

SMOOTHIE RECIPE Book for Beginners

*100+ Quick & Easy Healthy Smoothies for Breakfast
and
Everyday Energy,
Simple Ingredients*



Maya Collins



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INTRODUCTION

Smoothies are more than just a drink; they're an effective technique to get critical nutrients.

Whether you're jump-starting your day with a breakfast smoothie or seeking a brain boost, this collection offers a variety of recipes designed to nourish your mind and body. From anti-aging blends to protein-packed energy boosters, you'll find delicious and healthful options for every need, including smoothies for glowing skin, kid-friendly favorites, and weight-loss support.

Dive into a world of vibrant flavors and discover the perfect smoothie to match your lifestyle.

The Power of Smoothies for a Healthier You

Smoothies aren't just a trendy drink; they're an incredibly effective way to nourish your body, support wellness, and maintain a balanced diet. Whether you're grabbing a quick breakfast on the go, refueling after a workout, or sneaking in extra vegetables for the kids, smoothies offer endless flexibility and nutritional benefits.

Boosts Nutrient Intake

Smoothies are a convenient way to consume multiple servings of fruits and vegetables at once. Whether you blend in leafy greens, superfoods, or healthy fats, smoothies allow you to load up on essential vitamins and minerals quickly. Spinach, kale, and seeds are just a few examples of ingredients that, when added, ensure you're getting the nutrients needed to support everything from brain function to heart health.

Improves Digestion

Many smoothie ingredients are rich in dietary fiber, which is crucial for a healthy digestive system. Fiber from sources like fruits, vegetables, and seeds helps regulate bowel movements, prevent bloating, and promote a healthy gut. Ingredients like ginger and pineapple can further aid digestion by calming the digestive tract and lowering inflammation.

Supports Weight Management

Smoothies, when made with the right ingredients, can help control cravings and keep you full for longer. By including protein sources like Greek yogurt or protein powder, along with fiber-rich fruits and vegetables, smoothies can serve as a satisfying, low-calorie meal replacement.

They're also an excellent way to manage portion control without feeling deprived.

Enhances Skin Health

Many fruits and vegetables in smoothies are rich in antioxidants, including vitamins C and E. These antioxidants are known to rejuvenate the skin. These nutrients fight free radicals, reduce signs of aging, and promote collagen production, giving your skin a radiant, youthful glow. Avocado, berries, and nuts are particularly good ingredients for maintaining skin health.

Increases Energy Levels

Smoothies made with energy-boosting ingredients like bananas, oats, and chia seeds provide a steady stream of energy that sustains you throughout the day. In contrast to the quick energy jolt from sugary snacks or caffeine, the slow-release carbohydrates and proteins in smoothies help you avoid crashes and provide long-lasting energy.

Strengthens the Immune System

Many smoothies are packed with immune-boosting ingredients, such as citrus fruits, ginger, spinach, and turmeric. These ingredients help fortify your body's natural defenses. The vitamins, minerals, and antioxidants in these foods can support your immune system, making it easier for your body to fight off infections and illnesses, especially during flu season.

Aids in Hydration

Smoothies are an excellent source of hydration because they contain hydrating ingredients like watermelon, cucumber, and coconut water. Proper hydration is essential for regulating body temperature, supporting metabolism, and maintaining energy levels. When you need a refreshing boost, smoothies are a flavorful option that will keep you hydrated and energized.





How to Craft the Perfect Smoothie Every Time?

Smoothies are the perfect canvas for creativity, allowing you to mix flavors, textures, and nutrients into a single delicious sip. But there's more to crafting the ideal smoothie than simply tossing ingredients into a blender.

Start with the Right Base

The liquid you choose sets the tone for your smoothie's texture and flavor. Coconut water adds hydration, almond milk provides a creamy consistency, and herbal tea provides an antioxidant boost.

Aim for about 1 cup of liquid per serving to ensure a smooth blend, but adjust as needed for your preferred thickness. For an extra indulgent texture, add a splash of coconut cream or Greek yogurt.

Perfect Your Produce

When choosing ingredients, freshness is essential. Go for vibrant fruits like mango, berries, or pineapple to add a natural sweetness and a dose of essential vitamins. If you're looking for a savory twist, incorporate leafy greens like kale or spinach. Before using them, freeze your fruits and veggies. Give your smoothie that cold, frosty texture without watering it down with ice.

