THE STUDIO 8

Smoothie Recipe Pack

30 HEALTHY TASTY SMOOTHIE RECIPES

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Key

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (<20g per serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (>20g per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

The Power Breakfast Smoothie

Serves 2 | **5 Minutes**

5.2 oz. (150g) frozen blueberries

1 medium ripe banana

4 tbsp. rolled oats

2 tbsp. almond butter

16.2 fl. oz. (480ml) unsweetened almond milk

2 medjool dates, pitted

1.7 oz. (50g) vanilla protein powder

Blend all the ingredients in a blender until smooth. Serve.

DF HP V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	446kcal	26g	9g	14g

myfitnesspal

05398612

The Super Strawberry Breakfast Smoothie

Serves 2 | **5 Minutes**

1 medium banana, sliced and frozen

5.2 oz. (150g) frozen strawberries

2 tbsp. rolled oats

1.7 oz. (50g) vanilla protein powder

2 tbsp. natural peanut butter

12.1 fl. oz. (360ml) unsweetened almond milk

Blend all the ingredients in a blender until smooth. Serve.

DF | LC | HP | V | Q | N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	323kcal	27g	29g	11g

myfitnesspal

08451246

The ‘Coffee Lover’ Smoothie

Serves 2 | **5 Minutes**

4 tbsp. rolled oats

12.1 fl.oz. (360ml) unsweetened almond milk

4 fl. oz. (120ml) water

1 oz. (30g) chocolate protein powder

2 tsp. instant coffee powder

2 tsp. natural cocoa powder

1 banana

1 oz. (30g) pecans

Blend all the ingredients in a blender until smooth. Serve.

DF | LC | V | Q | N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	282kcal	25g	14g	14g

myfitnesspal

03029525

The Energizer Smoothie

Serves 2 | **5 Minutes**

8 oz. (240ml) coconut milk (from carton)

8 oz. (240ml) chilled coffee

5.8 oz. (165g) coconut yogurt, unsweetened

2 Medjool dates

1 oz. (30g) chocolate protein powder

1 tbsp. natural cacao powder

Blend all the ingredients in a blender until smooth. Serve.

GF DF LC V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	210kcal	28g	11g	6g

myfitnesspal

09583942

The Green Matcha Protein Packed Smoothie

Serves 2 | **5 Minutes**

4 tbsp. rolled oats

½ tsp. matcha green tea powder

16.2 fl. oz. (480 ml) unsweetened almond milk

1 banana, chopped & frozen

1.7 oz. (50 g) vanilla protein powder

Blend all the ingredients in a blender until smooth. Serve.

DF | LC | HP | V | Q | N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	220kcal	23g	23g	4g

myfitnesspal

06285336

The Super Green Protein Smoothie

Serves 2 | **5 Minutes**

8 fl. oz. (240ml) unsweetened almond milk

1 medium frozen banana

½ frozen mango

2 oz. (60g) spinach

4 tbsp. pumpkin seeds

2 tbsp. hemp seed hearts

1 oz. (30g) vanilla protein powder

4 tbsp. water

Blend all the ingredients in a blender until smooth. Serve.

GF | DF | V | Q | N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	286kcal	30g	19g	10g

myfitnesspal

02529967

The Classic Strawberry Mango Protein Smoothie

Serves 2 | **5 Minutes**

5.2 oz. (150g) frozen strawberries

1 frozen mango, chopped

4.2 oz. (120g) Greek yogurt

1.7 oz. (50g) vanilla protein powder

16.2 fl. oz. (480ml) almond milk, unsweetened

6 ice cubes

Blend all the ingredients in a blender until smooth. Serve.

GF HP V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	313kcal	36g	31g	5g

myfitnesspal

03626900

The Cherry Burst Protein Smoothie

Serves 2 | **5 Minutes**

12.1 fl. oz. (360ml) unsweetened almond milk

1 avocado

8 oz. (230g) frozen cherries

1.7 oz. (50g) chocolate protein powder

2 tsp. vanilla extract

Blend all the ingredients in a blender until smooth. Serve.

GF DF LC HP V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	350kcal	24g	23g	18g

myfitnesspal

04315797

The Spiced Banana Protein Smoothie

Serves 2 | **5 Minutes**

4 tbsp. rolled oats

16.2 fl. oz. (480ml) unsweetened almond milk

1 banana

1 apple

1 tsp. ground cardamom

1.7 oz. (50g) vanilla protein powder

Blend all the ingredients in a blender until smooth. Serve.

