

Smoothie Recipes for energy



BASIC BERRY SMOOTHIE

1 cup milk of choice
1/2 cup yoghurt: greek, natural or vanilla
1/2 - 1 cup frozen mixed berries
1 scoop vanilla protein powder

VANILLA TROPICANA SMOOTHIE

1 cup frozen pineapple
1 banana (room temperature)
2 tablespoons nut butter
1/2 cup yoghurt: greek, natural or vanilla
1/2 cup milk of choice
1 scoop vanilla protein powder
1/2 cup ice cubes

STRAWBERRY CHIA SMOOTHIE

1 cup frozen strawberries (or any frozen berry)
1 banana (room temperature)
1/2 cup yoghurt: greek, natural or vanilla
1 cup milk of choice
1 scoop Vanilla protein powder
1-2 tablespoons chia seeds
1 tablespoon 100% maple syrup or honey

Optional: 1/2 cup ice

MMM-MANGO SMOOTHIE

1 fresh mango (peeled and deseeded) or 1 cup of frozen mango
1 small frozen banana (or half of a large banana), you can use unfrozen if using frozen mango
1 cup milk of choice
1 scoop vanilla protein powder
1/2 cup yoghurt: greek, natural or vanilla

BERRY BOOST SMOOTHIE

1 cup milk of choice
1 banana (peeled & sliced)
1 cup frozen strawberries
1/4 cup dates (de-seeded & chopped)
1 scoop vanilla protein powder
3 tablespoons hemp seeds

CHOC-NANA SMOOTHIE

2 tablespoons nut butter
1 large banana or 2 small bananas (frozen is best if you have it)
1 cup milk of choice
1/2 cup yoghurt: greek, natural or vanilla
2 tablespoons cacao powder
3/4 cup ice if bananas are fresh not frozen

Optional:

1 tablespoon cacao nibs
1 scoop chocolate protein powder

OATY SMOOTHIE

1/2-3/4 cup rolled oats
1 tablespoon nut butter
1/2 cup yoghurt: greek, natural or vanilla
1/2 cup milk of choice (or omit yoghurt and use 3/4 cup milk)
1 large or 2 small ripe banana (fresh or frozen)
1 cup frozen pineapple
1/4 teaspoon vanilla extract
1/4 to 1/2 teaspoon cinnamon
1/8 teaspoon salt
1/2 cup ice cubes if fresh banana used

Optional: 100% Maple syrup, to taste

PROCEDURE

- Add all ingredients to blender
- Mix until smooth
- Pour into your favourite smoothie glass and enjoy!

TIPS

- Nut butter: While peanut butter is an option, almond, cashew, or mixed nut varieties are nutritionally superior.
- Opt for organic berries to avoid the high pesticide levels found in non-organic versions. The freezer section of most supermarkets stock organic options.
- Incorporate a serving of Super Greens or green powder into any of these options to enhance their nutritional benefits and provide an extra energy boost.
- You can also mix in a scoop of protein powder with any of these recipes for sustained energy throughout the morning.
- Cacao powder is preferred for its nutritional benefits, although cocoa powder can also be used.

