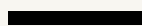




MOVEMENT HUB

Smoothie Recipe Collection

Collection of nutrient packed smoothies
that keep you full and healthy.



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Tropical Smoothie

SERVES 2

- 3 passion fruits
- 1 banana, chopped
- 1 cup (165g) pineapple, chunks
- 1-¼ cup (300ml) coconut water
- 1 tbsp. chia seeds
- ice cubes, to serve

WHAT YOU NEED TO DO

1. SCOOP THE PULP OF THE PASSION FRUITS INTO A HIGH-SPEED BLENDER, ADD THE BANANA, PINEAPPLE, COCONUT WATER, AND CHIA SEEDS. PURÉE UNTIL SMOOTH AND SERVE

IMMEDIATELY, TOPPED WITH ICE CUBES.

GF DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	240	3	55	4

*Nutrition per serving



Immunity Booster Juice

SERVES 2

WHAT YOU NEED TO DO

1 ⅔ CUP (400ML) CARROT
JUICE JUICE OF 1 GRAPEFRUIT
1 INCH GINGER, PEELED AND
SLICED 2 APPLES, CORE
REMOVED,
CHOPPED
¼ TSP. TURMERIC
PINCH CAYENNE PEPPER

1.PLACE ALL INGREDIENTS INTO A HIGH-SPEED BLENDER AND
BLEND UNTIL SMOOTH. SERVE WITH ICE CUBES.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	272	1	68	8

*Nutrition per serving



Golden Turmeric Latte

SERVES 2

1 ½ cup (350ml) almond milk
¼ tsp. ground turmeric
¼ tsp. cinnamon
¼ tsp. ground ginger
½ tsp. vanilla extract
1 tbsp. maple syrup

WHAT YOU NEED TO DO

1. PLACE ALL THE INGREDIENTS IN A SAUCEPAN AND CONTINUOUSLY STIR OVER LOW HEAT.

2. ONCE HOT, POUR INTO CUPS AND TOP WITH ADDITIONAL CINNAMON TO SERVE. ADJUST SWEETNESS IF NECESSARY.

GF DF LC V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	
5 mins	5 mins	53	2	7	

*Nutrition per serving



Pina Colada Protein Smoothie

SERVES 2

½ banana

1 cup (165g) pineapple chunks,
canned or fresh

1 ¼ cup (300ml) coconut milk

2 scoops (50g) vanilla whey

handful ice cubes

WHAT YOU NEED TO DO

1. Combine all ingredients in a blender. Blend until smooth around 1 minute. Serve immediately.

GF	LC	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	182	1	20	23

*Nutrition per serving



Raspberry Protein Smoothie

SERVES 1

½ ripe banana
1 cup (125g) frozen raspberries
1 cup (240ml) almond milk
2 tbsp. vanilla whey or pea protein
1 tbsp. smooth almond butter
handful ice cubes

WHAT YOU NEED TO DO

1.PLACE ALL INGREDIENTS IN A HIGH-SPEED BLENDER AND BLITZ UNTIL SMOOTH.

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	331	12	25	29

*Nutrition per serving



Hemp Protein Powder Smoothie

SERVES 2

2 large oranges, peeled
1.5-inch ginger, peeled
2 cups (470ml) beetroot juice
4 tbsp. hemp powder (unflavored or vanilla)

WHAT YOU NEED TO DO

1. Peel and cut the oranges into pieces. Peel and finely chop the ginger.
2. Place all ingredients in a blender and mix until smooth. Serve in glasses straight away.

GF	DF	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	310	4	47	20

*Nutrition per serving



Beet The Blues Smoothie

SERVES 1

- 2/3 cup (150ml) plant milk
- 1/2 cup (100g) cooked beetroot
- 1/2 cup (50g) blueberries
- 1/2 banana
- 1/2 apple
- 1 tsp. chia seeds
- 1 tsp. maca powder

WHAT YOU NEED TO DO

1. Using a high-power blender, blend all ingredients together until smooth.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	
5 mins	0 mins	232	5	54	

*Nutrition per serving



Carotene Boost Smoothie

SERVES 2

- 2 medium carrots
- ½ orange
- 1 peach
- ¾ cup (200g) natural yogurt
- ⅞ cup (200ml) water
- 2 tbsp. goji berries

WHAT YOU NEED TO DO

1. Wash, peel and roughly chop the fruit and veg, then place them in a high-speed blender alongside the yogurt, water, and goji berries.

2. Blend until smooth and serve straight away.

Note: Add a scoop of vanilla or unflavoured protein powder for a protein boost.

