

## Smoothie Recipe Pack

Discover 30 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies



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- GF Gluten Free
- DF Dairy Free
- Low Carb (30g- serve)
- Meal Prep/Freezer Friendly
- High Protein (20g+ per serve)
- v Vegetarian
- Quick (under 30 mins)
- N Contains Nuts





### The Power Breaky Smoothie

#### Serves 2

1 cup (150g) blueberries, frozen

1 medium bananas, ripe

4 tbsp. rolled oats

2 tbsp. almond butter

2 cups (480ml) almond milk, unsweetened

2 medjool dates

2 scoops (50g) vanilla protein powder

### What you need to do

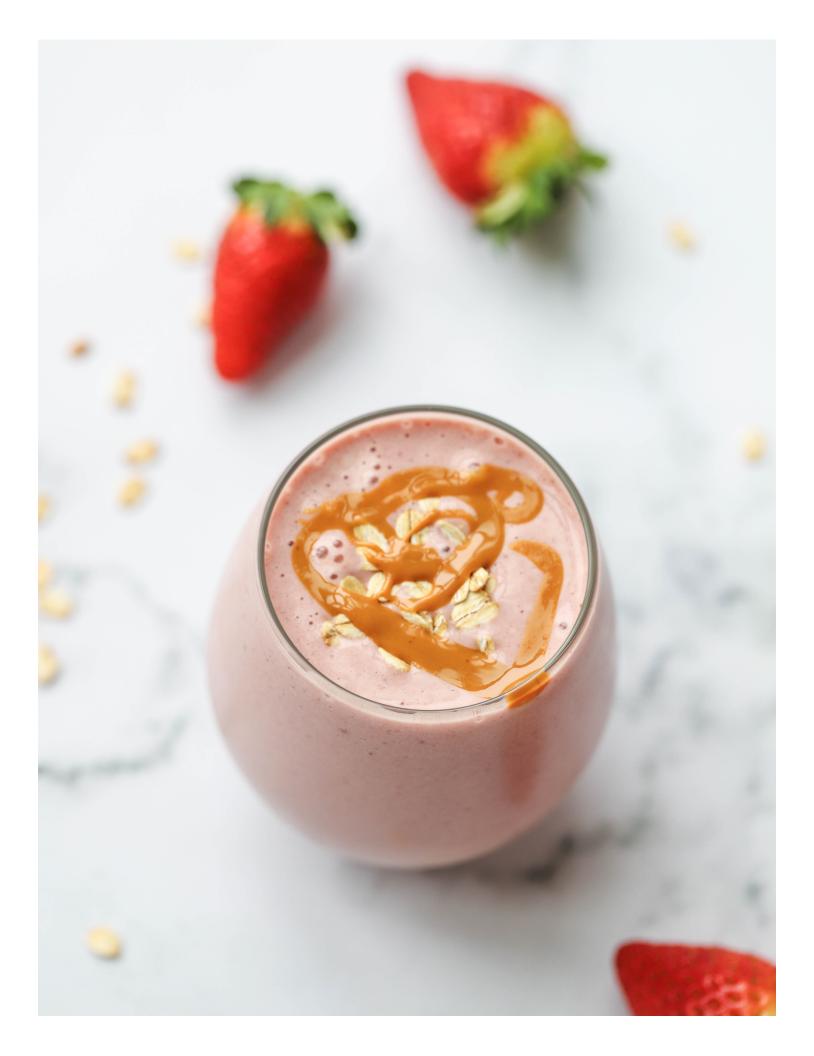
1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	HP	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	395	14	45	26	8