Blend with Precision

The secret to a perfectly smooth blend lies in how you layer your ingredients. Start by adding the liquid, then add the soft ingredients, such as leafy greens or yogurt. Next, add heavier items, such as frozen fruit or ice cubes. This method creates a vortex in the blender, ensuring that everything gets pulled down into the blades for an ultra-smooth, lump-free texture.

Invest in a Powerful Blender

A high-quality blender makes all the difference between a gritty, lumpy smoothie and a silky, café-quality one. Strong blenders, such as Blendtec or Vitamix, can pulverize even the toughest ingredients, like seeds and frozen fruit, in seconds, giving you the creamy consistency you crave. For occasional smoothie makers, mid-range blenders work fine, but invest in one with at least 1000 watts of power for a professional result.

Supercharge Your Smoothie with Extras

Once you've mastered the basics, it's time to take your smoothie to the next level with nutrient-rich add-ins. Superfoods like chia seeds, spirulina, and maca powder boost your smoothie's health benefits without overpowering the flavor. For an energy boost, add matcha or a spoonful of nut butter. For post-workout recovery, mix in protein powder or a handful of oats to fuel your body with the nutrients it needs.

Smoothie Essentials

Fruits

- Bananas (for creaminess and sweetness),
- Berries (antioxidant-rich and low in sugar)
- Mango (for tropical flavor and vitamins A and C)
- Pineapple (for sweetness and digestion support)
- Apples (adds fiber and crisp flavor)

Vegetables

- Spinach (mild flavor and full of vitamins)
- Kale (nutrient-dense and adds green goodness)
- Cucumber (hydrating and refreshing)
- Carrots (adds natural sweetness and beta-carotene)
- Zucchini (surprisingly creamy when blended)

Liquids

- Almond milk (for a creamy, non-dairy base)
- Coconut water (adds hydration and electrolytes)
- Greek yogurt (for protein and tangy flavor)
- Green tea (for an antioxidant boost)
- Oat milk (adds thickness and a slight sweetness)





Healthy Fats

- Avocado (adds creaminess and healthy fats)
- Chia seeds (boosts omega-3s and fiber)
- Almond butter (protein and healthy fat source)
- Coconut oil (provides a subtle coconut flavor and fat)

Proteins and Superfoods

- Protein powder (whey, pea, or hemp protein for post-workout fuel)
- Flaxseeds (adds fiber and omega-3 fatty acids)
- Hemp seeds (protein-packed and nutty flavor)
- Spirulina (a superfood with antioxidants and protein)
- Collagen powder (supports skin and joint health)

Natural Sweeteners

- Honey (adds sweetness and immune support)
- Maple syrup (natural sweetness with a unique flavor)
- Dates (for a sweet and caramel-like flavor)
- Stevia (a sugar-free alternative)

Extras for Texture and Flavor

- Oats (for thickness and fiber)
- Cocoa powder (rich chocolate flavor with antioxidants)
- Vanilla extract (adds warmth and depth)
- Ice cubes (for a frosty, refreshing texture)
- Cinnamon (spice it up with warmth and antioxidants)

Avoid These Common Mistakes for the Perfect Blend

Drowning in Liquids

Too much liquid can turn your smoothie into a thin, tasteless beverage. Instead of pouring in all your liquid at once, start small and blend as you go. Add just enough to help your ingredients combine smoothly, and you'll achieve the perfect creamy consistency without diluting the flavor.

Forgetting the Fiber

Many people forget that smoothies are a great way to boost fiber intake. Skipping fiber-rich ingredients like chia seeds, flaxseeds, or oats can leave you missing out on the full benefits.

Fiber helps with digestion and keeps you fuller longer, so be sure to add a healthy source of it.

Overcomplicating the Recipe

It's easy to get carried away with too many ingredients, but this can overwhelm the flavor and make your smoothie less enjoyable. Keep your ingredients simple and complementary – think of one base fruit, one protein source, and one boost, such as greens or superfoods.

Simplicity leads to better-tasting, more balanced smoothies.