GF	DF	V	Q
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Prep	Cook				
5 mins	0 mins	Kcal	Fats(g)	Carbs(g)	

*Nutrition per serving

194

8

23



Grapefruit Smoothie

SERVES 2

- 1 pink grapefruit
- 1 medium banana
- 1 cup (200g) strawberries ¼ cup
- (65g) Greek yogurt
- 1 scoop vanilla whey

WHAT YOU NEED TO DO

1. Blend all the ingredients in a blender and serve.

GF V Q

			Fats(g)		
Prep	Cook	Kcal	4		
5 mins	0 mins	233			

*Nutrition per serving



Very Green Smoothie

SERVES 2

2 CUPS BABY
SPINACH ½
CUCUMBER
2 CELERY STICKS
HANDFUL PARSLEY
HANDFUL MINT
1 APPLE
½ ORANGE, JUICED
¼ LIME, JUICED
¼ LEMON, JUICED
2 PINEAPPLE RINGS

WHAT YOU NEED TO DO

1.PLACE THE INGREDIENTS IN A BLENDER (YOU CAN LEAVE THE SKINS ON THE APPLES AND CUCUMBER) AND PUREE, ADDING WATER OR ICE AS NEEDED.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	154	2	31	5

*Nutrition per serving



Green Power Smoothie

SERVES 2

1 KIWI, PEELED
4 BIG HANDFULS SPINACH
¼ CUCUMBER
1 STALK CELERY
1 CUP (235ML) 100% APPLE
JUICE 2 PINEAPPLE RINGS
2 TSP. HONEY

WHAT YOU NEED TO DO

1.ADD ALL INGREDIENTS INTO A BLENDER AND BLITZ UNTIL SMOOTH.
2.SERVE IMMEDIATELY.

GF DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	136	1	34	1

*Nutrition per serving



Mean Lean Smoothie

SERVES 1

- 2 kale leaves
- ½ avocado
- ½ apple
- ½ cucumber
- 1 celery stalk
- ½ lemon, juiced
- mint spring

WHAT YOU NEED TO DO

1. Wash all ingredients and place in a high-speed blender.
2. Blend everything until smooth and serve with ice cubes.

GF DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
0 mins	5 mins	220	12	24	5

*Nutrition per serving



Post-Workout Vegan Oat Smoothie

SERVES 1

- 2 tbsp. (20g) oats
- 1 small ripe banana
- 1 tbsp. almond butter 1 tsp. raw cacao nibs
- 1 cup (200ml) soy milk

WHAT YOU NEED TO DO

- 1.PLACE THE OATS IN A SMALL BOWL AND COVER WITH BOILING WATER, THEN SET ASIDE.
- 2.PLACE THE BANANA, ALMOND BUTTER AND COCOA NIBS INTO A BLENDER. ADD IN THE SOY MILK AND DRAINED OATS, THEN BLITZ UNTIL SMOOTH.
- 3.SERVE STRAIGHT AWAY IN A GLASS.

DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	369	16	43	15

*Nutrition per serving



Mango Lassi With Mint

SERVES 2

1 ripe mango

8.8 oz.(250g) natural yogurt,
0% fat

2/5 cup (100ml) water

1-2 tsp. stevia

4 handfuls spinach

4 tbsp. mint leaves, chopped

WHAT YOU NEED TO DO

1.PLACE ALL INGREDIENTS INTO A HIGH-SPEED BLENDER AND BLEND UNTIL SMOOTH. SERVE IN GLASSES.

GF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	180	6	34	8

*Nutrition per serving



Vanilla & Coffee Protein Smoothie

SERVES 2

¼ cup (60ml) espresso
1 ⅔ cup (400ml) almond milk 2
scoops vanilla whey
2 tsp. cinnamon
2 tbsp. flax seeds
handful ice

WHAT YOU NEED TO DO

1.PLACE ALL INGREDIENTS IN A HIGH-SPEED BLENDER AND MIX UNTIL SMOOTH. SERVE COLD IN A GLASS.

GF LC HP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	174	6	4	26

*Nutrition per serving



Antioxidant Blueberry Protein Smoothie

SERVES 1

- ½ cup (125ml) coconut water
- ½ cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- ½ cup (50g) frozen blueberries
- 1 tsp. ground cinnamon
- 1 tsp. chia seeds

WHAT YOU NEED TO DO

1. BLEND ALL THE INGREDIENTS IN A HIGH-SPEED BLENDER UNTIL SMOOTH AND SERVE.

GF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26

*Nutrition per serving