



DR LORI PUSKAR

HOLISTIC & FUNCTIONAL MEDICINE



Smoothies Recipe Pack

*Easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*

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How to Get Started

Smoothies are a quick and easy way to create a healthy and nutritious snack or meal that can be enjoyed at any time of the day. To create a balanced smoothie that will keep you energized and full throughout the day, make sure to always incorporating the following elements:

- Fats (nuts, seeds, oils, dairy)
- Protein (dairy, legumes, protein powders)
- Fluid (water, seed/nut milk, juice)
- Fiber (fruits, vegetables, seeds)

How to Choose a Blender

There are countless options of blender on the market and they can become quite confusing. High-end blenders from brands like Ninja and Vitamix may cost more but will have some more advantages compared to the cheaper models. For one, you will notice a big difference in smoothie texture and consistency. Additionally, they will last longer, so if you plan on becoming a smoothie master then it is a point to consider.

Choosing a blender is a very personal choice but we suggest you do some research and choose the best one that is within your budget.

When making your decision make sure to also consider the ease of cleaning and size.



Blender vs. Juicer?

This is a common question and the two appliances are often used interchangeably. However, a smoothie simply blends the entire fruit/vegetable into smaller fragments until it becomes a juice-like liquid. A juicer on the other hand, removes the pulp and only keeps the juice, leaving behind some vital nutrients and the majority of the fiber.

That doesn't mean a juicer is terrible or anything, just keep in mind if you are looking for a complete breakfast/lunch or snack, you should go with a blender.

Frozen or Fresh?

Buying frozen fruit and vegetables, or even freezing them yourself is excellent for preserving the produce, saving what can go 'off' and being able to store it for longer.

Store bought frozen fruit and vegetables are usually frozen at source, which means they may have even better nutritional content as they have not been transported of hours or sitting on a shelf in the store.

Another benefit of frozen produce is that they are available all year round, so you can buy your favorite fruit and vegetables all year round.



Organic vs. Conventional?

Another widely debated topic is that of organic vs. conventional produce. The western world has become very tribal when it comes to nutritional arguments, and this debate is no exception. It is near impossible to shop organic all of the time, or even most of the time. In addition, many people don't have the financial flexibility to fill their fridge with organic.

The fact of the matter is that there is little to no nutritional difference between organic and conventional produce. In addition, the term organic is very loose and differs between country and brand. Some organic certifications only need to fulfil a certain amount of requirements to brandish the logo on their products.

We also like to highlight the fact that many organic farmers also use natural pesticides and herbicides on their products.

If you have the means and flexibility, than it can be nice to purchase primarily organic. But for those that might not, don't fret, simply aim to buy from local and trusted brands. As long as you're getting regular fruit and vegetables.



Tips

Smoothies are super easy and intuitive, but take a look at these tips:

- Make sure your blender is always clean and ready. It's best to wash your blender straight after you use it. This way you will avoid the contents drying up on the surface, which will make it much easier to clean.
- Do all the prep work with your fruit and veggies before; chopping, cutting, cleaning, slicing, measuring, and especially freezing.
- To save even more time you can prepare smoothie packs in advance and freeze them. Place the fruit and vegetables (frozen is best, as they won't stick) in a sealable bag or jar. Add in your dry add-in's and then greens. When ready, add the smoothie pack straight into the blender along with any liquids and blend. The smoothie packs will keep up to 3 month in your freezer.
- If your smoothie is too frothy, then add less liquid next time. When using ingredients such as avocado and banana you will generally need to liquid, as they have a high liquid content.
- If your smoothie is too bitter this is a sign to reduce the greens and add some more fruit.
- If your blender is having trouble reaching a smooth and creamy texture, try cutting your ingredients into smaller pieces.
- You can boost the protein content of any smoothie from this pack by adding a serving or two of protein powder. The best flavor is vanilla or simply unflavored. When using a flavors protein powder, you may want to reduce the chosen sweetener, as the powder will have some of it already.