Using Ice Instead of Frozen Fruits

While ice can chill your smoothie, it can also water down the flavor. Swap out the ice for frozen fruits like berries, mango, or bananas. This not only keeps your smoothie cool but also adds a richer texture and intensified flavor without the need for added sweeteners.

Ignoring Balance

A common smoothie mistake is making them either too carb-heavy or lacking in essential nutrients.

Strive for balance: a good smoothie should include a mix of carbohydrates (from fruits), protein (yogurt, nut butter, or protein powder), and healthy fats (avocado, nuts, or seeds).

This will help you maintain a consistent level of vitality and make your smoothie a more complete meal or snack.





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BREAKFAST SMOOTHIES





Almond Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 364

Fats (g): 31.9

Carbs (g): 13.6

Protein (g): 11.9

Ingredients:

- Almonds – $\frac{3}{4}$ cup (3.8 oz / 107 g), cut up
- Heavy cream – $\frac{1}{2}$ cup
- Almond butter – 2 tsp
- Liquid stevia – 7–8 drops
- Unsweetened almond milk – 1 cup (8.1 fl oz / 240 ml)
- Ice cubes – $\frac{1}{4}$ cup (2.0 oz / 56 g)
- Add the ice cubes to the blender first, then the almonds, and finally the remaining ingredients.

Instructions:

Add the ice cubes to the blender first, then the almonds, and finally the remaining ingredients. Combine the ingredients until smooth and creamy. Pour into glasses and serve immediately.

Tips:

- Toast almonds 2–3 min for bigger aroma; cool before blending.
- Too rich? Swap half the cream for Greek yogurt.
- A tiny pinch of salt adds a strong dessert effect.
- For on-the-go: blend ahead, shake, enjoy the nutty flavor.



Banana Oatmeal Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 320

Fats (g): 12.5

Carbs (g): 48.8

Protein (g): 9.1

Ingredients:

- Frozen medium-sized bananas – 1½ medium bananas (6.2 oz / 177 g), peel removed and slivered
- Old-fashioned oats – $\frac{1}{2}$ cup (1.4 oz / 40 g)
- Peanut butter – 2 tbsp (1.1 oz / 32 g)
- Honey – 1½ tbsp (1.1 oz / 32 g)
- 1½ cups (12 fl oz / 360 ml)
- Ice cubes – $\frac{1}{4}$ cup (2.0 oz / 56 g)

Instructions:

Place ice cubes, bananas, and the other ingredients in a high-powered blender. Blend until smooth and creamy. Serve immediately.

Tips:

- For a milkshake vibe, add $\frac{1}{4}$ tsp vanilla extract and a dash of cinnamon (no extra sugar needed).
- If your blender struggles, add liquid first, then oats, then bananas; it helps the vortex form.
- Turn it into a “protein breakfast” by adding 1 scoop of unflavored or vanilla protein powder.



Orange Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 170

Fats (g): 2

Carbs (g): 39.9

Protein (g): 2.3

Ingredients:

- Medium-sized oranges – 2 medium oranges (9.2 oz / 260 g), peel removed, seeded, and sectioned
- Unsweetened almond milk – 1 cup (8.1 fl oz / 240 ml)
- Honey – 2 tbsp (1.5 oz / 42 g)
- Ice cubes – ¼ cup (2.0 oz / 56 g)

Instructions:

Put ice cubes, oranges, and remaining ingredients into a high-powered blender. Blend until smooth and creamy. Pour and enjoy right away.



Tips:

- Use chilled oranges (or briefly freeze the segments) to reduce ice and keep the flavor intense.
- If it's bitter, zest a tiny strip of orange peel (no white pith) and blend it in for a bright aroma without bitterness.

Apple & Banana Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 150

Fat: 2,2 g

Carbohydrates: 34,6 g

Protein: 2,1 g

Ingredients:

- Large-sized frozen banana – 1 large banana (4.8 oz / 136 g), peel removed
- Large-sized green apples – 2 large apples (15.9 oz / 450 g), peel removed, cored, and cut up
- 1½ cups (12 fl oz / 360 ml)
- Ice cubes – ½ cup (4.0 oz / 112 g)

Instructions:

Put ice cubes, banana, and remaining ingredients into a high-powered blender. Blend until smooth and creamy. Serve right away.



