

26 SMOOTHIE RECIPES **PLUS** BONUS

Thanks for opting in to get my smoothie recipes! I have put together a great variety of recipes to try, from the basics, to healthy keto recipes. Do you have a recipe you would like to share? Email me and we will get it out to all our visitors. Enjoy and thanks for your interest.

Blueberry Banana Smoothie

Serves 2

1/2 cup water

2 tablespoons apple cider vinegar

1 tablespoon almond butter

1 cup spinach

1/2 cup bananas, frozen

1/2 cup blueberries, frozen

1 tablespoon chia seeds

1/4 teaspoon ground cinnamon

1/4 teaspoon minced ginger

1/2 cup berry yogurt

fresh blueberries, for garnish (optional)



In high powered blender, blend ingredients until smooth.

Pour into two glasses and garnish with fresh blueberries, if desired.

Spinach Smoothie

Serves 2

1/2 cup cold filtered water or coconut water

1/2 cup frozen pineapple

1 cup organic grapes, preferably green to keep green color

2 packed cups of spinach

1/2 ripe banana

optional 2 tablespoons ground flax seed

Tip: Load the container in the following order: liquids first, then soft fruits or vegetables, greens, and ice on top.

Place water, pineapple, grapes, spinach and 1/2 banana, flax(optional) into a high powered blender.

Chocolate Cherry Smoothie

Serves 2

2 cups frozen cherries (pitted)

1 cup unsweetened almond milk, plain or vanilla

2 tablespoons raw cacao powder or cocoa powder

1 small medjool date (pitted and chopped) or 1 teaspoon pure maple syrup, optional

1 scoop protein powder (plain or vanilla) or 2 tablespoons almond butter, optional

In high powered blender, add and blend ingredients until smooth, adding a little extra milk as needed.

Serve with optional toppings such as granola, cacao nibs, or hemp hearts

*If using fresh cherries, add 1/2 cup of ice or 1 frozen banana and reduce the cherries to 1-1/2 cups. Start with only 1/2 cup of milk, adding more milk as needed.

Apple Protein Smoothie

Serves 2

1 medium apple, cored

2 cups almond milk (or soy or hemp milk)

1 cup frozen shelled edamame

1 teaspoon vanilla extract

1 teaspoon cinnamon

1 tablespoon chia seeds

Place all ingredients into a high powered blender. Blend until smooth and creamy.

How to Make a Smoothie Thinner:

Add small amounts of water, milk, or juice.

How to Make a Smoothie Thicker:

Use or add frozen fruit (especially bananas), add more ice, or add frozen yogurt

How to Make a Smoothie Less Bitter:

Pineapple and oranges add fruity sweetness. Banana will add sweetness and neutralize bitter flavors. Strawberries are a good choice for green smoothies. Try adding a bit of vanilla bean or vanilla extract, agave, cacao, or unsweetened cocoa powder. Flavored protein powders will also mask the taste of bitter greens.

How to Make a Smoothie Less Sweet:

Add a touch of lemon or lime juice.

How to Make a Smoothie Sweeter:

Add naturally sweet fruits or dates. Use watermelon in place of water to sweeten a smoothie.

How to Make a Smoothie Creamier:

Avocado is ideal for adding creaminess to smoothies. Its mild flavor disguises its nutritional wallop. As an alternative, add ice cream, frozen yogurt, or vanilla yogurt for more creaminess.

Work your blender back up to its highest speed, and process for 10-20 seconds.

Banana Almond Flax Smoothie

Serves 1

1 medium well ripened banana, peeled and chunked, frozen

2/3 cup unsweetened almond milk

1/3 cup fat free plain Greek yogurt

1 1/2 tablespoons creamy almond butter

1 tablespoon ground flaxseed meal

1 teaspoon honey

3 - 4 drops almond extract

4 ice cubes (optional)

Tip: A little sweetener goes a long way, so add small amounts at a time.

To a high powered blender add all ingredients except ice. Add ice if desired.

