



# Smoothie ideas

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## MON



**BREAKFAST**  
Dragon Fruit & Kiwi Smoothie

## TUE



**BREAKFAST**  
Fruity Kiwi Smoothie

## WED



**BREAKFAST**  
Strawberry Kiwi Tropical Smoothie

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**BREAKFAST**  
Kiwi Green Smoothie

## FRI



**BREAKFAST**  
Green Apple Cinnamon Smoothie

## 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

01 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

01 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.

# 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

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

01 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!