### The Strawberry Burst Breakfast Smoothie

#### Serves 2

1 medium banana, sliced & frozen

1 cup (145g) strawberries, frozen

2 tbsp. rolled oats

2 scoops (50g) vanilla protein powder

2 tbsp. natural peanut butter

1 ½ cups (360ml) almond milk, unsweetened

### What you need to do



DF LC HP V Q N
----------------

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	305	11	27	29	5

<sup>\*</sup>Nutrition per serving





### The Wake Me Up Protein Smoothie

#### Serves 2

4 tbsp. rolled oats

1 ½ cups (360ml) almond milk, unsweetened

1/2 cup (120ml) water

1 scoop (25g) chocolate protein powder

2 tsp. instant coffee powder

2 tsp. cocoa powder, natural

1 banana

1/4 cup (30g) pecans

### What you need to do

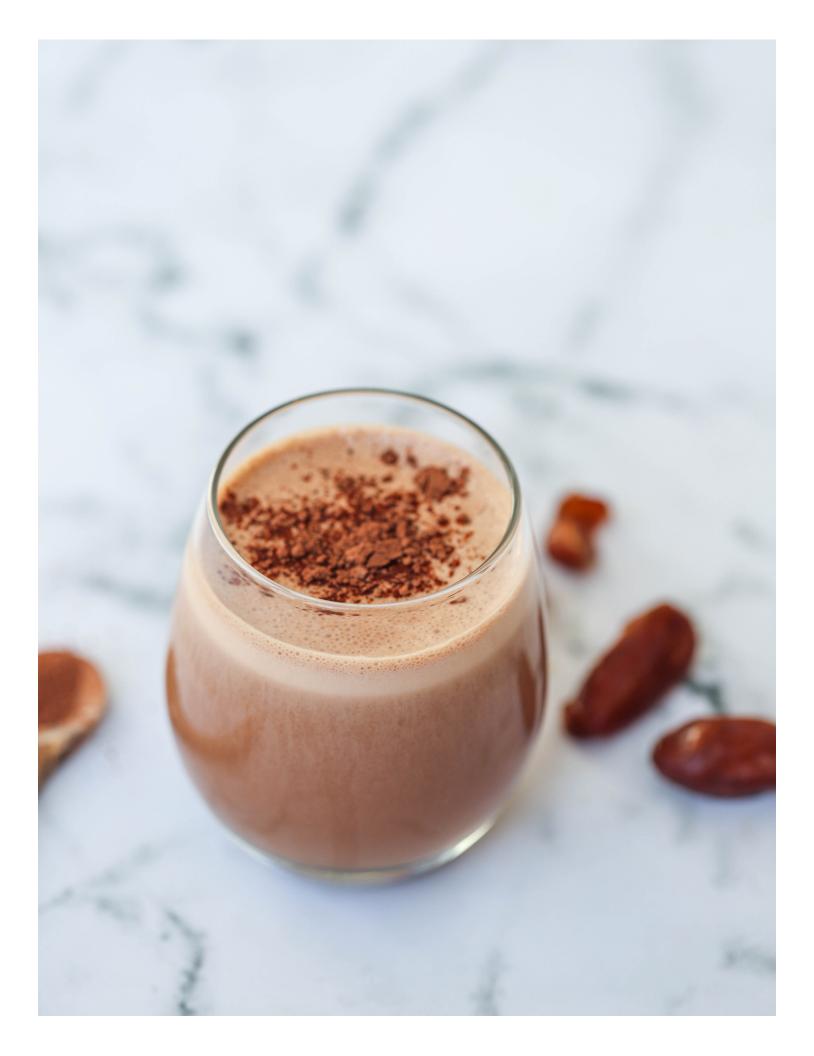


Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	267	14	25	14	6

<sup>\*</sup>Nutrition per serving







### The Morning **Energizer Smoothie**

#### Serves 2

1 cup (240ml) coconut milk, from carton

1 cup (240ml) coffee, chilled

<sup>2</sup>/<sub>3</sub> cup (165g) coconut yogurt, unsweetened

2 medjool dates

1 scoop (25g) protein powder, chocolate

1 tbsp. cacao powder, natural

### What you need to do

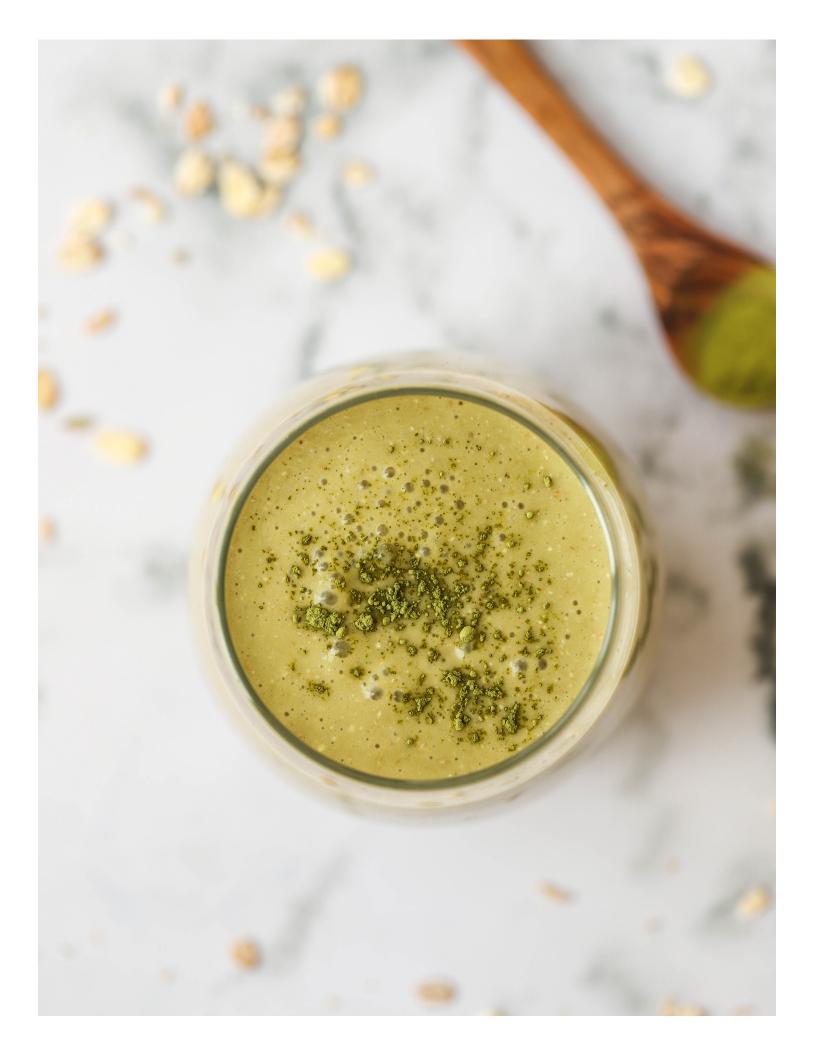
GF	DF	LC	V	Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	212	6	28	11	4

<sup>\*</sup>Nutrition per serving







### The Green Fuel Smoothie

#### Serves 2

4 tbsp. rolled oats

½ tsp. matcha green tea powder

2 cups (480ml) almond milk, unsweetened

1 banana, chopped & frozen

2 scoops (50g) vanilla protein powder

### What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	HP	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	209	4	23	23	4