Tips:

- Green apples are tart; balance them by adding ½ tsp vanilla or 1–2 soft dates instead of extra honey.
- If you want a “pie” note, add a pinch of nutmeg and a bigger pinch of cinnamon.
- For silky texture, grate the apple instead of chunking (especially if your blender is mid-range).



Tips:

- If the apples are sweet, skip the honey and add 1 tbsp raisins for a gentler sweetness.
- Blend the oats first (dry) for 5 seconds to make «oat flour»; you'll get a smoother drink.
- For a warm-spice finish, add a tiny pinch of ground clove (seriously tiny).

Apple Oatmeal Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 179
Fats (g): 3.7
Carbs (g): 37.6
Protein (g): 3

Ingredients:

- Medium-sized red apples – 2 medium apples (12.8 oz / 364 g), peel removed and slivered
- Old-fashioned oats – ¼ cup (0.7 oz / 20 g)
- Honey – 1 tbsp (0.7 oz / 21 g)
- 1½ cups (12 fl oz / 360 ml)ml
- Powdered cinnamon – ½ tsp (0.0 oz / 1 g)
- Ice cubes – 1 cup (7.9 oz / 225 g)

Instructions:

Start by placing the ice cubes, apples, and remaining ingredients into your high-powered blender. Blend until everything is wonderfully smooth and creamy. Enjoy right away.



Tips:

- If coconut milk is too thick, thin with ¼ cup of water to keep the smoothie sippable.
- Add 1 tsp orange zest for a huge citrus punch; tastes like a bakery dessert, not “diet.”
- For less tartness, swap ½ cup berries for frozen mango chunks (brings natural sweetness).

Berries & Orange Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 299
Fats (g): 17.1
Carbs (g): 28.8
Protein (g): 3.1

Ingredients:

- Frozen mixed berries – 2 cups (9.9 oz / 280 g)
- Vanilla extract – ½ tsp (0.1 fl oz / 2 ml)
- Unsweetened coconut milk – 1 cup (8.1 fl oz / 240 ml)
- Orange juice – 1 cup (8.1 fl oz / 240 ml), freshly squeezed
- Ice cubes – ¼ cup (2.0 oz / 56 g) (optional, if needed)

Instructions:

Put the berries and remaining ingredients into a high-powered blender. Blend until everything is wonderfully smooth and creamy. Serve immediately.



Pineapple & Mango Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 114

Fats (g): 2.4

Carbs (g): 24.3

Protein (g): 1.2



Ingredients:

- Mango chunks – ½ cup (2.9 oz / 82 g)
- Pineapple chunks – ½ cup (2.9 oz / 82 g)
- Vanilla extract – ¼ tsp (0.0 fl oz / 1 ml)
- Coconut yogurt – ½ cup (4.2 oz / 120 g)
- Orange juice – ¾ cup (6.1 fl oz / 180 ml), freshly squeezed
- Ice cubes – ¼ cup (2.0 oz / 56 g)

Instructions:

Put ice cubes, mango, and remaining ingredients into a high-powered blender. Blend until everything is wonderfully smooth and creamy. Once blended to a smooth, creamy texture, serve right away.

Tips:

- Add a squeeze of lime at the end; tropical flavors “wake up” instantly.
- If pineapple is super acidic, add 1 tsp maple syrup to round it out without making it sugary.
- Use frozen mango for a thicker texture; fresh mango can make it too thin.



Peach & Raspberry Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 180

Fats (g): 1.9

Carbs (g): 39

Protein (g): 3.8



Ingredients:

- Frozen peaches – 1 cup (5.3 oz / 150 g)
- Frozen raspberries – 1 cup (4.4 oz / 125 g)
- Old-fashioned oats – 2 tbsp
- Oat milk – 1 cup (8.1 fl oz / 240 ml)
- Filtered water – ½ cup (4.1 fl oz / 120 ml)
- Ice cubes – ¼ cup (2.0 oz / 56 g) (optional)

Instructions:

Put the ice cubes, peaches, raspberries, and remaining ingredients into a high-powered blender. Blend until smooth and creamy. Pour into glasses and serve right away.