The Foolproof Smoothie Template

1. Choose a base liquid

- Water
- Coconut water
- Plant based milk, unsweetened (almond, coconut, soy etc.)
- Cow's milk
- Green Tea
- Coffee

2. Choose your protein

- Whey protein powder
- Plant based protein powders
- Protein powder blends
- Greek yogurt
- Cottage cheese

3. Choose a fruit

- Berries
- Mango
- Banana
- Pineapple

4. Choose a vegetable

- Greens: kale, spinach, swiss chard
- Beets
- Sweet potato
- Cucumber
- Celery
- Avocado



5. Choose a healthy fat

- Nuts: walnuts, pecans, almonds, cashews
- Seeds: flax, hemp, chia
- Nut butters: peanut, almond, cashew
- Coconut milk, canned

More add-in options:

- Oats
- Cinnamon
- Ginger
- Turmeric
- Matcha
- Acai
- Maca
- Honey
- Dates

Protein Powder Guide

Animal Protein Powder



WHEY PROTEIN

Whey Protein is by far the most popular and cheapest choice available. This type of protein contains all essential amino acids and is one of the byproducts of milk. Whey is a perfect choice for pre and post workout as it is quickly absorbed by the body.



CASEIN PROTEIN

This protein powder is the other byproduct of milk and also contains all essential amino acids. Casein has a slower absorption compared to whey. This powder also does not mix as well as casein powder.



EGG PROTEIN

This powder is made from the protein in eggs, making it a perfect option for people with dairy intolerance.

Plant Based Protein Powder



PEA PROTEIN

This protein powder is made from yellow peas. It is a good quality protein with 21g protein per ¼ cup and it is easily digestible, making it a good choice for those with gastric discomfort.



RICE PROTEIN

Rice protein powders contain 22g of protein in ¼ cup and is considered a medium-digesting protein, fitting in between whey and casein powders. When combine with pea protein it will give a full profile of the nine essential amino acids.



HEMP PROTEIN

This protein powder is not as high in protein as the other plant based powders, but it makes up for it with it's nutritional profile, providing a good source of zinc, iron and omega-3s. A serving of hemp protein powder will provide around 12-15g of protein.

Other Protein Sources

If you don't like to use protein powders, then you can substitute them for other options that will boost the protein content in your smoothies. Below are the best options:



YOGURT

Yogurt is naturally packed with protein with around 10g per 100g of product. It will also provide a very creamy consistency to your smoothie and with carb-free/sugar free options available it is possible to keep the sugar content at bay.



COTTAGE CHEESE

Cottage cheese is another dairy product that works well in smoothies, boosting protein content and in turn making your smoothies more satisfying. 100g of cottage cheese provides around 11g of protein.



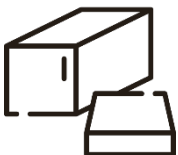
TOFU

We do not advocate the use of Tofu due to its high estrogenic properties which can lead to female cancers. To learn more about soy, [click here](#).



GRASS FED MILK

If you use cow's milk to replace the liquid in your smoothie you will gain 8g of protein per each cup. So, if you have no dairy intolerance then this is also a good option.



NUT BUTTERS

Peanut butter, almond butter, cashew butter...all are good sources of protein all containing about 3-4g of protein per one tablespoon. They are also perfect to add creaminess and a slight savory flavor to your smoothie creations, just keep in mind that they are also high in fat.



SEEDS

Chia seeds, flax seeds, pumpkin seeds, hemp seeds...all are great options to heighten the protein content of your smoothies. Apart from boosting the protein content they are also excellent sources of healthy fats - win win!

EGG YOLKS

Eggs are one of nature's most perfect protein sources, the whites are incomplete protein and tend to make smoothies slimy. Add in an egg yolk or an extra 3g of protein per yolk.

Now let's get blending!