### The Greenology Smoothie

#### Serves 2

1 cup (240ml) almond milk, unsweetened

1 medium banana, frozen

½ mango, frozen

2 cups (60g) spinach

1/4 cup (15g) pumpkin seeds

2 tbsp. hemp seeds hearts

1 scoop (25g) vanilla protein powder

1/4 cup (60ml) water

### What you need to do

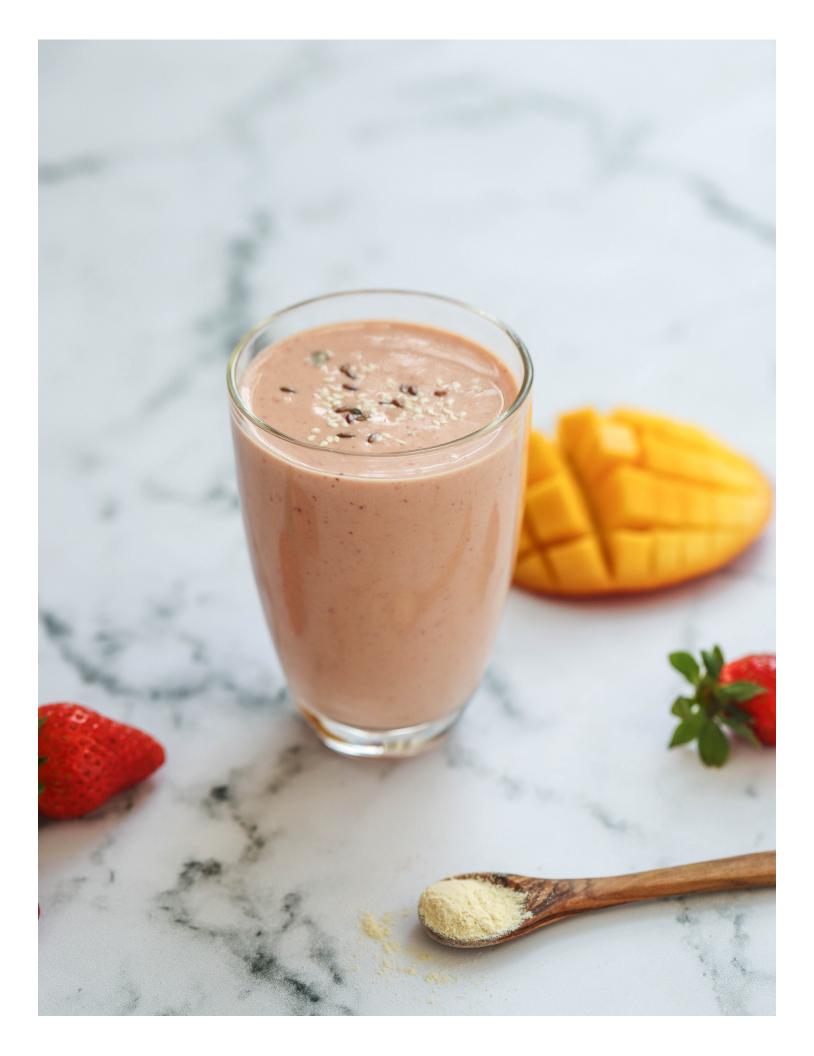


GF	DF	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	266	10	30	19	5

<sup>\*</sup>Nutrition per serving





### The Mango-Licious Protein Smoothie

#### Serves 2

1 cup (145g) strawberries, frozen

1 mango, chopped, and frozen

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein powder, vanilla

2 cups (480ml) almond milk, unsweetened

6 ice cubes

### What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	294	5	36	31	5





### The Black Forest Smoothie

#### Serves 2

1 ½ cups (360ml) almond milk, unsweetened

1 avocado

1 ½ (230g) cup cherries, frozen

2 scoops (50g) protein powder, chocolate

2 tsp. vanilla extract

### What you need to do



GF	DF	LC	HP	V	Ų	IN			
I	Prep		Kcal		Fat	s(g)	Carbs(g)	Protein(g)	Fibre(g)
5	min		335		1	.8	24	23	10

<sup>\*</sup>Nutrition per serving





### The Banana Twist Protein Smoothie

#### Serves 2

4 tbsp. rolled oats

2 cups (480ml) almond milk, unsweetened

1 banana

1 apple

1 tsp. ground cardamom

2 scoops (50g) vanilla protein powder

### What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF HP V Q N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	259	4	35	23	7





### The Superfood Protein Smoothie

#### Serves 2

1 medium banana, sliced and frozen

1 cup (150g) blueberries, frozen

1 cup (70g) kale

2 medjool dates

1 tbsp. ground flax seeds

3 cauliflower florets (40g), frozen

2 scoops (50g) protein powder, chocolate

1 ½ tbsp. cocoa powder, natural

2 cups (480ml) almond milk, unsweetened

### What you need to do

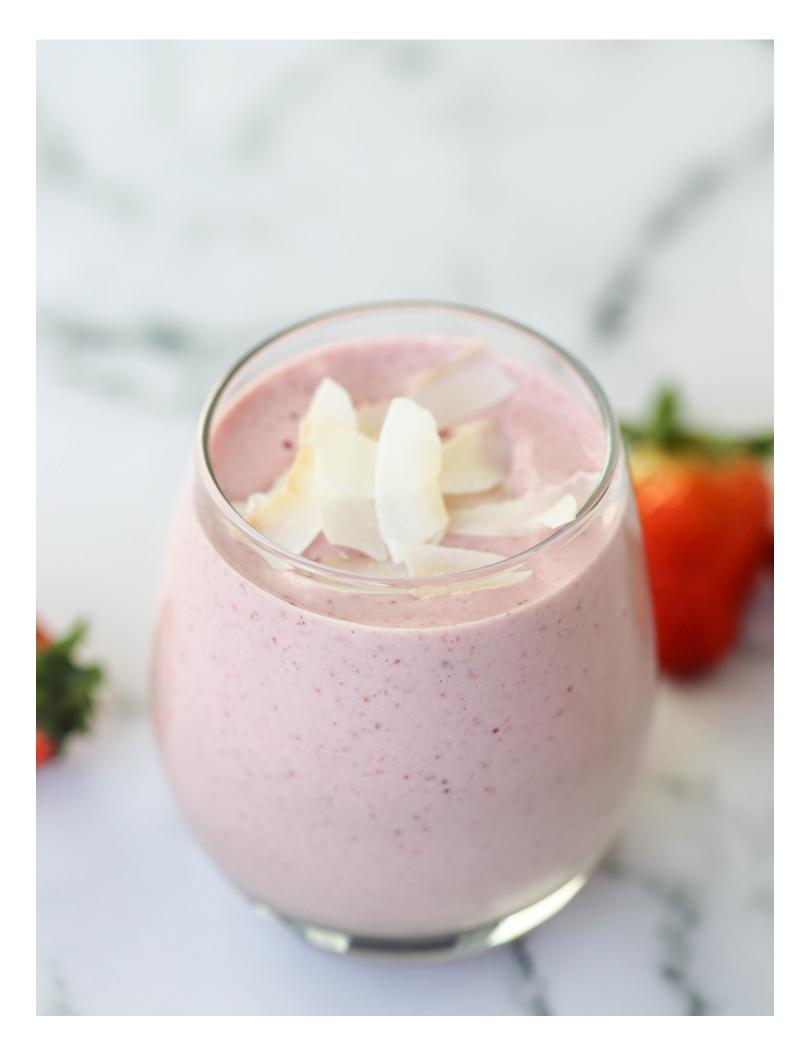


GF DF HP V Q N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	328	6	50	25	11