Blueberry Muffin Smoothie

Serves 1

1/2 cup milk (or unsweetened vanilla almond milk)

4 – 6oz vanilla Greek yogurt (1 individual-sized container)

1/2 cup frozen blueberries

1/2 frozen banana (or a whole banana for sweeter smoothies)

1/4 cup raw, uncooked certified gluten-free oats

1/4 teaspoon lemon zest

1/2 cup ice cubes

Add ingredients to high powered blender in the order listed blend until very smooth, about 2 minutes.

Sweet Potato and Banana Smoothie

Serves 2

2 cups soy milk

1 large sweet potato*

1 frozen banana

1/4 teaspoon ground cinnamon

Preheat oven to 350 degrees F (175 degrees C). Bake sweet potato until tender, about 1 hour. Peel and cool in refrigerator 8 hours or overnight.

Blend sweet potato, banana, soy milk, and cinnamon together in a high powered blender until smooth.

*You can microwave the sweet potato for 10 minutes instead of baking it.

Keto Pina Colada Smoothie

Serves 2

1 cup non dairy milk

3 tablespoon of coconut cream

1 tablespoon of pineapple flavoring

1 teaspoon of coconut flavoring

Add all ingredients to a high powered blender and blend smooth.

Keto Peanut Butter Smoothie

Serves 2

1 cup Unsweetened Almond Milk

2 tablespoons Natural Peanut butter no added sugar, no added oil

3 tablespoon Erythritol erythritol or xylitol or monk fruit

1/4 cup Heavy Cream or canned coconut cream if dairy-free

1 cup crushed ice or more for a frothy/icee smoothie

1 tablespoon unsweetened cocoa powder

In a high powered blender, add all the ingredients, blend until smooth Add a few more ice cubes for a frothier/icy smoothie.

Keto Green Smoothie

Serves 1

1 cup spinach or kale, packed

1/2 cup arugula (or other green)

1/2 cup parsley, chopped

1 tablespoon lemon juice

1 scoop vanilla or unflavored protein powder (optional)

2 tablespoons hemp seeds

1 tablespoon pumpkin seeds

1 tablespoon chia seed

1 cup almond or coconut milk

1/4 avocado, fresh

1 tablespoon spirulina powder (optional)

Tip: Baby greens are generally milder than mature greens.

In a high powered blender add all ingredients blending until smooth. You may want to add any of these seeds: Chia seeds, Pumpkin seeds, Hemp seeds

Healthy Superfoods You Can Use In Your Smoothies

Spinach: mild tasting and packed with vitamins, and has anti-cancerous properties. Spinach is one of the healthiest foods on the planet.

Blueberries: has one of the highest antioxidant capacities of all fruit which helps to combat free radicals in your body.

Strawberries: just one serving has more vitamin c than an orange and is low in natural sugars.

Greek Yogurt: it has double the protein and half the carbs of regular yogurt.

Cucumber: are 95% water, an incredible detoxifier, helping with liver and kidney function.

Lemon: a highly effective cleansing agent that cuts through the bitterness of greens.

Banana: core ingredient of smoothies as it adds creaminess, and sweetness. Bananas satiate you, are rich in potassium and fiber and gives you natural energy.

Turmeric: has anti-inflammatory and anti-oxidant properties.

Ginger: helps in digestion and supports the immune system.

Chia and Flax seeds: rich in Omega-3 and are a fiber-filled benefit.

Carrot Cake Smoothie

Serves 1

1/2 cup carrot juice

1 frozen banana, in chunks

3/4 cup unsweetened vanilla almond milk (any non-dairy milk)

1 scoop vanilla protein powder

1/8 teaspoon cinnamon

4-5 cubes of ice

Place all ingredients into a high powdered blender and blend until smooth. If the smoothie is too thick, add an additional splash of milk or carrot juice.

Oatmeal Smoothie

Serves 1

- 1/4 cup old-fashioned oats or quick oats
 - 1 banana chopped into chunks and frozen
 - 1/2 cup unsweetened almond milk
 - 1 tablespoon creamy peanut butter
 - 1/2 tablespoon pure maple syrup plus additional to taste
 - 1/2 teaspoon pure vanilla extract
 - 1/2 teaspoon ground cinnamon
 - 1/8 teaspoon kosher salt
- Ice optional, add at the end if you want a thicker smoothie

Tip: Fruits add their own natural sweetness, so use a balance of sweet and citrus fruits and reduce or eliminate other sweeteners.

