

12 Energy Boosting

SMOOTHIES

Contents

- 1- Banana Protein Smoothie**
- 2- Spiced Chai Smoothie**
- 3- Vanilla Berry Protein Smoothie**
- 4- Banana Almond Protein Smoothie**
- 5- Double Chocolate Mint Smoothie**
- 6- Oat Berry Smoothie**
- 7- Watermelon Blast**
- 8- Go-Green Smoothie**
- 9- PB & Banana Smoothie**
- 10- Vanilla Cupcake Smoothie**
- 11- Strawberry Banana Smoothie**
- 12- Berry Blitz Smoothie**

Banana Protein Smoothie

INGREDIENTS

- 1 cup plain unsweetened almond milk
- 1/2 cup plain full fat Greek yogurt
- 1 scoop vanilla protein powder
- 1 frozen banana
- 1/8 tsp ground cinnamon
- ice as needed

Recipe makes - 1 smoothie

NUTRITION

- Calories 362
- Protein 38

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Chocolate prottein powder is great.



bon appetit

Spiced Chai Smoothie

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop chocolate protein powder
- 1 frozen banana, sliced
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cardamom
- 1/2 tsp ground ginger
- 3/4 tsp cinnamon

Recipe makes - 1 smoothie

NUTRITION

- Calories 258
- Protein 29g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Top with sugar free maple syrup



bon appetit

Vanilla Berry Protein Smoothie

INGREDIENTS

- 2 cup cold water
- 1 scoop vanilla protein powder
- 1 cup frozen strawberry
- 1 cup frozen blueberry
- ½ cup frozen raspberry
- ½ cup frozen blackberry

Recipe makes - 1 smoothie

NUTRITION

- Calories 291
- Protein 26g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Add a banana



bon appetit

Banana Almond Protein Smoothie



INGREDIENTS

- ½ cup coconut water
- 1 scoop vanilla protein powder
- ½ cup plain Greek yogurt
- 3 tbsp almond butter
- 1 frozen banana
- 1 cup ice

Recipe makes - 1 smoothie

NUTRITION

- Calories 329
- Protein 25g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Peanut Butter also works

bon appetit

Double Chocolate Mint Smoothie



INGREDIENTS

- 3/4 cup chocolate almond milk
- 1/4 cup water
- 1 scoop chocolate protein powder
- 1 tbsp walnuts
- 2 tbsp cocoa powder
- 1 tbsp cacao nibs
- 2 mint leaves
- 4 ice cubes
-

Recipe makes - 1 smoothie

NUTRITION

- Calories 295
- Protein 26g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- A small teaspoon of milo will change your life

bon appetit

Oat Berry Smoothie



INGREDIENTS

- 1 cup 1% milk
- 1 scoop vanilla protein powder
- 1 1/2 cups mixed frozen berries
- 1/4 cup rolled oats
- 1 tsp honey
- 1 tsp almond butter

Recipe makes - 1 smoothie

NUTRITION

- Calories 395
- Protein 41g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Peanut Butter also works

bon appetit

Watermelon Blast Smoothie

INGREDIENTS

- 2/3 cup seedless watermelon
- 2 tsp lemon juice
- 1 banana
- 1/4 cup pineapple
- 2/3 cup ice

Recipe makes - 1 smoothie

NUTRITION

- Calories 182
- Protein 3

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- You can swap watermelon for mango



bon appetit

Go-Green Smoothie

INGREDIENTS

- 1 cup unsweetened almond milk
- 70g baby spinach
- 1 banana
- 1 scoop vanilla protein powder
- 5 ice cubes

Recipe makes - 1 smoothie

NUTRITION

- Calories 310
- Protein 27g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Add splash of water if you want it less thick



bon appetit

PB & Banana Smoothie

INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 cup cold water
- 20g natural peanut butter
- 1 banana
- 1 scoop chocolate protein powder
- 8 ice cubes

Recipe makes - 1 smoothie

NUTRITION

- Calories 375
- Protein 31g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Add a squirt of honey if you want it a little sweeter



bon appetit

Vanilla Cupcake Smoothie

INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1 scoop chocolate protein powder

Recipe makes - 1 smoothie

NUTRITION

- Calories 270
- Protein 25g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Use light milk or vanilla almond milk for creamier taste



bon appetit

Strawberry Banana Smoothie

INGREDIENTS

- 1 1/2 cup unsweetened almond milk
- 1 scoop vanilla protein
- 70g baby spinach
- 1/2 banana
- 5 strawberries
- 5 ice cubes

Recipe makes - 1 smoothie

NUTRITION

- Calories 295
- Protein 30g

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Add 2 table spoons of plain greek yogurt to thicken up if desired



bon appetit

Berry Blitz Smoothie

INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 cup cold water
- 1 scoop chocolate protein
- 1/4 cup cottage cheese
- 1 1/2 mixed berries
- 3 ice cubes

Recipe makes - 1 smoothie

NUTRITION

- Calories 410
- Protein 337

METHOD

- Mix all ingredients
- Blend together

PRO TIP

- Add 50g of spinach (you won't even taste it)



bon appetit