



Smoothie - Breakfast

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Smoothie option for breakfast.

Some of these recipes list greek yogurt if you are DF please use coconut yogurt instead.

Some milk list Soy, coconut - Please use your preferred alternative milk.





Banana Chocolate Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Plain Greek Yogurt
- 1 tbsp Chia Seeds
- 2 tbsps Hemp Seeds
- 1/4 cup Oats
- 1 tbsp Cocoa Powder
- 1 Banana (frozen)
- 2 tbsps Pitted Dates

Directions

1

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Pitted Dates: One serving is equal to approximately two to three dates.

Gluten-Free: Use Gluten-Free oats.

Dairy-Free: Use coconut yogurt instead.

Nut-Free: Use coconut or oat milk instead of almond milk.

More Flavor: Add a pinch of cinnamon.

Make it Vegan: Use a vegan yogurt.



Masala Chai Smoothie

1 serving

5 minutes

Ingredients

1 1/4 cups Plain Coconut Milk
(unsweetened from the carton)
1 Banana (frozen)
1/4 cup Unsweetened Coconut Yogurt
2 tbsps Cashew Butter
19 grams Collagen Powder
1/2 tsp Masala Chai Spice

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit collagen powder. Use plant-based protein powder.

Additional Toppings: Top with chia seeds or hemp seeds, or add before blending.

No Coconut Milk: Use cow's milk or any other milk alternative.

No Cashew Butter: Use any other nut or seed butter.



Salted Peanut Butter & Chocolate Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Lite Coconut Milk
- 2 tbsps All Natural Peanut Butter
- 1/4 cup Chocolate Protein Powder
- 14 grams Collagen Powder
- 1 tbsp Cacao Powder
- 1/2 tsp Monk Fruit Sweetener
- 1/8 tsp Sea Salt
- 4 Ice Cubes

Directions

1

Add all of the ingredients to a blender and blend until smooth. Taste and add more sweetener if desired. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Coconut Milk: Use cow's milk or any other milk alternative.

More Fiber: Add spinach, hemp seeds, or chia seeds to your smoothie before blending.

Make it Vegan: Omit collagen powder.



Strawberry & Peanut Butter Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
1 cup Frozen Strawberries
1/2 Banana (frozen)
2 tbsps All Natural Peanut Butter

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Dairy-Free: Use dairy-free yogurt.

Nut-Free: Use sunflower seed butter.

More Protein: Add collagen or protein powder.

More Fiber: Add frozen cauliflower, ground flax, and/or chia seeds.



Apple & Peanut Butter Smoothie

1 serving

5 minutes

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp All Natural Peanut Butter
- 3/4 tsp Cinnamon
- 1 cup Unsweetened Almond Milk

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately two cups.



Banana Spinach Smoothie

1 serving**5 minutes**

Ingredients

1 Banana (frozen)
1 cup Baby Spinach
4 Ice Cubes
1/2 cup Unsweetened Coconut Yogurt
1 cup Soy Milk
1/4 cup Vanilla Protein Powder

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

No Soy Milk: Use other milk alternative.



Matcha Mint Kefir Smoothie

1 serving

10 minutes

Ingredients

- 1 cup Plain Kefir
- 1 Banana
- 1 cup Kale Leaves
- 1 tsp Ginger (fresh, minced)
- 2 tsp Mint Leaves
- 1 tsp Green Tea Powder
- 3 Ice Cubes (optional)

Directions

1

Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add honey or maple syrup to taste. Use fresh peppermint leaves in place of mint.

No Kale: Use spinach instead.

More Fiber: Add chia seeds or ground flaxseed.



Orange, Carrot & Turmeric Smoothie

1 serving

5 minutes

Ingredients

1 Navel Orange (small, peeled)
1 Carrot (small, peeled, chopped)
1/2 cup Plain Greek Yogurt
1 tsp Ground Flax Seed
1/4 tsp Turmeric
19 grams Collagen Powder

Directions

1

Add all of the ingredients to a blender and blend until smooth. Add a splash of milk or water if needed. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/4 cup.

Make it Vegan: Omit the collagen powder and use a dairy-free yogurt.

More Protein: Add a scoop of vanilla protein powder.



Berry Oat Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Soy Milk
- 1/4 cup Blueberries
- 1/2 Banana
- 1/3 cup Strawberries
- 5 Ice Cubes
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Oats
- 2 tsps Hemp Seeds
- 1 tbsp Sunflower Seed Butter

Directions

1

Add all of the ingredients to a blender and blend until smooth. Serve and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.