Place oats in high powered blender and pulse a few times until finely ground. Add remaining ingredients and blend until smooth and creamy.

Strawberry Smoothie

Serves 2-4

- 1 1/2 to 2 cups unsweetened vanilla almond milk or water
 - 10 ounces (2 cups) frozen strawberries, thawed 5 to 10 minutes
 - 1 1/2 cups frozen bananas
 - 1/4 cup almond butter
- Optional nutrition boosters:
- 1/4 cup old-fashioned oats and/or 2 tablespoons flax seed
 - 1 to 2 teaspoons maple syrup, if desired for sweetness



In a high powered blender, combine all of the ingredients, blending until smooth. If you'd like a sweeter smoothie blend in maple syrup.

Cucumber Apple Mint Smoothie

Serves 2

1 large cucumber, peeled and sliced

1/4 cup mint leaf

1 green apple, diced

1 tablespoon honey

1/2 avocado, diced

1 1/2 cups ice

Place the cucumber, mint, apple, honey, and avocado in a high powered blender until combined. Gradually add ice and blend until smooth.

Dark Chocolate, Peanut Butter, and Banana Protein Smoothie

Serves 2

1 1/2 cups water, or yogurt or milk of choice

1/4 cup peanut butter

1 scoop chocolate protein powder

1 tablespoon dark chocolate cocoa powder

2 bananas, frozen

Put all ingredients into a high powered blender and mix until smooth.



Tropical Green Protein Smoothie

Serves 2

- 1 1/2 cups coconut milk
- 1 cup fresh spinach
- 1 scoop vanilla protein powder
- 1 1/2 cups mango, diced and frozen
- 1 1/2 cups pineapple, diced and frozen

Tip: Smoothies need a good blend of liquid and solid ingredients to achieve just the right texture.

Put milk and spinach into a high powered blender and blend. Add remaining ingredients and blend until smooth.

Peachy Mango Smoothie

Serves 2

- 1 cup Peaches
- 1 cup Mangoes
- 1 Banana
- 1 cup Orange Juice
- 1/4 teaspoon Turmeric
- 1/4 teaspoon Ginger



Add ingredients into a high powered blender and blend until smooth and creamy. Add ice if desired.

Raspberry Chocolate Smoothie

Serves 1

10 oz unsweetened almond, hemp or coconut milk

1/2 banana

1 handful spinach

1/2 cup raspberries

1 tablespoon almond or cashew nut butter

2 tablespoons raw cocoa powder

1 scoop or serving plant-based protein powder (optional)

Add all ingredients starting with milk into a high powered blender, and blend until smooth.

Kale Awake Smoothie

Serves 3

8 ounces water

1 teaspoon lime juice

1 frozen, very ripe banana

1 tablespoon fresh parsley (or cilantro)

3/4 cup spinach, loosely packed

1 teaspoon ginger, grated

3/4 cup curly kale, stems removed, loosely packed

1/2 cup carrots, chopped

4 ice cubes

Combine all ingredients starting with water and blend until smooth in a high powered blender.

Pineapple Avocado Smoothie

Serves 2

1 1/2 cups coconut water

5 ice cubes

Handful of spinach

1/2 avocado, peeled

1/2 banana

1 inch ginger, peeled

1 drop liquid stevia

1 teaspoon hemp seeds

1 cup pineapple



In a high powered blender combine all ingredients until smooth.

Meta-Boosting Blueberry Smoothie

Serves 1

1/2 cup unsweetened almond milk (plain or vanilla
or 1/2 cup canned full fat coconut milk)

1–2 tablespoon protein powder (scoops)

1/2 cup ice cubes

1/2 cup blueberries (fresh or frozen)

1/4 cup baby spinach leaves (optional)

1 banana

1 tablespoon ground flaxseed or chia seeds



Place all ingredients in the high powered blender. Process until smooth. To get the desired consistency add water.