Tips:

- If the raspberries taste too tart, add 1 tsp maple syrup for a softer sweetness.
- For extra creaminess, blend the oats with the oat milk first.
- Add 1 teaspoon of chia seeds for extra body.
- A few mint leaves add a fresh finish.
- Chill the glasses first for a colder, café-style serve





Tips:

- Add a squeeze of lime at the end; tropical flavors “wake up” instantly.
- If pineapple is super acidic, add 1 tsp maple syrup to round it out without making it sugary.
- Use frozen mango for a thicker texture; fresh mango can make it too thin.

Avocado Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 181

Fats (g): 16.1

Carbs (g): 9.5

Protein (g): 2.3

Ingredients:

- Large-sized avocado – 1, pitted and slivered
- Maple syrup – 1½ tbsp (1.1 oz / 30 g)
- Lime juice – 1 tbsp, freshly squeezed
- Unsweetened almond milk – 1 cup (8.1 fl oz / 240 ml)
- Coconut water – ½ cup (4.1 fl oz / 120 ml)
- Ice cubes – ¼ cup (2.0 oz / 56 g)

Instructions:

Put ice cubes, mango, and remaining ingredients into a high-powered blender. Blend until everything is wonderfully smooth and creamy. Pour into glasses and serve right away for the best flavor.



Tips:

- Grate the ginger before blending to avoid surprise “ginger chunks” in your sip.
- If the green color scares anyone, add ½ cup frozen pineapple; the taste becomes tropical and kid-friendly.
- A tiny pinch of salt is correct here; it boosts coconut flavor the same way it boosts caramel.

Coconut Spinach Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 79

Fats (g): 6.2

Carbs (g): 5.3

Protein (g): 2.5

Ingredients:

- Fresh spinach – 2 cups, cut up
- Fresh ginger root – 1 (1-inch) piece, peel removed
- Unsweetened ground coconut – ¼ cup (0.7 oz / 20 g)
- Salt – 1/8 tsp
- Unsweetened almond milk – 1½ cup (85.2 fl oz / 2520 ml)
- Ice cubes – 1 cup (7.9 oz / 225 g)

Instructions:

Put ice cubes, spinach, and remaining ingredients into a high-powered blender. Blend until everything is wonderfully smooth and creamy. Once blended, serve right away for the best flavor and texture.

BRAIN- NOURISHING SMOOTHIES





Coffee Chia Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories: 181
Fats (g): 20.3
Carbs (g): 3.3
Protein (g): 1.8

Ingredients:

- 2 tbsp (0.8 oz / 24 g) Chia seeds (or replace with flaxseeds for omega-3s)
- 1 tbsp (0.5 fl oz / 15 ml) MCT oil
- 0.5 cup (4.1 fl oz / 120 ml) Heavy cream
- 12 fl oz Cold-brewed coffee
- 0.5 cup (4.1 fl oz / 120 ml) Chilled unsweetened almond milk

Instructions:

Blend chia seeds and remaining ingredients until smooth and creamy.
Pour into glasses and enjoy right away, or refrigerate for up to 24 hours.

Tips:

- Let chia soak in cold coffee for 5 minutes for a thicker, pudding-like smoothie.
- Use coffee ice cubes to keep flavor strong and avoid watering down.
- Add ⅓ tsp vanilla extract for café-dessert flavor without sugar.



Mocha Oat Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories: 159
Fats (g): 4.4
Carbs (g): 30.9
Protein (g): 3.9

Ingredients:

- Medium-sized banana - 1, peel removed
- 0.25 cup (0.7 oz / 20 g) Rolled oats
- 1 tbsp (0.4 oz / 12 g) Chia seeds
- 1 tbsp (0.2 oz / 5 g) Cacao powder
- 1 tbsp (15 ml) Maple syrup
- 1 cup (8.1 fl oz / 240 ml) Cold-brewed coffee
- 1 cup (8.1 fl oz / 240 ml) Chilled unsweetened almond milk

Instructions:

Put the banana and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie.
Pour into glasses and enjoy right away.

Tips:

- Toast the oats in a dry pan for 2 minutes to add a warm, bakery-like aroma.
- Sift cacao powder first so it blends instantly and doesn't leave bitter clumps.
- Swap maple syrup for 1 soft Medjool date for deeper caramel notes (blend it first with the liquids).