DF HP V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	268kcal	35g	23g	4g

myfitnesspal

02630076

The Superfood Cocoa Smoothie

Serves 2 | **5 Minutes**

1 medium banana, sliced and frozen

1 cup (150g) frozen blueberries

1 cup (70g) kale

2 medjool dates, pitted

1 tbsp. ground flax seeds

3 frozen cauliflower florets (40g)

2 scoops (50g) chocolate protein powder

1 ½ tbsp. natural cocoa powder

2 cups (480ml) unsweetened almond milk

Blend all the ingredients in a blender until smooth. Serve.

GF | DF | HP | V | Q | N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	354kcal	50g	25g	6g

myfitnesspal

01636369

The Post Workout Strawberry Smoothie

Serves 2 | **5 Minutes**

5.2 oz. (150g) frozen strawberries

8 fl. oz. (240ml) cartoned coconut milk

1.7 oz. (50g) vanilla protein powder

2 tsp. honey

2 tsp. vanilla extract

2 tsp. desiccated coconut

Blend all the ingredients in a blender until smooth. Serve.

GF | DF | LC | HP | V | Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	192kcal	16g	23g	4g

myfitnesspal

07395206

The High Protein Golden Glow Smoothie

Serves 2 | **5 Minutes**

1 mango, chopped & frozen

1 banana, sliced & frozen

4.2 oz. (120g) Greek yogurt

1 tsp. ground cinnamon

1 tsp. ground turmeric

½ tsp. ground ginger

pinch of black pepper

8 fl. oz. (240ml) unsweetened almond milk

1.7 oz. (50g) vanilla protein powder

Blend all the ingredients in a blender until smooth. Serve.

GF HP V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	340kcal	45g	32g	4g

myfitnesspal

04956754

The Berry Blast Protein Smoothie

Serves 2 | **5 Minutes**

7.7 oz. (220g) frozen mixed berries

1 chopped frozen banana

2 tsp. chia seeds

1.7 oz. (50g) vanilla protein powder

16.2 fl. oz. (480ml) unsweetened almond milk

Blend all the ingredients in a blender until smooth. Serve.

GF | DF | LC | HP | V | Q | N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	256kcal	29g	26g	4g

myfitnesspal

03149577

The Protein Cinnamon Roll Smoothie

Serves 2 | **5 Minutes**

8 fl. oz. (240ml) almond milk, unsweetened

4.2 oz. (120g) Greek yogurt

1.7 oz. (50g) vanilla protein powder

4 tbsp. rolled oats

1 tbsp. honey

1 tsp. ground cinnamon

1 banana, chopped and frozen

Blend all the ingredients in a blender until smooth. Serve.

GF HP V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	288kcal	35g	28g	4g

myfitnesspal

06895318

The Anti-Inflammatory Turmeric Smoothie

Serves 2 | **5 Minutes**

16.2 fl. oz.(480ml) unsweetened almond milk

2 oz. (60g) packed spinach

½ tsp. ground turmeric

pinch of black pepper

2 tbsp. chia seeds

11.6 oz. (330g) frozen pineapple chunks

Blend all the ingredients in a blender until smooth. Serve.

GF DF V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	203kcal	30g	5g	7g

myfitnesspal

02029764

The Green Glow Smoothie

Serves 2 | **5 Minutes**

2 medium bananas, frozen

12.1 fl. oz. (360ml) unsweetened almond milk

2 oz. (60g) baby spinach

24 mint leaves

10 ice cubes

Blend all the ingredients in a blender until smooth. Serve.

GF DF LC V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	146kcal	29g	3g	2g

myfitnesspal

04262941

The Golden Mango Smoothie

Serves 2 | **5 Minutes**

1 mango, peeled, chopped, & frozen

10.5 oz. (300g) Greek yogurt

1 tbsp. turmeric root, chopped

4 clementines, peeled

Blend all the ingredients in a blender until smooth. Serve.

GF V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	316kcal	53g	17g	4g

myfitnesspal

01991208

The Pineapple & Ginger Lassi

Serves 2 | **5 Minutes**

12. 6 oz. (360g) plant-based vanilla yogurt

11.6 oz. (330g) canned pineapple with juice

8 fl. oz. (120ml) canned light coconut milk

½ tsp. grated ginger root

10 ice cubes

Blend all the ingredients in a blender until smooth. Serve.

GF DF V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	305kcal	46g	10g	9g

myfitnesspal

02970709

The Green Mean Smoothie

Serves 2 | **5 Minutes**

½ avocado, pitted

11.6 oz. (330g) pineapple chunks

2 oz. (60g) baby spinach

8 fl. oz. (240ml) coconut milk (from carton)

4 tbsp. lime juice

4 tbsp. coriander, chopped

2 tsp. ground ginger

Blend all the ingredients in a blender until smooth. Serve.

GF DF V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	255kcal	36g	3g	11g

myfitnesspal

03217641

The Strawberry Summer Smoothie

Serves 2 | **5 Minutes**

4.2 oz. (120g) Greek yogurt

4 tbsp. coconut milk

4 tbsp. orange juice

5.2 oz. (150g) frozen strawberries

1 orange, peeled

1 tbsp. honey

Blend all the ingredients in a blender until smooth. Serve.