<sup>\*</sup>Nutrition per serving





### The Strawberry Post Workout Smoothie

#### Serves 2

1 cup (145g) strawberries, frozen

1 cup (240ml) coconut milk, cartoned

2 scoops (50g) protein powder, vanilla

2 tsp. honey

2 tsp. vanilla extract

2 tsp. desiccated coconut

### What you need to do

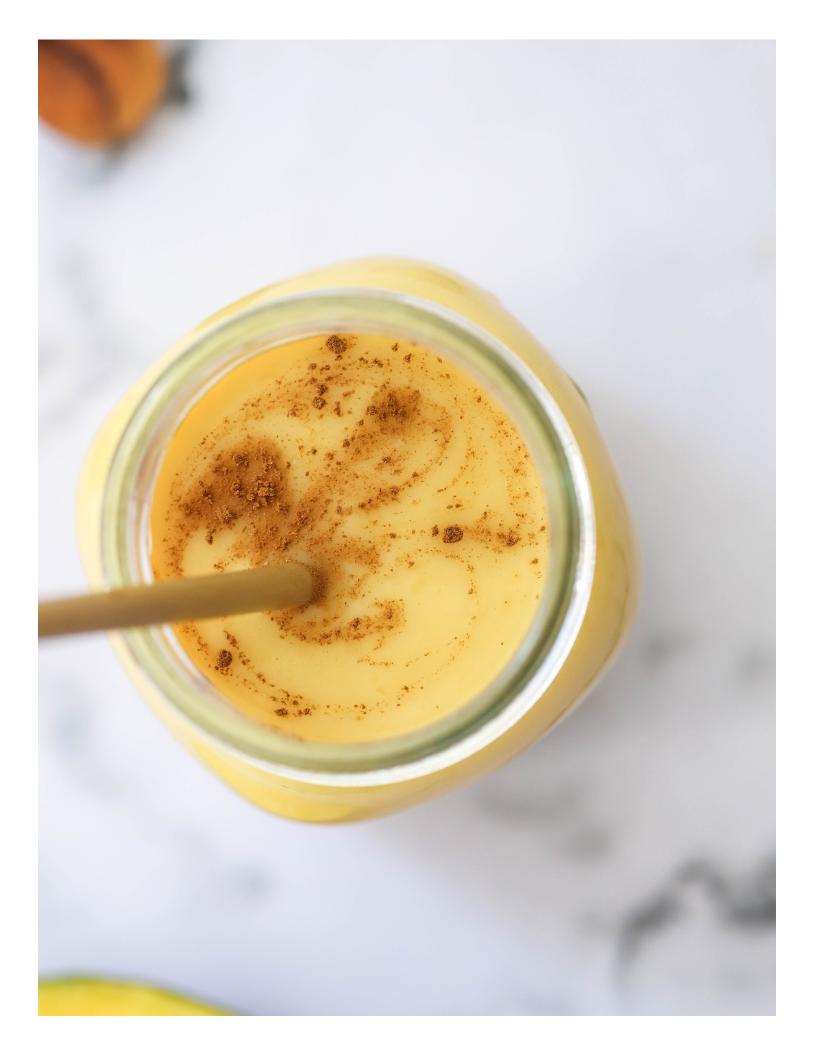


GF	DF	LC	HP	V	Q
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	193	4	16	23	2

<sup>\*</sup>Nutrition per serving





### The Golden Protein Smoothie

#### Serves 2

1 mango, chopped, frozen

1 banana, sliced, frozen

½ cup (120g) Greek yogurt

1 tsp. ground cinnamon

1 tsp. ground turmeric

½ tsp. ground ginger

pinch black pepper

1 cup (240ml) almond milk, unsweetened

2 scoops (50g) vanilla protein powder

### What you need to do



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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	317	4	45	31	6

<sup>\*</sup>Nutrition per serving





### The Triple Berry Protein Smoothie

#### Serves 2

 $1 \frac{1}{2}$  cups (220g) berry mix, frozen

1 banana, chopped & frozen

2 tsp. chia seeds

2 scoops (50g) vanilla protein powder

2 cups (480ml) almond milk, unsweetened

### What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF DF LC HP V Q	N	
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	242	4	29	26	7