Chocolate Walnut Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 399

Fats (g): 27

Carbs (g): 38.3

Protein (g): 11.1

Ingredients:

- ½ cup (2.1 oz / 60 g) Walnuts (or substitute with almonds or cashews if allergic)
- Medium-sized frozen bananas - 2, peel removed
- 1 tbsp (15 ml) Coconut butter
- 2 tbsp (0.4 oz / 10 g) Cacao powder
- 2 tsp (10 ml) Lucuma powder
- ½ tsp (2 ml) Powdered cinnamon
- 1.5 cup (12.2 fl oz / 360 ml) Unsweetened almond milk

Instructions:

Put the bananas and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie. Pour into glasses and enjoy right away.



Tips:

- Soak walnuts 10 minutes in hot water, drain, then blend to remove bitterness, and make them velvety.
- Blend walnuts with almond milk first, then add everything else for a truly silky nut-cream base.
- Use extra cinnamon on top for a “chocolate-baklava” vibe.

Chocolate Fruity Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 148

Fats (g): 4.1

Carbs (g): 27.4

Protein (g): 3.3

Ingredients:

- 2 cups (2.1 oz / 60 g) Fresh spinach, cut up
- ½ cup (2.6 oz / 75 g) Fresh blueberries
- Medjool dates - 2, pitted
- 1.5 tbsp (0.4 oz / 12 g) Raw cacao nibs
- 1 tbsp (0.4 oz / 12 g) Powdered chia seeds
- 1 cup (8.1 fl oz / 240 ml) Unsweetened cashew milk

Instructions:

Put ¼ cup of ice cubes, spinach, and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie. Pour into glasses and enjoy right away.



Tips:

- Blend the spinach with cashew milk first until totally smooth, then add fruit.
- Warm the dates in hot water for 2 minutes, then drain and blend for smoother sweetness.
- Cacao nibs are crunchy. Pulse briefly at the end if you want tiny choco-crunch bits.



Blueberry & Avocado Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 304
Fats (g): 12
Carbs (g): 47.9
Protein (g): 3.7

Ingredients:

- 2 cups (10.6 oz / 300 g) Fresh blueberries
- Large-sized banana - 1, peel removed
- Small-sized avocado - 1; peel removed, pitted, and cut up
- 1 tbsp (0.4 oz / 12 g) Chia seeds
- 1 cup (8.1 fl oz / 240 ml) Cranberry juice, freshly squeezed

Instructions:

Put ¼ cup of ice cubes, blueberries, and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie. Pour into glasses and enjoy right away.

Tips:

- Use a fully ripe avocado, so it tastes creamy, not grassy.
- Add cranberry juice gradually to control thickness.
- A squeeze of lemon makes blueberries taste brighter and more intense.



Blackberry Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 244
Fats (g): 8.9
Carbs (g): 42.2
Protein (g): 2.5

Ingredients:

- 2 cups (10.2 oz / 290 g) Frozen blackberries
- Small-sized banana - 1, peel removed
- 2 tbsp (1.0 fl oz / 30 ml) Lime juice, freshly squeezed
- 1 tbsp (15 ml) Maple syrup
- 1.5 cup (12.2 fl oz / 360 ml) Full-fat coconut milk

Instructions:

Put the blackberries and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie. Pour into glasses and enjoy right away.

Tips:

- Strain after blending if you want it seedless.
- Add lime zest (not just juice) for a brighter aroma.
- Shake coconut milk well so the cream blends evenly.
- If it's too sharp, add 1 tsp extra maple syrup rather than more banana.
- Use a wide reusable straw-thick coconut smoothies sip better that way.



Kale & Avocado Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 163

Fats (g): 11.8

Carbs (g): 11.1

Protein (g): 5.3

Ingredients:

- 2 cups (1.8 oz / 50 g) Fresh kale leaves
- Medium-sized avocado - ½, peel removed, pitted, and cut up
- 1 tbsp (15 ml) Hemp seeds
- Liquid stevia - 4-6 drops
- 2 cups (16.2 fl oz / 480 ml) Chilled filtered water

Instructions:

Put the kale and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie. Pour into glasses and enjoy right away.



Tips:

- Remove thick kale stems for a smoother blend.
- Massage kale with a drop of lemon juice for 20 seconds to soften the flavor.
- Add a few cucumber slices for a fresher, spa-like finish.
- Toast hemp seeds lightly and sprinkle on top for a nutty crunch.

