



Eat the Rainbow Smoothie Recipe Book

ANDREA SCHWARTZ

A.B.S.MindBody

Berry Beet Smoothie Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1 Beet (medium, peeled and diced)
1 cup Frozen Mango
1 cup Frozen Raspberries
1 tbsp Pitted Dates
1 tsp Schisandra Berry Powder
1 cup Unsweetened Almond Milk

DIRECTIONS

- 01 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 02 Transfer to a bowl and add toppings. Enjoy!

NOTES

TOPPING IDEAS

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

NO SCHISANDRA BERRY POWDER

Leave it out, or use acai powder instead.

NUTRITION

AMOUNT PER SERVING

Calories	136	Cholesterol	0mg
Fat	2g	Sodium	117mg
Saturated	0g	Potassium	449mg
Trans	0g	Vitamin A	1208IU
Polyunsat...	0g	Vitamin C	44mg
Monounsa...	1g	Calcium	263mg
Carbs	29g	Iron	1mg
Fiber	6g	Vitamin D	51IU
Sugar	22g	Vitamin E	1mg
Protein	3g		

Orange Immunity Booster Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Pureed Pumpkin
1 Banana (frozen)
1/2 tsp Turmeric
1/4 tsp Cinnamon
1 1/2 tsps Ginger
1 tbsp Ground Flax Seed
3/4 cup Unsweetened Almond Milk
2 Navel Orange (peeled and sectioned)
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	3g	Sodium	69mg
Saturated	0g	Potassium	753mg
Trans	0g	Vitamin A	19637I...
Polyunsat...	1g	Vitamin C	93mg
Monounsa...	1g	Calcium	284mg
Carbs	50g	Iron	3mg
Fiber	10g	Vitamin D	38IU
Sugar	29g	Vitamin E	2mg
Protein	5g		

DIRECTIONS

01 Throw all ingredients into your blender and blend very well until creamy.
Pour into glasses and enjoy!

NOTES

NO PUREED PUMPKIN

Use steamed sweet potato instead.

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

NO MAPLE SYRUP

Sweeten with raw honey or soaked dates instead.

Pineapple Turmeric Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 cups Pineapple (diced into chunks)
1 tbsp Ginger (peeled and grated)
1/2 cup Vanilla Protein Powder
1 tsp Turmeric (powder)

NUTRITION

AMOUNT PER SERVING

Calories	204	Cholesterol	4mg
Fat	3g	Sodium	201mg
Saturated	0g	Potassium	380mg
Trans	0g	Vitamin A	595IU
Polyunsat...	1g	Vitamin C	79mg
Monounsa...	2g	Calcium	588mg
Carbs	26g	Iron	2mg
Fiber	4g	Vitamin D	101IU
Sugar	16g	Vitamin E	0mg
Protein	21g		

DIRECTIONS

01 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

NOTES

STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

NO PINEAPPLE

Use mango, peaches or banana 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!

NUTRITION

AMOUNT PER SERVING

Calories	260	Cholesterol	0mg
Fat	6g	Sodium	215mg
Saturated	0g	Potassium	1001mg
Trans	0g	Vitamin A	6347IU
Polyunsat...	3g	Vitamin C	153mg
Monounsa...	2g	Calcium	591mg
Carbs	52g	Iron	3mg
Fiber	13g	Vitamin D	101IU
Sugar	32g	Vitamin E	4mg
Protein	6g		

Blueberry Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Cashews
1/4 cup Hemp Seeds
2 cups Water
2 cups Baby Spinach
1 1/2 cups Frozen Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	373	Cholesterol	0mg
Fat	26g	Sodium	37mg
Saturated	4g	Potassium	664mg
Trans	0g	Vitamin A	2868IU
Polyunsat...	11g	Vitamin C	11mg
Monounsa...	11g	Calcium	93mg
Carbs	28g	Iron	5mg
Fiber	6g	Vitamin D	0IU
Sugar	12g	Vitamin E	2mg
Protein	13g		

DIRECTIONS

- 01 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 02 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

NOTES

MAKE IT SWEETER

Add in a few soaked dates to sweeten it up.

Pear Blackberry Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 Pear
1 cup Blackberries
2 tbsps Ground Flax Seed
1/2 tsp Cinnamon
1 cup Baby Spinach
1 cup Water
6 Ice Cubes

DIRECTIONS

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

NOTES

NO GROUND FLAX SEED

Use chia seeds instead.

NO BLACKBERRIES

Use blueberries instead.

NUTRITION

AMOUNT PER SERVING

Calories	243	Cholesterol	0mg
Fat	6g	Sodium	32mg
Saturated	0g	Potassium	612mg
Trans	0g	Vitamin A	3169IU
Polyunsat...	4g	Vitamin C	46mg
Monounsa...	1g	Calcium	145mg
Carbs	47g	Iron	3mg
Fiber	18g	Vitamin D	0IU
Sugar	25g	Vitamin E	3mg
Protein	7g		

Raspberry Zinger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

NUTRITION

AMOUNT PER SERVING

Calories	312	Cholesterol	4mg
Fat	10g	Sodium	317mg
Saturated	0g	Potassium	819mg
Trans	0g	Vitamin A	874IU
Polyunsat...	1g	Vitamin C	100mg
Monounsa...	2g	Calcium	925mg
Carbs	36g	Iron	4mg
Fiber	16g	Vitamin D	152IU
Sugar	12g	Vitamin E	1mg
Protein	27g		