



## THE *ultimate* SMOOTHIE BASE

SERVINGS: 1

PREP TIME: 5 MIN

### INGREDIENTS

1 cup non-dairy milk

1 serve plant-based protein powder

1-2 tablespoons nut butter

Herbs & spices - to taste

1 cup fresh or 1 large freezer cube frozen leafy greens

1 cup frozen fruit/veg

### DIRECTIONS

1. **Prep your blender:** Start with the liquids to ensure smooth blending.
2. **Layer for success:** Add the protein powder, nut butter, any spices, then your greens. *This order prevents clumping to ensure that silky finish.*
3. **Fruit it up:** Toss in the frozen fruit last. *It'll create that thick, spoonable consistency without the need for extra ice.*
4. **Blend baby, blend:** Start on low speed to break down the greens, then ramp up to high for 30-60 seconds until velvety. *If it's too thick, splash in more milk; too thin? Add a few more frozen fruits/veg.*
5. **Taste and tweak:** Give it a sip. *Need sweetness? A pitted Medjool date or a drizzle of maple syrup.*  
*More zip? Try a squeeze or ice cube of lemon.*

# MAKE IT *your* OWN



## TROPICAL

Coconut Milk  
Vanilla Plant Protein  
Spinach  
Cashew or Macadamia Butter  
Frozen Pineapple + Mango  
Squeeze or Ice Cube of Lime

## HAZELNUT CHOCOLATE

Almond or Oak Milk  
Chocolate Plant Protein  
Spinach  
Hazelnut Butter  
Pinch Sea Salt  
Frozen Banana or Zucchini



## APPLE PIE

Oat or Almond Milk  
Vanilla Plant Protein  
Spinach  
Almond or Walnut Butter  
½ tsp Cinnamon + Pinch Nutmeg  
2 tbsp Rolled Oats  
Frozen Apple Slices



## CHOCOLATE CHERRY

Almond or Oak Milk  
Chocolate Plant Protein  
Spinach or Kale  
Almond or Hazelnut Butter  
Frozen Pitted Cherries



## CARROT CAKE

Oat Milk  
Vanilla Plant Protein  
1 tsp Cinnamon + Pinch Nutmeg  
Spinach or Kale  
Walnut or Pecan Butter  
Grated Carrot



## STRAWBERRIES & CREAM

Oat or Coconut Milk  
Vanilla Plant Protein  
Spinach  
Cashew Butter  
¼ tsp Vanilla  
Frozen Strawberries



## SPICED CHAI

Almond or Oak Milk  
Vanilla Plant Protein  
Spinach  
Almond Butter  
½ tsp Chai Spice Blend  
(make your own!)  
Banana or zucchini

## BLUEBERRY ALMOND

Almond Milk  
Vanilla Plant Protein  
Spinach  
Almond Butter  
Frozen Blueberries



## CHOC MINT

Almond or Oat Milk  
Chocolate Plant Protein  
Spinach  
Hazelnut or Almond Butter  
1 Drop Peppermint Oil or 10  
Fresh Leaves  
Frozen Banana or Zucchini



ENLIVEN  
*Naturally*