Berries & Pomegranate Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 209

Fats (g): 3

Carbs (g): 45

Protein (g): 2.5

Ingredients:

- 2 cups (10.6 oz / 300 g) Mixed fresh berries
- 2 tbsp (0.8 oz / 24 g) Chia seeds
- Liquid stevia - 2-3 drops
- 1.25 cup (10.1 fl oz / 300 ml) Pomegranate juice, freshly squeezed
- 0.75 cup (6.1 fl oz / 180 ml) Filtered water

Instructions:

Put ¼ cup of ice cubes, berries, and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie. Pour into glasses and enjoy right away.



Tips:

- Swap half the water for sparkling water for a mocktail vibe (blend briefly).
- Chill berries first so you can use fewer ice cubes and keep flavor strong.
- Add 1 tsp grated ginger for a sharper finish.
- Let it sit 3 minutes after blending; chia thickens beautifully.



Tips:

- Use young broccoli florets (not stalks) for a milder taste.
- Whisk matcha with a splash of warm water first to prevent clumps.
- A squeeze of lime makes matcha taste brighter and less grassy.
- Choose a sweet-crisp apple (like Honeycrisp) for natural sweetness.

Matcha Green Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 99

Fats (g): 0.3

Carbs (g): 23.9

Protein (g): 2.9

Ingredients:

- Large-sized green apple - 1; peel removed, cored, and cut up
- ½ cup (1.4 oz / 40 g) Broccoli florets, cut up
- 2 cups (1.8 oz / 50 g) Fresh kale leaves
- 1 tbsp (15 ml) Matcha tea powder
- 1½ cup (12.2 fl oz / 360 ml) Filtered water

Instructions:

Put ¼ cup of ice cubes, apple, and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie. Pour into glasses and enjoy right away.



Tips:

- Grind flaxseeds first for a smoother texture (whole flax can feel gritty).
- Soak pumpkin seeds for 15 minutes if your blender isn't a beast for silkier results.
- Balance wheat germ's toasty note with a pinch of vanilla powder.
- For a thicker smoothie bowl, slightly reduce the apple and add extra frozen spinach.

Green Seeds Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 299

Fats (g): 10.7

Carbs (g): 48.7

Protein (g): 8.2

Ingredients:

- Medium-sized apples - 2, peel removed, cored, and cut up
- 1 cup (5.3 oz / 150 g) Frozen blueberries
- 2 cup (2.1 oz / 60 g) Frozen spinach
- ¼ cup (1.1 oz / 32 g) Pumpkin seeds
- 1½ tbsp (0.5 oz / 15 g) Flaxseeds
- 1 tbsp (0.2 oz / 7 g) Raw wheat germ
- Liquid stevia - 4-6 drops

Instructions:

Put the apples and remaining ingredients into a high-powered blender and process to form a smooth and creamy smoothie. Pour into glasses and enjoy right away.

ANTI-AGING SMOOTHIES





Banana Maca Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 260

Fats (g): 12.2

Carbs (g): 36

Protein (g): 6.3

Ingredients:

- 2 frozen medium-sized bananas (8.3 oz / 236 g), peel removed
- 2 tbsp sunflower seeds (0.6 oz / 18 g)
- 2 tbsp sunflower butter (1.1 oz / 32 g)
- 1 tbsp maca powder (0.2 oz / 6 g)
- 1½ cup unsweetened almond milk (12.2 fl oz / 360 ml)

Instructions:

Put ice cubes, frozen medium, and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.

Tips:

- Freeze the bananas the night before for a naturally thicker, “milkshake” texture—no extra ice needed.
- Toast the sunflower seeds for 2 minutes in a dry pan to boost a warm, nutty aroma.
- If maca tastes too “earthy,” start with 2 tsp and work up to 1 tbsp over a few days.



Pear & Blueberry Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 240

Fats (g): 8.1

Carbs (g): 42.1

Protein (g): 4.8

Ingredients:

- 2 pears (12.6 oz / 356 g), peel removed, cored, and slivered
- 1½ cup fresh blueberries (7.9 oz / 225 g)
- 2 liquid stevia, -3 drops
- ¾ cup non-filtered water, ¾ cup
- 1 tbsp lemon juice (0.5 fl oz / 15 ml), freshly squeezed

Instructions:

Put ice cubes, pears, and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.

