

Creamy Blueberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Blueberries
1 cup Frozen Cauliflower
1/2 cup Unsweetened Coconut Yogurt
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 Lemon (small, juiced)
1 cup Water

DIRECTIONS

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

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, or other berries to your smoothie.

EXTRA CREAMY

Use almond milk or oat milk instead of water.

LEMON

One lemon yields approximately 1/4 cup of lemon juice.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

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!

Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
1 cup Baby Spinach
1/4 cup Chocolate Protein Powder

DIRECTIONS

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

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

High Fat Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Water (cold)
- 2 tbsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

LIKES IT SWEETER

Add frozen banana, pineapple or apple.

MORE PROTEIN

Add protein powder or collagen powder.

NO MINT

Use cilantro or basil instead.