

Smoothies for Mel

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- Add a serving of collagen powder and PHGG to your smoothies.
- The addition of frozen veggies such as cauliflower, zucchini, broccoli and spinach adds extra fiber without adding taste.
- Use cacao powder instead of cocoa powder for anti-inflammatory and antioxidant properties
- If adding peanut or other nut butter, avoid using cow milk, almond milk etc to reduce the fat content of the smoothie
- You may need to add more water to your smoothies as PHGG can thicken slightly.
- Frozen chickpeas are also a great source of fiber that can be added without any taste



Coffee, Banana and Peanut Butter

- 1 serve of protein powder
- 1/4 of frozen banana
- 1 - 2 large cubes frozen zucchini
- 1/2 - 1 tsp peanut butter
- 300ml water
- ice

Blend until smooth. Try and avoid high fat milks due to using peanut butter in this recipe.



Coffee and Cacao Smoothie

- 1 serve of protein powder
- 1/4 of frozen banana
- 1 - 2 large cubes frozen zucchini
- 1 tbsp cacao powder
- 200 ml of water
- 100 ml milk of choice
- ice

Blend until smooth.



Coffee, Vanilla and Cauliflower

- 1 serve of protein powder
- 1/4 of frozen banana
- 1/4 cup frozen cauliflower rice
- 2 tsp vanilla extract
- 300ml water
- ice

Blend until smooth. Try and avoid high fat milks due to using peanut butter in this recipe.



Salted Peanut Butter and Cacao

- 1 serve of protein powder
- 1/4 of frozen banana
- 1/2 tbsp PHGG
- 1 tbsp cacao
- 1 tbsp cacao powder
- 2 tsp peanut butter
- a pinch of salt
- 300ml of water
- ice

Blend until smooth.



Mocha and Vanilla

- 1 serve of protein powder
- 1/4 cup cauliflower rice
- 1 tbsp cacao
- 1 tsp vanilla extract
- 300ml of water or milk of choice



Iced Coffee

- 1 serve of protein powder
- 1/4 cup cauliflower rice
- Extra coffee if you want more flavour (can use granules or fresh brewed)
- 1 tsp almond butter
- 3 tbsp oats
- 300ml of water or milk of choice