### The Cinnamon Roll Smoothie

#### Serves 2

1 cup (240ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein powder

4 tbsp. rolled oats

1 tbsp. honey

1 tsp. ground cinnamon

1 banana, chopped & frozen

### What you need to do

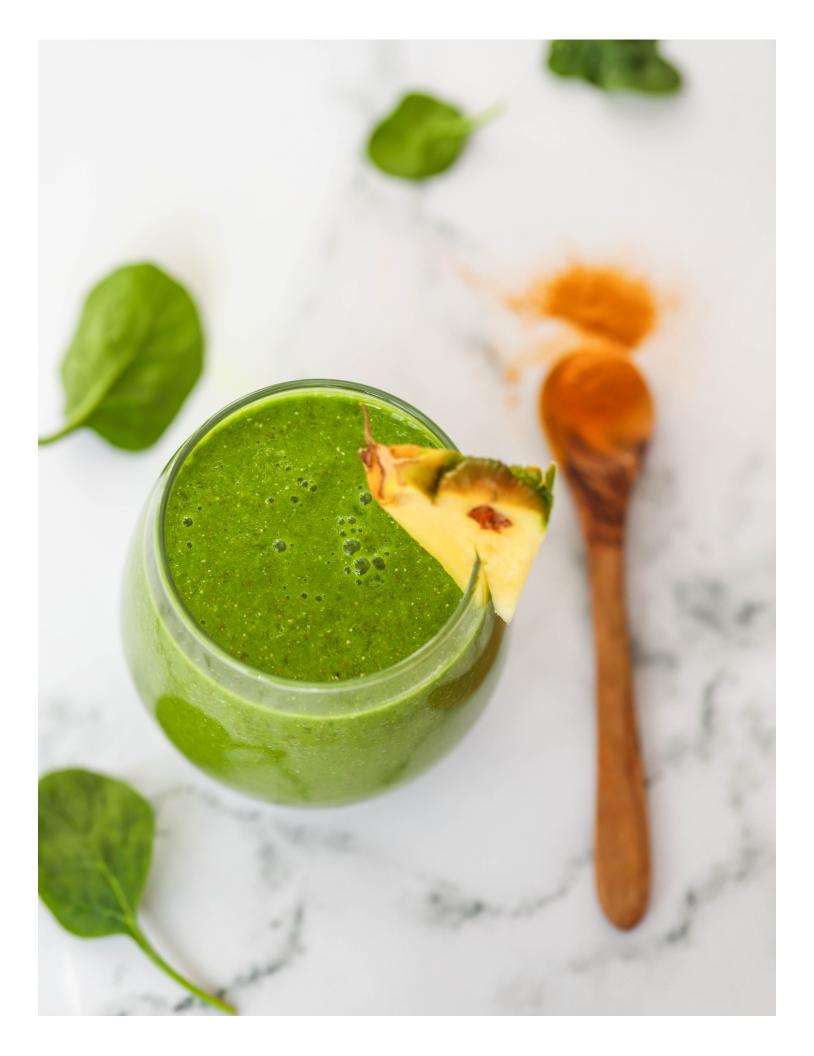


	GF	НР	V	Q	N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	274	4	35	28	4

<sup>\*</sup>Nutrition per serving





# The Anti-Inflammatory Green Smoothie

#### Serves 2

2 cups (480ml) almond milk, unsweetened

2 cups (60g) spinach, packed

½ tsp. ground turmeric

pinch black pepper

2 tbsp. chia seeds

2 cups (330g) pineapple chunks, frozen

### What you need to do

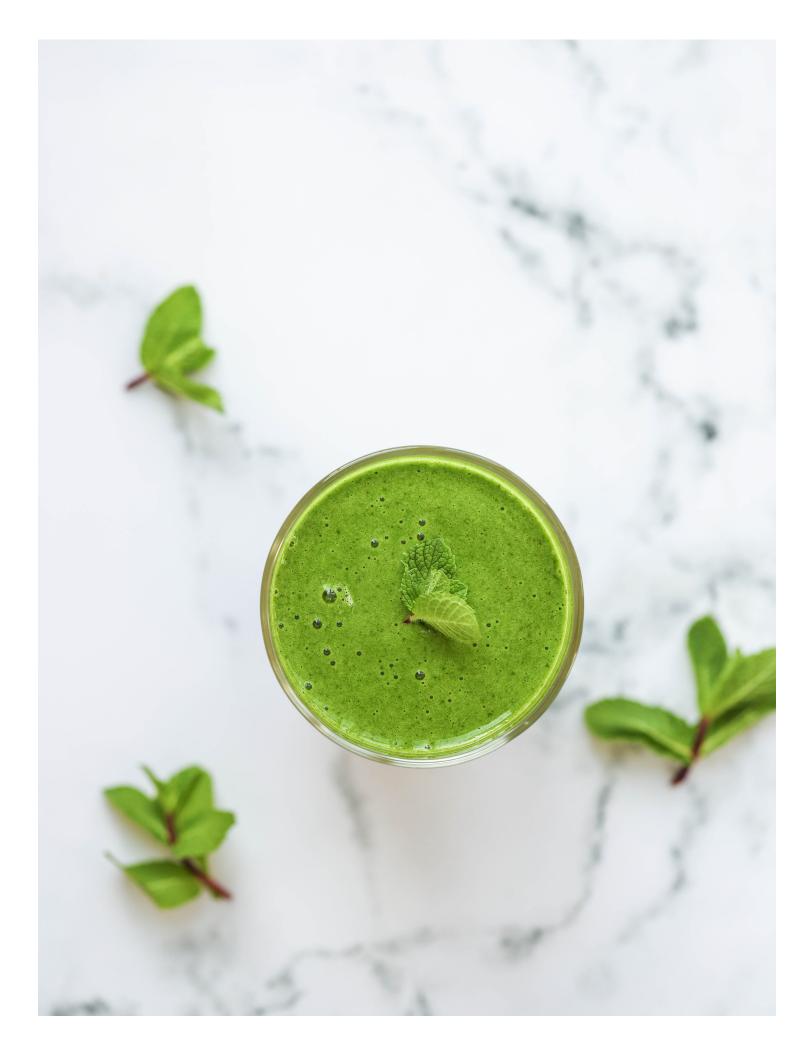
1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	183	7	30	5	7





### The Pick Me Up Smoothie

#### Serves 2

2 medium banana, frozen

1 ½ cups (360ml) almond milk, unsweetened

2 cups (60g) baby spinach

24 leaves mint

10 ice cubes

### What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF DF LC V Q N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	135	2	29	3	5





# The Golden Citrus Smoothie

#### Serves 2

1 mango, peeled, chopped & frozen

1 1/4 cups (300g) Greek yogurt

1 tbsp. turmeric root, chopped

4 clementines, peeled

## What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	4	53	17	6







# The Pineapple Lassi

#### Serves 2

1  $\frac{1}{2}$  cups (360g) vanilla yogurt, plant based

2 cups (330g) canned pineapple with juice

½ (120ml) cup canned light coconut milk

½ tsp. root ginger, grated

10 ice cubes

## What you need to do

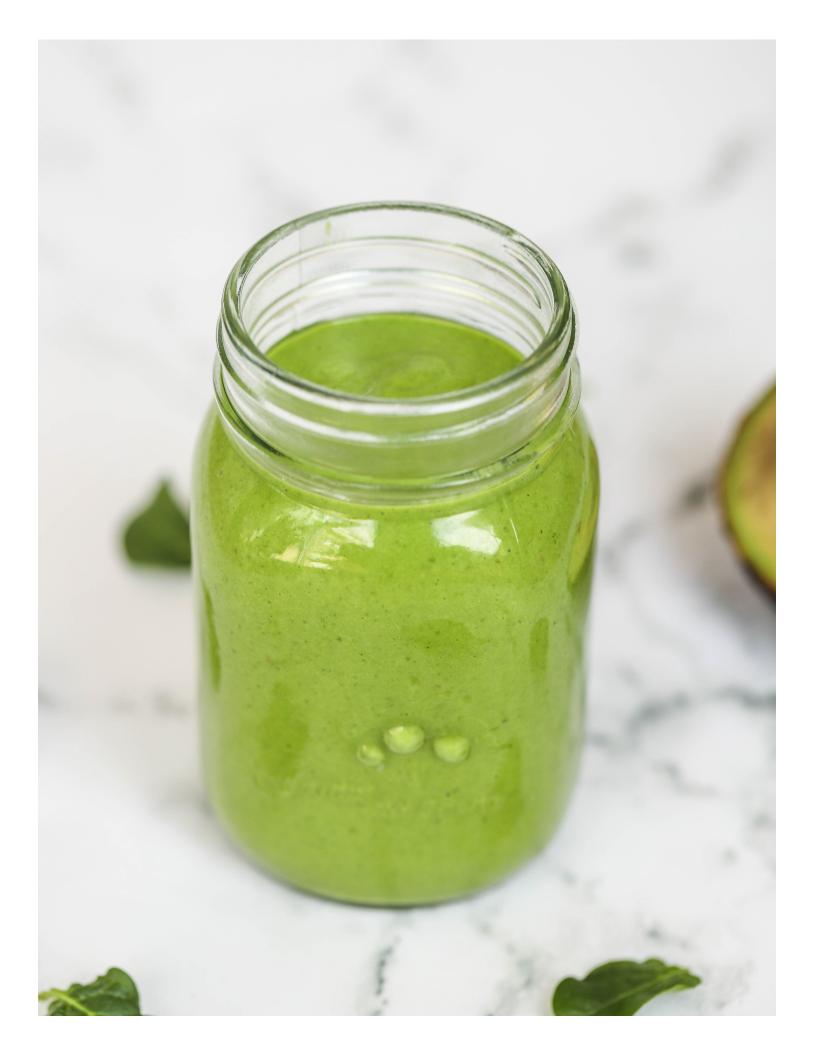
1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	9	46	10	3





