

Smoothie Collection





Prep	Cook	Ready in	Servings
10 min	0 min	10 min	2

EASY Breakfast Smoothie

Ingredients

1/2 cup	Almond milk, vanilla, unsweetened, Silk (can use water)
1/2 cup	Greek yogurt, plain, 1% M.F. (organic)
1 small	Banana (s) (peeled)
3/4 cup	Raspberries
1 small	Carrots (shredded)
1/2 medium	Orange (peeled and seeded)
1/4 cup	Rolled oats, dry
1/4 cup	Cashew nuts, raw

Instructions

1. Combine all ingredients in a high speed blender and blend until very smooth,

ENJOY!

Notes:

For additional Protein - add a scoop of your favorite protein powder

Bananas

are high in potassium which is one of the most important minerals in the body because it helps to regulate fluid balance



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Creamy Raspberry Smoothie

Ingredients

2/3 cup	Frozen raspberries
1/2 medium	Banana (s)
1 cup	Baby spinach
1 cup	Almond milk, unsweetened
1 tbsp	Almond butter
2 tbsp	Collagen peptides (*Optional- This is a paleo based protein powder)
3 cube(s)	Ice cubes (*Optional- add to reach desired consistency)

Instructions

1. Blend all ingredients in a high speed blender until well combined and creamy!

Enjoy

Notes:

Berries

are packed with antioxidants which are SO important for immunity and are super delicious!!



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	3

Energy Smoothie

High antioxidant smoothie!

Ingredients

1 cup	Almond milk, unsweetened (or alternate milk of choice)
1/2 avocado(s)	Avocado
1/2 cup	Baby spinach (packed)
1/2 medium	Frozen banana
1 cup	Frozen blueberries
1/2 cup	Frozen strawberry
1 tsp hulled	Hemp seeds, shelled
1 date pitted	Medjool date
1 tbsp	Almond butter

Instructions

1. Blend all ingredients until smooth and creamy.

Enjoy!

Notes:

Quick Tips:

For a higher protein packed smoothie - add 1 scoop of your favorite protein powder.



Prep	Cook	Ready in	Servings
10 min	0 min	10 min	1

Green Goddess Smoothie Bowl

Healthy fat and antioxidant-packed breakfast bowl.

Ingredients

1/2 avocado(s)	Avocado
1 small	Frozen banana (cut into chunks)
1/2 cup	Frozen mango (cut into chunks)
1 cup	Kale
1/2 cup	Coconut milk, reduced fat (or alternate milk of your choice)
1/2 medium kiwi(s)	Kiwi fruit (sliced, for topping)
1 tbsp	Coconut, shredded, unsweetened (for topping)

Instructions

1. In a high powered blender, add avocado, banana, mango and kale.
2. Add 1/2 cup coconut milk and blend until the smoothie is a nice thick consistency. You can add more coconut milk if you feel the smoothie is too thick. The point of a smoothie bowl is to be able to eat it with a spoon, so it will be much thicker than a normal smoothie.
3. To serve, pour the smoothie mixture into bowls, and top with kiwi and shredded coconut.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Tropical Sunshine Smoothie

Close your eyes and this energizing smoothie will transport you to paradise! Rich in vitamin C, fibre, and healthy fats, this smoothie packs a nutritious punch!

Ingredients

1 mango	Mango (peeled and diced; can use papaya or pineapple as well)
1/4 avocado(s)	Avocado
2 tbsp	Oats, dry (gluten-free, if necessary)
1/4 cup	Walnuts
1 cup	Coconut milk, reduced fat (almond, oat, or cow's milk works too)
1/2 tsp	Cinnamon (or to taste)

Instructions

1. Add the mango, avocado, oats, walnuts, and coconut milk to a blender.
2. Blend until smooth.
3. Enjoy!



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

5 Ingredient Green Berry Smoothie

5 nutrient dense ingredients! High antioxidants for immunity!