Other Fat Sources

In addition to protein, your goal may be increased fat intake. Below are the best options:

AVOCADO



GRASS FED MILKS (Cow and Goat)

Milk, Half and Half, and Heavy cream are great options for additional fat and creaminess. So, if you have no dairy intolerance then this is also a good option.



BUTTER

Cow, Goat, Irish and Ghee...all are great sources of fat. They are filled with Nature's most perfect fats. They also add creaminess and flavor to your smoothie creations.



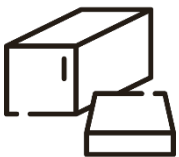
NUT / SEED OILS

Coconut Oil, Flax Seed Oil, Sesame Seed oil...all are good sources of fat. They are also perfect to add creaminess and a slight savory flavor to your smoothie creations.



EGG YOLKS

Eggs are one of nature's most perfect fat and good cholesterol sources. The whites tend to make smoothies slimy and are not recommended.



Now let's get blending!





Additional Food Items for Extra Protein and Fat

Extra Protein

Add 1-2 Scoops of Protein Powder
Add Raw Egg Yolks

Extra Fat

Add Half and Half
Add Heavy Cream
Add Avocado
Add Butter – (cow, goat, Irish, Ghee)
Add Coconut Oil
Add Flax Oil
Add Sesame Oil
Add Raw Egg Yolks

Electrolytes

Add Celtic Sea Salt
Add Himalayan Salt



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





The Power Breaky Smoothie

Serves 2

1 cup (150g) blueberries, frozen
1 medium bananas, ripe
4 tbsp. rolled oats
2 tbsp. almond butter
2 cups (480ml) almond milk,
unsweetened
2 medjool dates
2 scoops (50g) vanilla protein
powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	395	14	45	26	8

*Nutrition per serving





The Strawberry Burst Breakfast Smoothie

Serves 2

1 medium banana, sliced & frozen

1 cup (145g) strawberries, frozen

2 tbsp. rolled oats

2 scoops (50g) vanilla protein powder

2 tbsp. natural peanut butter

1 ½ cups (360ml) almond milk, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	HP	V	Q	N
----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	305	11	27	29	5

*Nutrition per serving





The Wake Me Up Protein Smoothie

Serves 2

4 tbsp. rolled oats

1 ½ cups (360ml) almond milk,
unsweetened

½ cup (120ml) water

1 scoop (25g) chocolate protein
powder

2 tsp. instant coffee powder

2 tsp. cocoa powder, natural

1 banana

¼ cup (30g) pecans

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	267	14	25	14	6

*Nutrition per serving





The Morning Energizer Smoothie

Serves 2

1 cup (240ml) coconut milk,
from carton

1 cup (240ml) coffee, chilled

$\frac{2}{3}$ cup (165g) coconut yogurt,
unsweetened

2 medjool dates

1 scoop (25g) protein powder,
chocolate

1 tbsp. cacao powder, natural

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	V	Q
----	----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	212	6	28	11	4

*Nutrition per serving





The Green Fuel Smoothie

Serves 2

4 tbsp. rolled oats

½ tsp. matcha green tea powder

2 cups (480ml) almond milk, unsweetened

1 banana, chopped & frozen

2 scoops (50g) vanilla protein powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	HP	V	Q	N
----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	209	4	23	23	4

*Nutrition per serving





The Greenology Smoothie

Serves 2

1 cup (240ml) almond milk,
unsweetened

1 medium banana, frozen

½ mango, frozen

2 cups (60g) spinach

¼ cup (15g) pumpkin seeds

2 tbsp. hemp seeds hearts

1 scoop (25g) vanilla protein
powder

¼ cup (60ml) water

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	266	10	30	19	5

*Nutrition per serving





The Mango-Licious Protein Smoothie

Serves 2

1 cup (145g) strawberries,
frozen

1 mango, chopped, and frozen

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein
powder, vanilla

2 cups (480ml) almond milk,
unsweetened

6 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	294	5	36	31	5

*Nutrition per serving





The Black Forest Smoothie

Serves 2

1 ½ cups (360ml) almond milk,
unsweetened

1 avocado

1 ½ (230g) cup cherries, frozen

2 scoops (50g) protein powder,
chocolate

2 tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	HP	V	Q	N
----	----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	335	18	24	23	10