# The All Green Smoothie

#### Serves 2

½ avocado, pitted

2 cups (330g) pineapple, chunks

2 cups (60g) baby spinach

1 cup (240ml) coconut milk, from carton

4 tbsp. lime juice

1/4 cup (12g) fresh coriander, chopped

2 tsp. ground ginger

## What you need to do

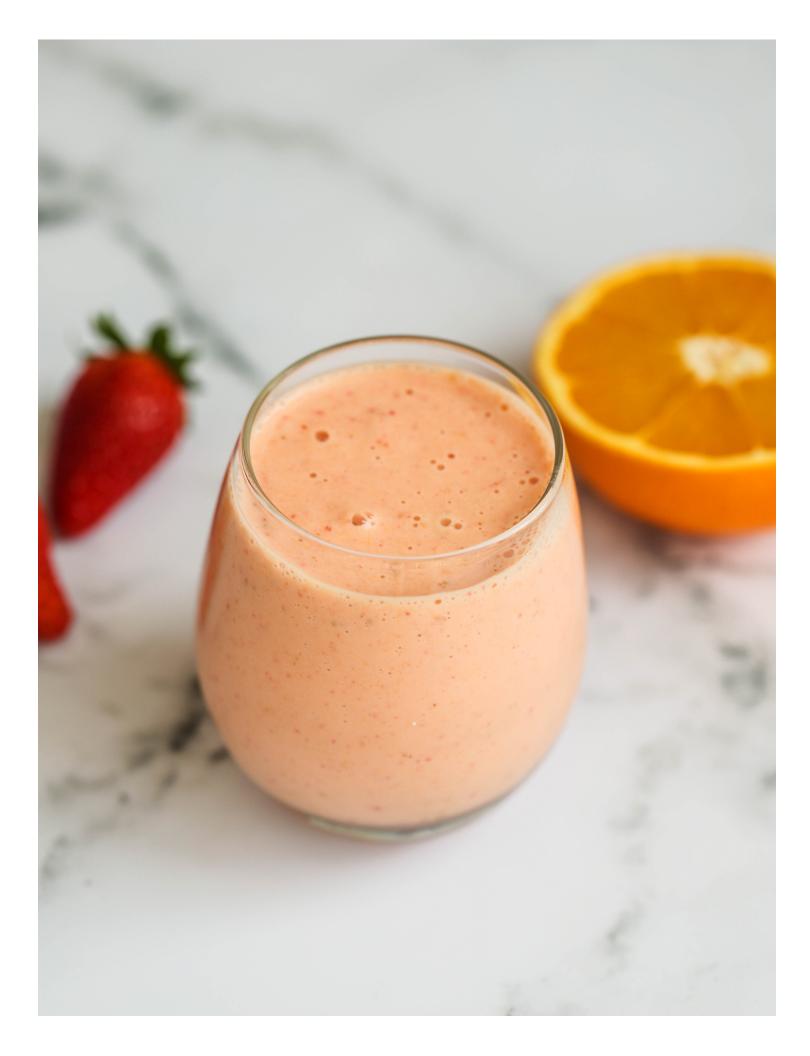
1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	36	3	8





# The Summer Dream Smoothie

#### Serves 2

½ cup (120g) Greek yogurt

1/4 cup (60ml) coconut milk, from canton

½ cup (60ml) orange juice

1 cup (145g) strawberries, frozen

1 orange, peeled

1 tbsp. honey

## What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.





Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	162	2	31	7	3





# The Black Beauty Smoothie

#### Serves 2

<sup>2</sup>/<sub>3</sub> cup (160ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