GF V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	170kcal	31g	7g	2g

myfitnesspal

09644670

The Post-Workout Cocoa Smoothie

Serves 2 | **5 Minutes**

5.4 fl. oz. (160ml) unsweetened almond milk

4.2 oz. (120g) Greek yogurt

1 tbsp. ground flaxseed

1 tbsp. natural cocoa powder, unsweetened

2 tbsp. peanut butter

½ tsp. vanilla extract

1 medium banana, chopped and frozen

Blend all the ingredients in a blender until smooth. Serve.

GF HP V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	488kcal	45g	23g	24g

myfitnesspal

09737457

The Kiwi Burst Smoothie

Serves 2 | **5 Minutes**

5.6 oz. (160g) coconut yogurt

8 fl. oz. (120ml) coconut milk (from a carton)

¼ tsp. grated ginger root

2 kiwis, peeled and quartered

2 tbsp. quinoa flakes

2 oz. (60g) baby spinach

Blend all the ingredients in a blender until smooth. Serve.

GF DF LC V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	157kcal	24g	4g	5g

myfitnesspal

09215104

The Purple Power Smoothie

Serves 2 | **5 Minutes**

12.1 fl. oz. (360ml) water

10 oz. (285g) red cabbage, shredded and frozen

5.2 oz. (150g) blueberries, frozen

1 banana, chopped and frozen

5.8 oz. (165g) vanilla yogurt

Blend all the ingredients in a blender until smooth. Serve.

GF V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	231kcal	44g	7g	3g

myfitnesspal

05256834

The Mocha Smoothie

Serves 2 | **5 Minutes**

10.6 fl. oz. (315ml) cold brew coffee

4.2 oz. (120g) Greek yogurt

2 medjool dates, pitted

1 ½ tbsp. natural cocoa powder

½ tsp. vanilla extract

Blend all the ingredients in a blender until smooth. Serve.

GF | LC | V | Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	150kcal	26g	7g	2g

myfitnesspal

02381013

The Perfect Piña Colada Smoothie

Serves 2 | **5 Minutes**

4 tbsp. oats

16.2 fl. oz. (480ml) almond milk, unsweetened

7 oz. (200g) pineapple chunks

4 tbsp. desiccated coconut

1 oz. (30g) walnuts

Blend all the ingredients in a blender until smooth. Serve.

DF LC V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	295kcal	25g	6g	19g

myfitnesspal

01360271

The Creamy Carrot Cake Smoothie

Serves 2 | **5 Minutes**

1 banana, chopped & frozen

1 carrot, peeled & grated

2 tbsp. rolled oats

2 tbsp. almond butter

¼ tsp. ground cinnamon

⅛ tsp. ground ginger

1 tbsp. honey

8 fl. oz. (240ml) almond milk, unsweetened

Blend all the ingredients in a blender until smooth. Serve.

DF V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	255kcal	33g	6g	11g

myfitnesspal

03778928

The Classic Banana Smoothie

Serves 2 | **5 Minutes**

2 medium bananas, sliced & frozen

4.2 oz. (120g) Greek yogurt

1 tbsp. ground flax seeds

8 fl. oz. (240ml) unsweetened almond milk

1 tsp. vanilla extract

Blend all the ingredients in a blender until smooth. Serve.

GF HP V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	196kcal	32g	8g	4g

myfitnesspal

01943423

The Best Apple Pie Smoothie

Serves 2 | **5 Minutes**

4 fl. oz. (120ml) almond milk, unsweetened

4.2 oz. (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored, & chopped

1 medium banana, sliced & frozen

1 tbsp. honey

1 tbsp. almond butter

1 tsp. vanilla extract

1 ½ tsp. ground cinnamon

Blend all the ingredients in a blender until smooth. Serve.

myfitnesspal

04685708

V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	295kcal	48g	10g	7g

The Sweet Potato Smoothie

Serves 2 | **5 Minutes**

9.5 oz. (270g) sweet potatoes, peeled & chopped

1 medium banana, sliced & frozen

8 fl. oz. (240ml) unsweetened almond milk

4.2 oz. (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

Blend all the ingredients in a blender until smooth. Serve.

GF V Q N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	360kcal	50g	13g	12g

myfitnesspal

03287491

The Zen Smoothie

Serves 2 | **5 Minutes**

1 cucumber, chopped

6.5 oz. (185g) green grapes

2 carrots, peeled & chopped

2 slices lemon

1 cup water

5 ice cubes

Blend all the ingredients in a blender until smooth. Serve.

GF DF V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	245kcal	55g	4g	1g

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07528385