*Nutrition per serving





The Banana Twist Protein Smoothie

Serves 2

4 tbsp. rolled oats
2 cups (480ml) almond milk,
unsweetened
1 banana
1 apple
1 tsp. ground cardamom
2 scoops (50g) vanilla protein
powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	259	4	35	23	7

*Nutrition per serving





The Superfood Protein Smoothie

Serves 2

What you need to do

1 medium banana, sliced and frozen

1 cup (150g) blueberries, frozen

1 cup (70g) kale

2 medjool dates

1 tbsp. ground flax seeds

3 cauliflower florets (40g), frozen

2 scoops (50g) protein powder, chocolate

1 ½ tbsp. cocoa powder, natural

2 cups (480ml) almond milk, unsweetened

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	HP	V	Q	N
----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	328	6	50	25	11

*Nutrition per serving





The Strawberry Post Workout Smoothie

Serves 2

1 cup (145g) strawberries,
frozen

1 cup (240ml) coconut milk,
cartoned

2 scoops (50g) protein powder,
vanilla

2 tsp. honey

2 tsp. vanilla extract

2 tsp. desiccated coconut

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	HP	V	Q
----	----	----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	193	4	16	23	2

*Nutrition per serving





The Golden Protein Smoothie

Serves 2

1 mango, chopped, frozen
1 banana, sliced, frozen
½ cup (120g) Greek yogurt
1 tsp. ground cinnamon
1 tsp. ground turmeric
½ tsp. ground ginger
pinch black pepper
1 cup (240ml) almond milk,
unsweetened
2 scoops (50g) vanilla protein
powder

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	317	4	45	31	6

*Nutrition per serving





The Triple Berry Protein Smoothie

Serves 2

1 ½ cups (220g) berry mix, frozen

1 banana, chopped & frozen

2 tsp. chia seeds

2 scoops (50g) vanilla protein powder

2 cups (480ml) almond milk, unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	HP	V	Q	N
----	----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	242	4	29	26	7

*Nutrition per serving





The Cinnamon Roll Smoothie

Serves 2

1 cup (240ml) almond milk,
unsweetened

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein
powder

4 tbsp. rolled oats

1 tbsp. honey

1 tsp. ground cinnamon

1 banana, chopped & frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	274	4	35	28	4

*Nutrition per serving





The Anti-Inflammatory Green Smoothie

Serves 2

2 cups (480ml) almond milk,
unsweetened

2 cups (60g) spinach, packed

½ tsp. ground turmeric

pinch black pepper

2 tbsp. chia seeds

2 cups (330g) pineapple
chunks, frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	183	7	30	5	7

*Nutrition per serving





The Pick Me Up Smoothie

Serves 2

2 medium banana, frozen
1 ½ cups (360ml) almond milk,
unsweetened
2 cups (60g) baby spinach
24 leaves mint
10 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	V	Q	N
----	----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	135	2	29	3	5

*Nutrition per serving





The Golden Citrus Smoothie

Serves 2

1 mango, peeled, chopped & frozen
1 ¼ cups (300g) Greek yogurt
1 tbsp. turmeric root, chopped
4 clementines, peeled

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	V	Q
----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	4	53	17	6

*Nutrition per serving





The Pineapple Lassi

Serves 2

1 ½ cups (360g) vanilla yogurt,
plant based

2 cups (330g) canned
pineapple with juice

½ (120ml) cup canned light
coconut milk

½ tsp. root ginger, grated

10 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q
----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	9	46	10	3

*Nutrition per serving





The All Green Smoothie

Serves 2

½ avocado, pitted
2 cups (330g) pineapple, chunks
2 cups (60g) baby spinach
1 cup (240ml) coconut milk, from carton
4 tbsp. lime juice
¼ cup (12g) fresh coriander, chopped
2 tsp. ground ginger