1 tbsp. ground flax seed

1 tbsp. natural cocoa powder, unsweetened

2 tbsp. peanut butter

½ tsp. vanilla extract

1 medium banana, chopped & frozen

## What you need to do

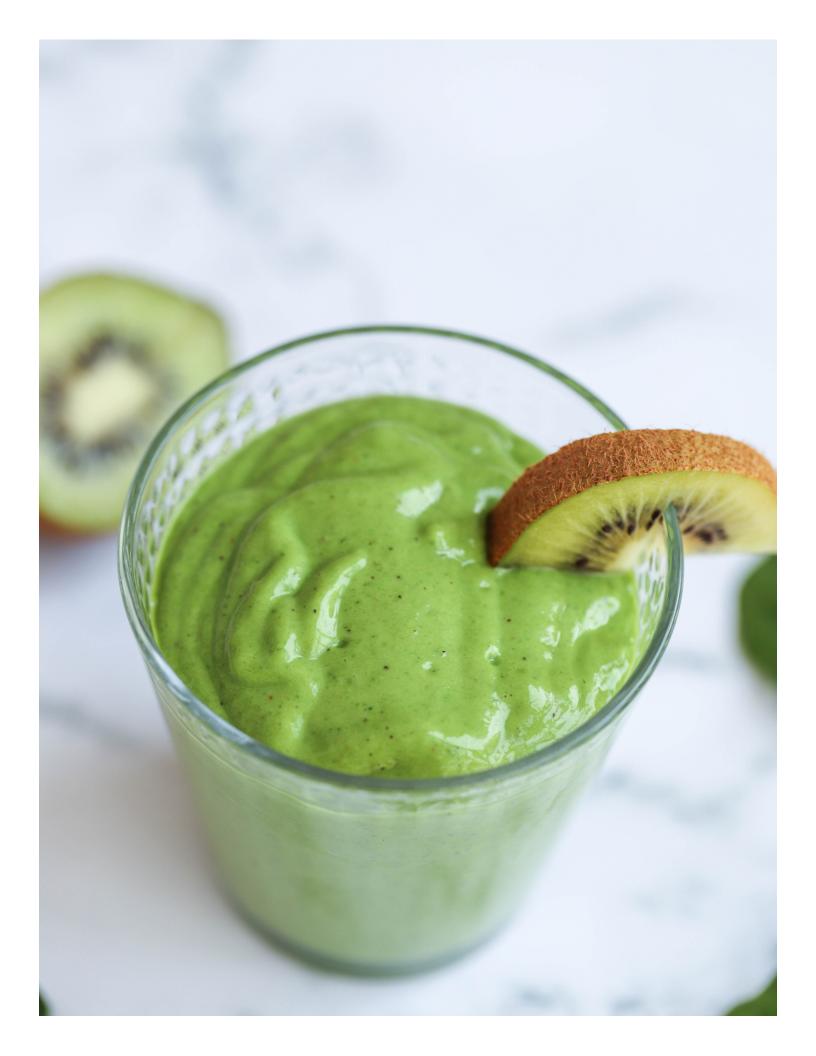


GF	HP	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	473	24	45	23	9

<sup>\*</sup>Nutrition per serving





# The Kiwi Boost Smoothie

#### Serves 2

<sup>2</sup>/<sub>3</sub> cup (160g) coconut yogurt

½ cup (120ml) coconut milk, from cartoned

1/4 tsp. root ginger, grated

2 kiwis, peeled & quartered

2 tbsp. quinoa flakes

2 cups (60g) baby spinach

## What you need to do



GF	DF	LC	V	Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	148	5	24	4	5

<sup>\*</sup>Nutrition per serving





# The Purple Smoothie

#### Serves 2

1 ½ cup (360ml) water

½ small red cabbage (285g), shredded & frozen

1 cup (150g) blueberries, frozen

1 banana, chopped & frozen

<sup>2</sup>/<sub>₃</sub> cup (165g) vanilla yogurt

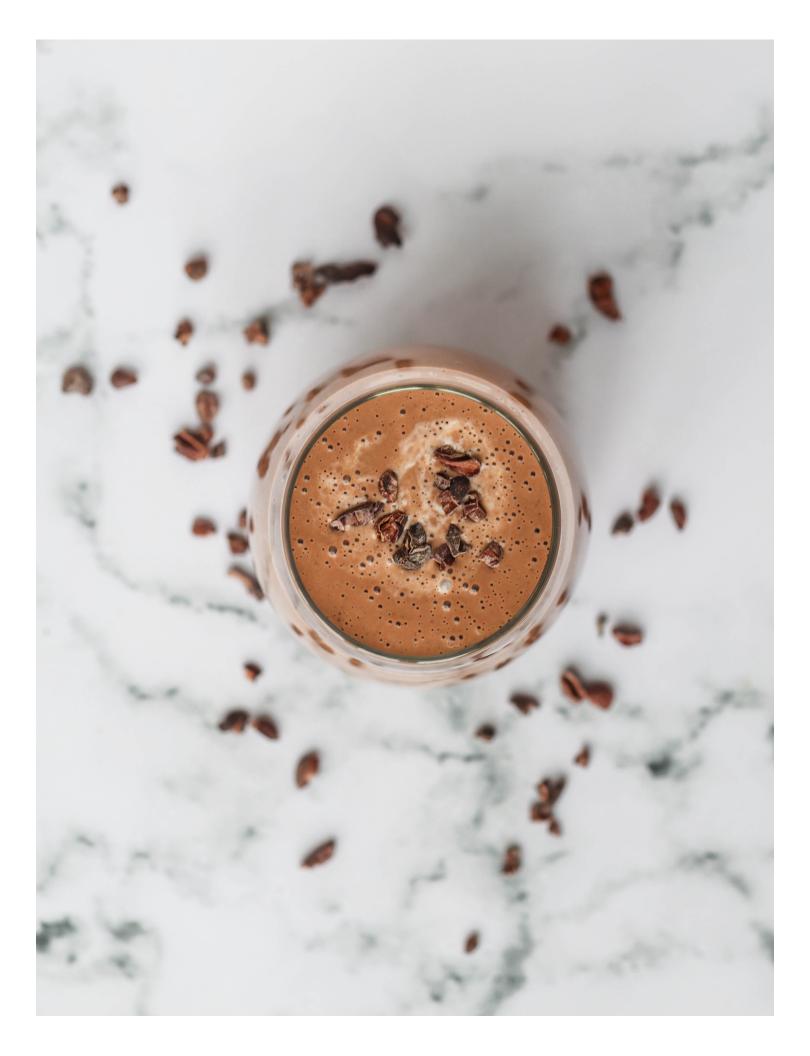
### What you need to do



Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	216	3	44	7	7







# The Mocha Smoothie

#### Serves 2

1 1/3 cups (315ml) cold brew coffee

½ cup (120g) Greek yogurt

2 medjool dates

1 ½ tbsp. cocoa powder, natural

1/2 tsp. vanilla extract

## What you need to do



GF	LC	V	Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	150	2	26	7	3

<sup>\*</sup>Nutrition per serving





# The Tropical Bliss Smoothie

#### Serves 2

4 tbsp. oats

2 cups (480ml) almond milk, unsweetened

1 cup (200g) pineapple chunks

4 tbsp. desiccated coconut

1/4 cup (30g) walnuts

## What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	295	19	25	6	5





# The Carrot Cake Smoothie

#### Serves 2

1 banana, chopped, frozen

