sodium	228mg	Zinc	7mg
Potassium	1295mg	Selenium	21µg
Vitamin A	3564IU		



## 3-2-1 Purple Power Smoothie

10 ingredients · 10 minutes · 2 servings



### Directions

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

### Notes

#### No Hemp Seed

Use chia seeds instead.

#### No Blackberries

Use blueberries instead.

#### Not sweet enough?

Add 1/2 banana per serving

### Ingredients

**1 cup** Blackberries

**1/2 tsp** Cinnamon

**1 cup** Baby Spinach

**1 cup** Protein Powder (Vanilla or chocolate, 2 servings worth)

**1 cup** Water

**1** Beet (cooked, peeled, and chopped)

**6** Ice Cubes

**1 cup** Frozen Cauliflower

**1/2 cup** Organic Coconut Milk (canned, full fat)

**2 tbsps** Hemp Seeds

### Nutrition

Amount per serving

<b>Calories</b>	403	Vitamin C	50mg
<b>Fat</b>	17g	Calcium	313mg
Saturated	10g	Iron	3mg
<b>Carbs</b>	21g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.5mg
Sugar	8g	Folate	156µg
<b>Protein</b>	45g	Vitamin B12	1.2µg
Cholesterol	8mg	Magnesium	211mg
Sodium	155mg	Zinc	5mg
Potassium	914mg	Selenium	14µg

Vitamin A 1586IU

## 3-2-1 White Delight Smoothie

10 ingredients · 5 minutes · 2 servings



### Directions

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

### Notes

#### 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.

#### What are white sweet potatoes?

Look for Hannah Yams or Japanese Sweet Potatoes - they have a sweet, yummy white flesh!

#### No macadamia nuts

Sub cashews, almonds, or any nut butter

### Ingredients

- 1/2 cup** Vanilla Protein Powder (Two servings worth)
- 2 tbsps** Chia Seeds
- 1** Banana (frozen)
- 4** Ice Cubes
- 2 cups** Unsweetened Almond Milk (or try oat milk!)
- 1/2 tsp** Cinnamon
- 1 cup** Frozen Cauliflower
- 1** Cucumber (peeled, seeded, and chopped)
- 1** Sweet Potato (white, baked and/or pureed)
- 1/4 cup** Macadamia Nuts (or 1 Tbsp nut butter)

### Nutrition

Amount per serving

<b>Calories</b>	444	Vitamin C	39mg
<b>Fat</b>	20g	Calcium	714mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	46g	Vitamin D	101IU
Fiber	13g	Vitamin B6	0.7mg
Sugar	14g	Folate	77µg
<b>Protein</b>	27g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	181mg
Sodium	255mg	Zinc	2mg

Potassium	1085mg	Selenium	9µg
Vitamin A	9928IU		