



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