Optional Add-ins:

1/2 ripe avocado
1 tablespoon unsweetened coconut flakes
1 scoop of Green Super Food or Reds powder
1 tablespoon chia seeds

1 tablespoon flaxseed oil
1 tablespoon hempseed
1/2–1 ounce almonds, cashews, or walnuts
1 tablespoon almond or cashew butter

Pumpkin Banana Smoothie

Serves 1

1/2 cup nonfat vanilla yogurt

1/2 cup almond milk

1/2 cup pumpkin puree

1-1/2 teaspoon maple syrup

1 ripe banana

1/4 teaspoon ground cinnamon

3 to 5 ice cubes

In a high powered blender combine all ingredients and until smooth.

Tip: Add a variety of fruits/vegetables or greens in an assortment of textures.

blend

Chia Seed Smoothie

Serves 2

1 cup frozen mango chunks

1 cup unsweetened milk of your choice

1/4 cup yogurt of your choice

1 tablespoon chia seeds

2–6 drops liquid monk fruit or stevia

Add all ingredients to a high powered blender and blend until smooth.

Matcha Green Tea Smoothie

Serves 1

1 cup light coconut milk (240ml)

2 teaspoon matcha green tea powder

2 large handfuls baby spinach

1 large mango fresh or frozen

2 frozen bananas, chunks

Add the coconut milk, matcha green tea powder, and spinach to high powered blender and blend. Add mango and bananas and blend until creamy and smooth.

*In advance, freeze bananas after peeling and cut into chunks.

Pumpkin Spice Smoothie

Serves 2

1/2 cup pumpkin puree fresh or canned

1 banana frozen

1 cup almond milk (optional soy, lite coconut, or skim milk)

1 tablespoon pure maple syrup more or less to taste

1/4 teaspoon vanilla

1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

1/8 teaspoon allspice

1/2 cup ice

Puree all ingredients in a high powered blender until smooth.



Coffee Lover's Smoothie

Serves 1

3/4 cup brewed coffee, cooled in the fridge

1 frozen medium ripe banana

1 teaspoon vanilla extract

1 tablespoon natural peanut butter (or nut butter of choice)

3/4 cup frozen cauliflower (or 1/2 cup ice)

1/4 cup unsweetened coconut or almond milk, plus more if necessary

1/2 tablespoon cacao powder (or unsweetened cocoa powder)

1 serving collagen peptides (or your favorite protein powder)

In a high powered blender, add all ingredients and blend until smooth. Add more almond milk to thin the smoothie.

BONUS

What is a smoothie bowl?

A smoothie bowl is a smoothie, just eaten in a bowl and have toppings such as granola, seeds, and dried fruit.

Tip: Your blender matters! No one likes large chunks of kale in their smoothie. Invest in a high-quality blender for the best smoothies ever. Check out our favorite here.

Three Simple Steps To Build Your Smoothie Bowl:

Step 1: combine your ingredients in your smoothie bowl. Here is an example of what to start with:

2 cups frozen fruit (strawberries, bananas, avocado, mixed berries, mango)

1 cup liquid (milk or juice)

1 teaspoon seeds (chia or ground flax)

There are many other options to add to this base setup such as nut butter, protein powder, dates, and greens.

Step 2: blend your smoothie ingredients. Transfer everything to a high powered blender and blend until smooth.

Step 3: Once blended, pour it into a bowl. Now you get to add toppings! You can pretty much use anything and everything for your toppings. Here are some ideas for smoothie bowl toppings:

granola/cereal
fresh fruit
nuts
seeds

nut butter
dried fruit
honey

Strawberry Smoothie Bowl

Serves 2

1 1/2 cups whole frozen strawberries

1/2 medium banana

1/2 cup plain nonfat Greek yogurt

1 cup 100% orange juice (or more, to taste)

Toppings: 1/4 cup granola,
1/4 cup sliced strawberries, and 1/4 cup sliced banana