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q
----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	36	3	8

*Nutrition per serving





The Summer Dream Smoothie

Serves 2

½ cup (120g) Greek yogurt

¼ cup (60ml) coconut milk,
from carton

¼ cup (60ml) orange juice

1 cup (145g) strawberries,
frozen

1 orange, peeled

1 tbsp. honey

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	V	Q
----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	162	2	31	7	3

*Nutrition per serving





The Black Beauty Smoothie

Serves 2

$\frac{3}{4}$ cup (160ml) almond milk,
unsweetened

$\frac{1}{2}$ cup (120g) Greek yogurt

1 tbsp. ground flax seed

1 tbsp. natural cocoa powder,
unsweetened

2 tbsp. peanut butter

$\frac{1}{2}$ tsp. vanilla extract

1 medium banana, chopped &
frozen

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	473	24	45	23	9

*Nutrition per serving





The Kiwi Boost Smoothie

Serves 2

$\frac{3}{4}$ cup (160g) coconut yogurt
 $\frac{1}{2}$ cup (120ml) coconut milk,
from cartoned
 $\frac{1}{4}$ tsp. root ginger, grated
2 kiwis, peeled & quartered
2 tbsp. quinoa flakes
2 cups (60g) baby spinach

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	LC	V	Q
----	----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	148	5	24	4	5

*Nutrition per serving





The Purple Smoothie

Serves 2

- 1 ½ cup (360ml) water
- ½ small red cabbage (285g), shredded & frozen
- 1 cup (150g) blueberries, frozen
- 1 banana, chopped & frozen
- ⅔ cup (165g) vanilla yogurt

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	V	Q
----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	216	3	44	7	7

*Nutrition per serving





The Mocha Smoothie

Serves 2

1 ⅓ cups (315ml) cold brew coffee

½ cup (120g) Greek yogurt

2 medjool dates

1 ½ tbsp. cocoa powder, natural

½ tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	LC	V	Q
----	----	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	150	2	26	7	3

*Nutrition per serving





The Pina Colada Smoothie

Serves 2

4 tbsp. oats
2 cups (480ml) almond milk,
unsweetened
1 cup (200g) pineapple chunks
4 tbsp. desiccated coconut
¼ cup (30g) walnuts

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	LC	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	275	19	25	6	5

*Nutrition per serving





The Carrot Cake Smoothie

Serves 2

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
 1 cup (240ml) almond milk,
 unsweetened

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



DF	V	Q	N
----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	33	6	6

*Nutrition per serving





The Simple Banana Smoothie

Serves 2

2 medium bananas, sliced,
frozen

½ cup (120g) Greek yogurt

1 tbsp. ground flax seeds

1 cup (240ml) almond milk,
unsweetened

1 tsp. vanilla extract

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	HP	V	Q	N
----	----	---	---	---

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	191	4	32	8	4

*Nutrition per serving





The Apple Pie Smoothie

Serves 2

½ cup (120ml) almond milk,
unsweetened

½ cup (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored and
chopped

1 medium banana, sliced &
frozen

1 tbsp. honey

1 tbsp. almond butter

1 tsp. vanilla extract

1 ½ tsp. ground cinnamon

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



V	Q	N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	284	7	48	10	7

*Nutrition per serving





The Sweet Potato Pie Smoothie

Serves 2

2 cups (270g) sweet potatoes,
peeled & chopped

1 medium banana, sliced &
frozen

1 cup (240ml) almond milk,
unsweetened

½ cup (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF	V	Q	N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	346	12	50	13	5

*Nutrition per serving







The Reset Smoothie

Serves 1

1 cucumber, chopped
2 cups (185g) green grapes
2 carrots, peeled & chopped
2 slices lemon
1 cup water
5 ice cubes

What you need to do

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



GF	DF	V	Q
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	222	1	55	4	7

*Nutrition per serving