herb+ spice

Smoothie ideas

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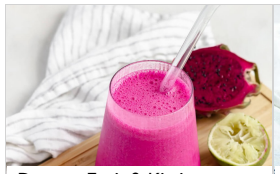
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Dragon Fruit & Kiwi Smoothie	Fruity Kiwi Smoothie	Strawberry Kiwi Tropical Smoothie	Kiwi Green Smoothie	Green Apple Cinnamon Smoothie	Strawberry Blueberry Smoothie	Blueberry Coconut Smoothie
Snack 1	Strawberry Cranberry Smoothie	Orange Matcha Smoothie	Strawberry Pineapple Smoothie				

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Fruits

- [ ] **1** Apple
- [ ] **1** Banana
- [ ] **6 1/2** Kiwi
- [ ] **1/2** Lime
- [ ] **1** Navel Orange
- [ ] **1 1/4 cups** Pineapple
- [ ] **2 cups** Strawberries

Breakfast

- [ ] **1 tsp** Green Tea Powder
- [ ] **1 tsp** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1/4 cup** Chia Seeds
- [ ] **1/2 tsp** Cinnamon
- [ ] **1 tbsp** Ground Flax Seed

Frozen

- [ ] **113 grams** Dragon Fruit
- [ ] **3/4 cup** Frozen Banana
- [ ] **1 1/2 cups** Frozen Blueberries
- [ ] **1/2 cup** Frozen Cranberries
- [ ] **1 cup** Frozen Pineapple
- [ ] **1 1/2 cups** Frozen Strawberries
- [ ] **13** Ice Cubes

Vegetables

- [ ] **4 1/2 cups** Baby Spinach
- [ ] **1 cup** Kale Leaves
- [ ] **1/2** Zucchini

Cold

- [ ] **1/2 cup** Orange Juice
- [ ] **3 cups** Plain Coconut Milk
- [ ] **1/4 cup** Plain Greek Yogurt
- [ ] **4 1/2 cups** Unsweetened Almond Milk
- [ ] **3/4 cup** Unsweetened Coconut Yogurt

Other

- [ ] **1 cup** Coconut Water
- [ ] **19 grams** Collagen Powder
- [ ] **1/3 cup** Protein Powder
- [ ] **1 1/3 cups** Vanilla Protein Powder
- [ ] **2 1/2 cups** Water

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Dragon Fruit & Kiwi Smoothie

1 serving
5 minutes

Ingredients

1 cup Plain Coconut Milk (unsweetened from the carton)
113 grams Dragon Fruit (red, cubed, fresh or frozen)
1/2 Kiwi
1/2 Lime (juiced)
1 tsp Maple Syrup
19 grams Collagen Powder
5 Ice Cubes

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.
No Coconut Milk: Use cow's milk or any other alternative milk.
Additional Toppings: Add chia seeds or hemp seeds before blending.
Make it Vegan: Omit collagen powder and use plant-based protein powder.
No Red Dragon Fruit: Use a white flesh dragon fruit or strawberries.
Dragon Fruit Size: Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.

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Fruity Kiwi Smoothie

2 servings
5 minutes

Ingredients

1 Kiwi
1 cup Pineapple (fresh or frozen)
1 cup Kale Leaves
1/2 cup Unsweetened Coconut Yogurt
1/2 cup Orange Juice (freshly squeezed)
1/2 cup Water
4 Ice Cubes

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 one cup.
More Protein: Add protein powder, collagen powder, hemp seeds, or chia seeds.

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Strawberry Kiwi Tropical Smoothie

1 serving
5 minutes

Ingredients

1 1/4 cups Unsweetened Almond Milk
1 cup Frozen Strawberries
1 Kiwi (peeled, chopped)
1/4 cup Pineapple (fresh or frozen)
1/2 Zucchini (chopped)
1 tbsp Chia Seeds
2 tbsps Vanilla Protein Powder

Directions

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

Notes

Nut-Free: Use hemp milk, rice milk, oat milk or water instead of almond milk.
No Chia Seeds: Use ground flax seeds instead.
No Zucchini: Use frozen cauliflower, spinach or kale instead.
Protein Powder: This recipe was developed and tested using a plant-based protein powder.

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Kiwi Green Smoothie

2 servings
5 minutes

Ingredients

2 Kiwi (small, peeled)
1 Banana (frozen)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 1/2 cups Baby Spinach
2 cups Water
4 Ice Cubes

Directions

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

Notes

No Chia Seeds: Use flax seed instead.
No Protein Powder: Use hemp seeds instead.

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Green Apple Cinnamon Smoothie

1 serving
10 minutes

Ingredients

- **1** Apple (peeled, cored and chopped)
- **2** Kiwi (peeled and sliced)
- **1 tbsp** Ground Flax Seed
- **1/2 tsp** Cinnamon
- **1 cup** Unsweetened Almond Milk
- **2 cups** Baby Spinach

Directions

1. Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

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Strawberry Blueberry Smoothie

1 serving
5 minutes

Ingredients

1/2 cup Frozen Blueberries (wild)
1/2 cup Strawberries (stems removed)
1 1/4 cups Unsweetened Almond Milk
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

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.
No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.
No Fresh Strawberries: Use frozen instead.
Protein Powder: This recipe was tested using plant-based vanilla protein powder.

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Blueberry Coconut Smoothie

1 serving
5 minutes

Ingredients

1 cup Coconut Water
1 cup Frozen Blueberries
1/4 cup Frozen Banana
1/4 cup Plain Greek Yogurt
1/4 cup Vanilla Protein Powder

Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed immediately.
Serving Size: One serving is equal to approximately 1 1/3 cup.
Make it Vegan: Use coconut or cashew yogurt instead.
More Fiber: Add a combination of chia seeds, hemp seeds, and baby spinach before blending.

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Strawberry Cranberry Smoothie

1 serving
5 minutes

Ingredients

1 cup Plain Coconut Milk (from the carton)
1/3 cup Unsweetened Coconut Yogurt
1/2 cup Frozen Strawberries
1/2 cup Frozen Cranberries

Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed immediately.
Serving Size: One serving is equal to approximately 1 1/3 cup.
No Coconut Milk: Use any other alternative milk.
More Protein: Add a scoop of vanilla or unflavored protein powder.
More Fiber: Add a combination of chia seeds, nut butter, and baby spinach before blending.

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Orange Matcha Smoothie

1 serving
5 minutes

Ingredients

1 cup Plain Coconut Milk (from the carton)
1 Navel Orange (peeled)
1/2 cup Frozen Banana
1/4 cup Vanilla Protein Powder
1 tsp Green Tea Powder

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.
Serving Size: One serving is equal to approximately 1 1/2 cups.
No Coconut Milk: Use cow's milk or any other alternative milk.
Additional Toppings: Add spinach or kale before blending.

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Strawberry Pineapple Smoothie

2 servings
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 1/2 cups Strawberries (chopped)
1 cup Frozen Pineapple
1/3 cup Protein Powder

Directions

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

Notes

Leftovers: Best enjoyed immediately.
Serving Size: One serving is equal to approximately 1 1/2 cups.
More Flavor: Swap almond milk for orange juice.