

Smoothie ideas

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FRUITS

- 1 Apple
- 1 Banana
- 6 1/2 Kiwi
- 1/2 Lime
- 1 1/4 cups Pineapple

BREAKFAST

1 tsp Maple Syrup

SEEDS, NUTS & SPICES

- 3 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 1 tbsp Ground Flax Seed

FROZEN

- 113 grams Dragon Fruit
- 1 cup 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
- 1 cup Plain Coconut Milk
- 2 1/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

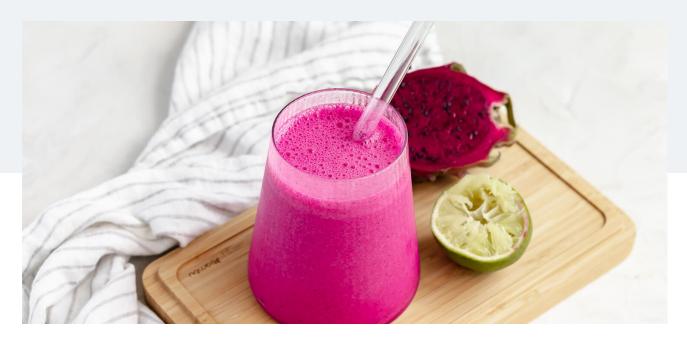
OTHER

- 19 grams Collagen Powder
- 2/3 cup Vanilla Protein Powder
- 2 1/2 cups Water



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

O1 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.



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

O1 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.

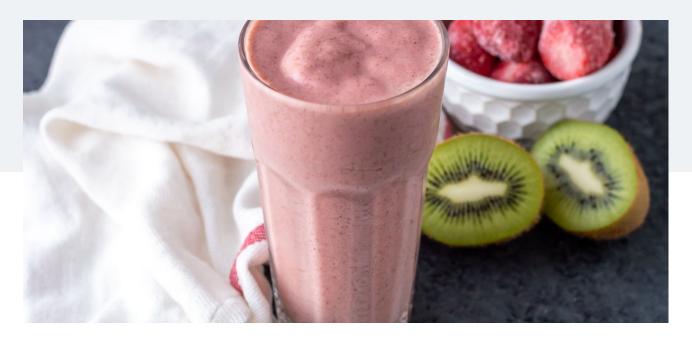
MORE PROTEIN

 $\label{eq:Add_protein} \mbox{Add protein powder, collagen powder, hemp seeds, or chia seeds.}$



Strawberry Kiwi Tropical Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

11/4 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

01 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.



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

O1 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.



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

01 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!

