

# HEALTHY SMOOTHIE

*bundle*



**NUTRITIOUS & DELICIOUS RECIPES  
FOR ENERGY WEIGHT**



# BERRY BANANA BLISS



**METHOD**  
**BLENDER**



**MINUTES**  
5



**SERVES**  
1

## INGREDIENTS

- - 1 ripe banana
- - 1 cup mixed berries
- - ½ cup Greek yogurt
- - 1 cup almond milk
- - 1 tsp honey (optional)

## COOKING PROCESS

1. Add banana, berries, yogurt, and almond milk to blender.
2. Add honey if desired. Blend until smooth.
3. Serve chilled.

## MACROS

- Calories: 260
- Protein: 12g
- Carbs: 36g
- Fat: 6g
- Fiber: 5g

# TROPICAL SUNRISE



**METHOD**  
BLENDER



**MINUTES**  
4



**SERVES**  
1

## INGREDIENTS

- INGREDIENTS
- - ½ cup mango
- - ½ cup pineapple
- - ½ cup orange juice
- - ½ cup coconut water

## MACROS

- Calories: 170
- Protein: 2g
- Carbs: 39g
- Fat: 0.5g
- Fiber: 3g

## COOKING PROCESS

1. Combine all ingredients in blender.
2. Blend for 45 seconds until smooth.
3. Add ice if desired and serve cold.



## CUCUMBER KIWI REFRESH



METHOD  
BLENDER



MINUTES  
5



SERVES  
2

### INGREDIENTS

- - ½ cucumber
- - 1 kiwi
- - 1 cup spinach
- - 1 tbsp chia seeds
- - 1 cup water

### MACROS

- Calories: 120
- Protein: 3g
- Carbs: 20g
- Fat: 3g
- Fiber: 5g

### COOKING PROCESS

1. Combine all ingredients in blender.
2. Blend for 45 seconds until fully smooth.
3. Chill before serving if desired.



## INGREDIENTS

- - ½ cup strawberries
- - ½ cup sliced peaches
- - 1 tbsp chia seeds
- - 1 cup almond milk

## MACROS

- Calories: 215
- Protein: 5g
- Carbs: 28g
- Fat: 8g
- Fiber: 7g

## STRAWBERRY PEACH CHIA



METHOD  
BLENDER



MINUTES  
7



SERVES  
1

## COOKING PROCESS

1. Soak chia seeds in almond milk for 5 mins.
2. Blend with strawberries and peaches until smooth.
3. Let rest 1 min before serving.



## VANILLA ALMOND BOOST



**METHOD**  
BLENDER



**MINUTES**  
5



**SERVES**  
1

### INGREDIENTS

- - 1 scoop vanilla protein powder
- - 1 tbsp almond butter
- - 1 frozen banana
- - 1 tbsp ground flaxseed
- - 1 cup almond milk

### MACROS

- Calories: 310
- Protein: 20g
- Carbs: 25g
- Fat: 14g
- Fiber: 6g

### COOKING PROCESS

1. Add all ingredients to a blender.
2. Blend until smooth and thick. Add more milk for a thinner texture.



# BLUEBERRY LEMON ZING



METHOD  
BLENDER



MINUTES  
3



SERVES  
1

## INGREDIENTS

- - 1 cup blueberries
- - Juice of ½ lemon
- - ½ cup Greek yogurt
- - ½ cup almond milk
- - 1 tsp honey

## COOKING PROCESS

1. Add all ingredients to blender.
2. Blend until smooth and creamy.
3. Garnish with lemon zest if desired.

## MACROS

- Calories: 200
- Protein: 10g
- Carbs: 25g
- Fat: 3g
- Fiber: 4g



# WATERMELON MINT HYDRATOR



METHOD  
BLENDER



MINUTES  
4



SERVES  
1

## INGREDIENTS

- - 1 cup watermelon
- - 5 fresh mint leaves
- - Juice of ½ lime
- - ½ cup ice



## COOKING PROCESS

- Add all ingredients to blender.
- Blend until icy and frothy.
- Serve immediately.

## MACROS

- Calories: 90
- Protein: 1g
- Carbs: 21g
- Fat: 0g
- Fiber: 1g

# GREEN GODDESS DETOX



METHOD  
BLENDER



MINUTES  
7



SERVES  
1



## INGREDIENTS

- - 1 cup spinach
- - ½ green apple
- - ½ cucumber
- - Juice of ½ lemon
- - 1 small knob ginger
- - 1 cup cold water

## MACROS

- Calories: 100
- Protein: 2g
- Carbs: 18g
- Fat: 1g
- Fiber: 4g

## COOKING PROCESS

1. Roughly chop all ingredients.
2. Blend together until fully smooth.
3. Strain if desired for a lighter texture.



## INGREDIENTS

- - ½ avocado
- - ½ cup pineapple
- - ½ cup kale
- - 1 tbsp flaxseed
- - 1 cup coconut water

## MACROS

- Calories: 230
- Protein: 4g
- Carbs: 18g
- Fat: 15g
- Fiber: 6g



**METHOD**  
BLENDER



**MINUTES**  
4



**SERVES**  
1

## COOKING PROCESS

1. Blend avocado and kale with coconut water first.
2. Add pineapple and flaxseed, then blend again until creamy.
3. Serve immediately.

# PEANUT BUTTER BANANA POWER



## COOKING PROCESS

1. Add banana, peanut butter, oats, and protein powder to blender.
2. Pour in almond milk and blend until thick and smooth.
3. Serve immediately or chill for later.



PREP 6 MIN



METHOD  
BLENDER



SERVES 1

## INGREDIENTS

- - 1 ripe banana
- - 1 tbsp peanut butter
- - 1 scoop vanilla protein powder
- - 1 cup almond milk
- - ¼ cup rolled oats

## MACROS

- Calories: 330
- Protein: 22g
- Carbs: 30g
- Fat: 14g
- Fiber: 5g