Ingredients

1 cup	Orange juice
1/2 cup slices	Banana (s)
1 cup	Frozen blueberries (or berry of choice)
1 cup	Kale (or spinach)
1 tbsp	Flaxseed meal (ground)

Instructions

1. Add orange juice, banana, blueberries, kale and flax to a blender and blend on high until smooth.

2. If smoothie turns out too thick, add a splash more juice or water.

Enjoy!

Notes:

- *Lower sugar option:* replace orange juice with almond milk or other milk of choice



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Superfood Green Monster Smoothie

High protein and nutrient dense smoothie to kick start your day!

Ingredients

1 cup	Almond milk, unsweetened (plus 3 tbsp; or alternate milk of choice)
1 medium	Banana (s) (frozen)
2 tbsp	Chia seeds, ground
1/4 cup	Frozen blueberries
3/4 cup	Spinach
3 cube(s)	Ice cubes
1 scoop	Whey protein powder, unflavoured (or alternate protein powder of choice)

Instructions

1. Add all ingredients to blender and blend until smooth.

2. Add ice if desired and blend some more until well incorporated.

Serve and enjoy!



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	1

Creamy Blueberry & Coconut Smoothie

Antioxidant powerhouse breakfast smoothie or snack.

Ingredients

1 cup	Frozen blueberries
1 scoop	Collagen powder
3/4 cup	Baby spinach
1 tsp	Cinnamon
2 tsp	Vanilla extract, pure
1 cup	Coconut water, unsweetened, ready-to-drink

Instructions

1. Add blueberries, collagen powder, spinach, cinnamon, vanilla extract and coconut water to the blender and combine until smooth.

Notes:

Substitution

- You can use your choice of protein powder for this smoothie.

Nutritional Highlights

- Blueberries are one of the top sources of antioxidants called anthocyanins which gives them their beautiful deep color. They're also high in fiber, vitamin C, K, and manganese.



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Raspberry Maca Smoothie

A delicious breakfast smoothie to kick start your day!

Ingredients

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|------------------|--------------------------|
| 1 cup | Raspberries |
| 1 cup diced | Pineapple |
| 1 tbsp | Maca powder |
| 2 tbsp
hulled | Hemp seeds, shelled |
| 1 1/2 cup | Almond milk, unsweetened |

Instructions

1. Place ingredients into a blender and blend on high until thoroughly combined.
2. Add more almond milk to reach desired thickness.

Notes:

Nutrition Highlights

- Maca Powder helps to fight free radical damage and increase energy and endurance
- Raspberries contain flavonoids that are very powerful antioxidants and an excellent source of vitamin C.



Prep	Cook	Ready in	Servings
1 min	1 min	2 min	1

Berry Clean Detox Shake

Ingredients

4 tbsp	Whey protein powder, unflavoured
1 cup	Almond milk, vanilla, unsweetened, Silk
1/4 cup	Frozen blueberries
1/4 cup	Frozen raspberries

Instructions

1. Place all ingredients in a blender and blend for 2 minutes to ensure ingredients are properly mixed.
2. Relax and drink up while allowing this cleansing shake to flush the toxins out of your body and mind!

Notes:

Nutrition Highlights

- Berries are an excellent source of antioxidants that are important for a healthy immune system!



Prep	Cook	Ready in	Servings
5 min	1 min	6 min	2

Banana Milkshake

A healthy milkshake that's full of electrolytes with just the right amount of sweetness and a fresh hint of vanilla bean.

Ingredients

- | | |
|---------------|--|
| 1 1/2 pod | Vanilla bean (Split lengthwise) |
| 2 medium | Frozen banana |
| 4 medium | Banana (s) (Chopped) |
| 2 date pitted | Medjool date |
| 1 cup | Coconut water, unsweetened, ready-to-drink |
| 1 dash | Cinnamon (Optional) |

Instructions

1. Scrape the seeds from the vanilla bean pod and place them in a high-speed blender.
2. Place bananas, dates, coconut water, and cinnamon into the high-speed blender with the vanilla bean and blend until smooth.

Notes:

Quick Tips

- Save the exterior of the vanilla bean pod to use blended into a smoothie or dessert.

High Protein or More Nutrients

- Add a scoop of vanilla protein powder
- For more nutrients - add a scoop of greens powder