1 carrot, peeled & grated

2 tbsp. rolled oats

2 tbsp. almond butter

1/4 tsp. ground cinnamon

1/₂ tsp. ground ginger

1 tbsp. honey

1 cup (240ml) almond milk, unsweetened

## What you need to do

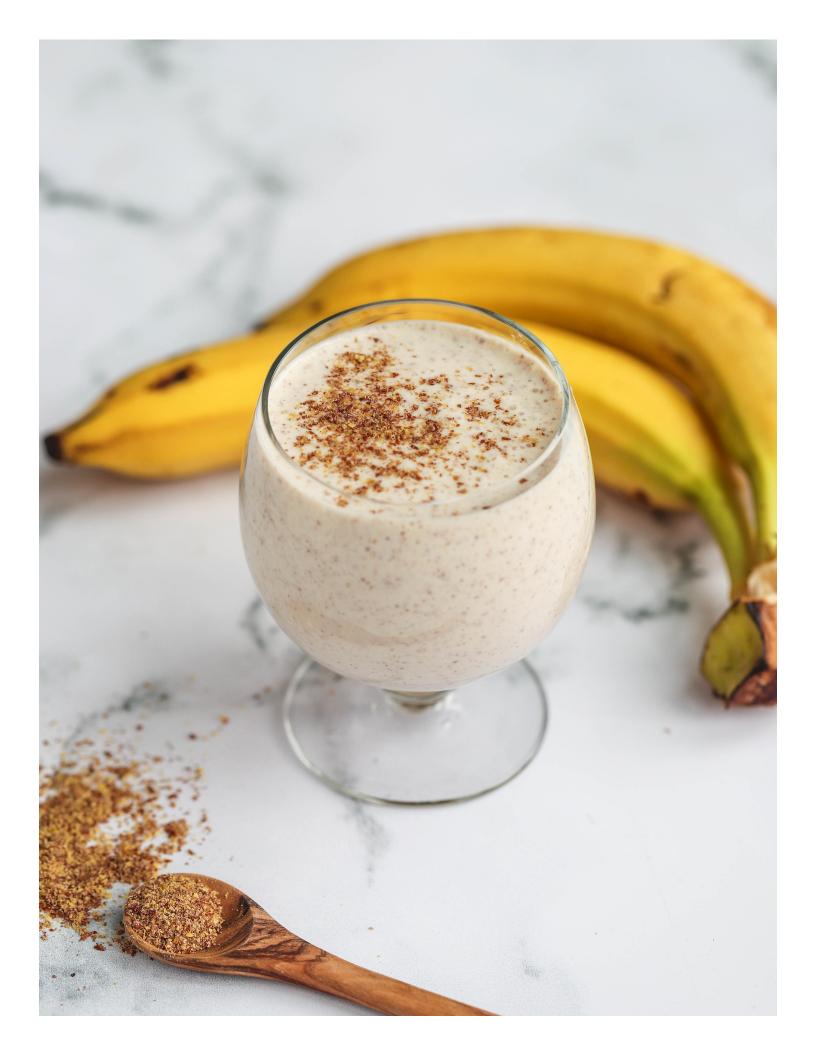
1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	33	6	6





# The Simple Banana Smoothie

#### Serves 2

2 medium bananas, sliced, frozen

½ cup (120g) Greek yogurt

1 tbsp. ground flax seeds

1 cup (240ml) almond milk, unsweetened

1 tsp. vanilla extract

## What you need to do



GF	HP	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	191	4	32	8	4

<sup>\*</sup>Nutrition per serving





# The Apple Pie Smoothie

#### Serves 2

½ cup (120ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored and chopped

1 medium banana, sliced & frozen

1 tbsp. honey

1 tbsp. almond butter

1 tsp. vanilla extract

1 1/2 tsp. ground cinnamon

## What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	284	7	48	10	7





# The Sweet Potato Pie Smoothie

#### Serves 2

2 cups (270g) sweet potatoes, peeled & chopped

1 medium banana, sliced & frozen

1 cup (240ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

## What you need to do

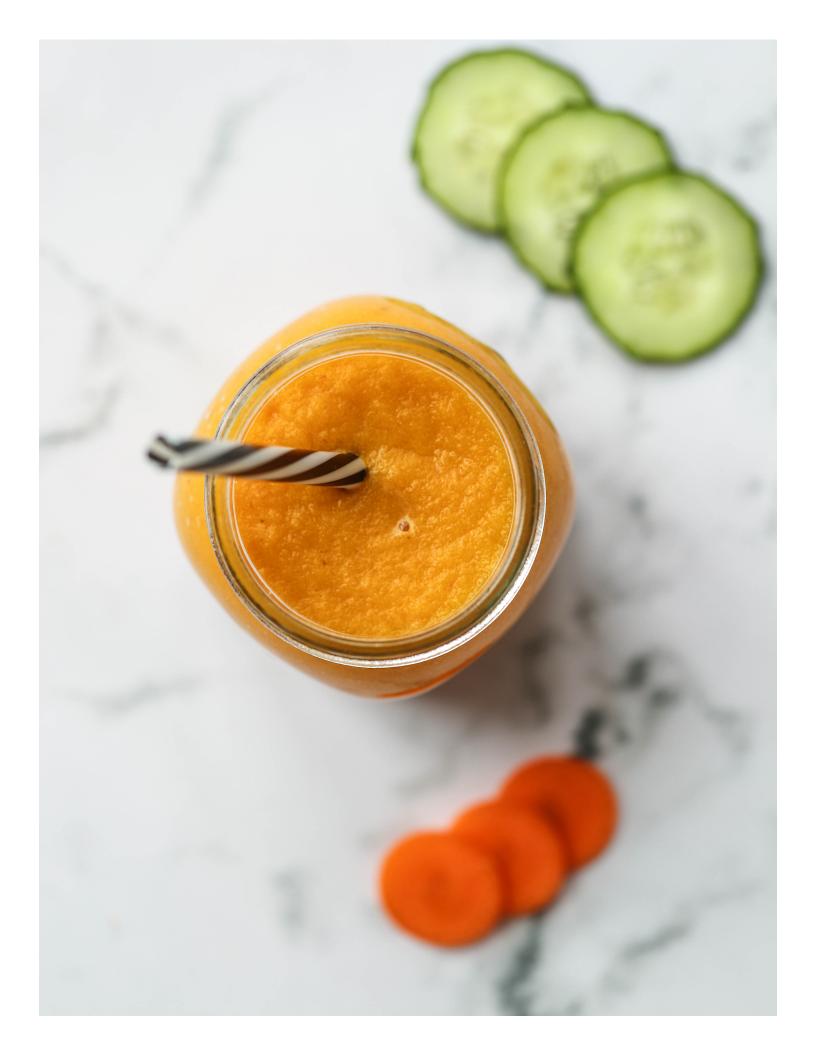


GF	V	Q	N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	346	12	50	13	5

<sup>\*</sup>Nutrition per serving





# The Reset Smoothie

#### Serves 1

1 cucumber, chopped

2 cups (185g) green grapes

2 carrots, peeled & chopped

2 slices lemon

1 cup water

5 ice cubes

## What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF DF V Q	GF	DF	V	Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	222	1	55	4	7