Tips:

- Use ripe pears (they should give slightly at the neck) or you’ll get “pear sandpaper.”
- Add lemon juice after blending if you want a brighter aroma without extra tang.
- If the color turns grayish, don’t panic—blend blueberries last for a cleaner purple.
- Swap half the water for chilled green tea for a subtle “grown-up” note.



Blackberry & Spinach Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 181
Fats (g): 1.3
Carbs (g): 42.3
Protein (g): 3.6

Ingredients:

- 1½ cup frozen blackberries (7.4 oz / 210 g)
- 1 cup fresh spinach leaves (2.1 oz / 60 g), cut up
- 1 cup pomegranate juice (8.1 fl oz / 240 ml), freshly squeezed
- liquid stevia 2 -3 drops
- 1 tbsp lemon juice (0.5 fl oz / 15 ml), freshly squeezed

Instructions:

Put ice cubes, frozen blackberries, and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Blackberries have sneaky seeds—blend 15 seconds longer, then strain if you want a café-smooth finish.
- Massage the spinach lightly to soften it and reduce bitterness before blending.
- Chill the pomegranate juice well; a colder base tastes naturally sweeter.

Berries & Banana Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 236
Fats (g): 4.4
Carbs (g): 45.5
Protein (g): 3.1

Ingredients:

- 2 cups mixed fresh berries (10.6 oz / 300 g)
- 2 medium-sized bananas (8.3 oz / 236 g), peel removed
- ½ tbsp non-flaxseed meal, ½ tbsp
- 1 cup chilled filtered water (8.1 fl oz / 240 ml)
- liquid stevia 3 -5 drops

Instructions:

Put ice cubes, mixed fresh berries, and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Grind flaxseed right before using for a cleaner flavor and better texture.
- Blend berries with water first, then add banana to reduce foam.
- For thicker results, replace part of the water with ice, but add gradually.
- A tiny splash of vanilla makes it taste like dessert without extra sugar.



Watermelon & Strawberry Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 274

Fats (g): 1.6

Carbs (g): 67.3

Protein (g): 3.7

Ingredients:

- 1½ cup watermelon (12.2 fl oz / 360 ml), cut up
- 1½ cup fresh strawberries (7.9 oz / 225 g), hulled
- 2 frozen bananas (8.3 oz / 236 g), peel removed
- 1 tsp vanilla extract (5 ml)
- 1 tbsp lemon juice (0.5 fl oz / 15 ml), freshly squeezed
- 1 cup filtered water (8.1 fl oz / 240 ml)

Instructions:

Put ice cubes, watermelon, and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.

Tips:

- Use seedless watermelon or remove seeds-nobody wants crunchy 'confetti'.
- Freeze watermelon cubes for 2 hours for a slushy texture without watering it down.
- Add vanilla at the end and pulse 3 seconds so it stays fragrant.



Matcha Chia Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 276

Fats (g): 24.5

Carbs (g): 8.2

Protein (g): 4.9

Ingredients:

- 2 tbsp chia seeds (0.8 oz / 24 g)
- 2 tsp matcha green tea powder (10 ml)
- ½ tsp lime juice, freshly squeezed
- liquid stevia 6 -8 drops
- ½ cup non-fat plain yogurt, ½ cup
- 1¼ cup unsweetened coconut milk (10.1 fl oz / 300 ml)

Instructions:

Put ice cubes, chia seeds, and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.

Tips:

- Sift matcha to avoid clumps. Matcha lumps are the final boss.
- Hydrate chia in coconut milk for 5 minutes for a thicker, silkier drink.
- If your yogurt is very tangy, reduce lime juice slightly and taste again.
- For a lighter version, replace ¼ cup of coconut milk with cold water.
- Use only cold ingredients-warmth makes matcha taste more bitter.

Kale & Cucumber Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 84

Fats (g): 4.1

Carbs (g): 10.7

Protein (g): 4.7

Ingredients:

- 1½ cup fresh kale leaves (3.7 oz / 105 g)
- 1 cup cucumber (5.3 oz / 150 g), peel removed and cut up
- 1 tbsp chia seeds (0.4 oz / 12 g)
- 2 tsp green spirulina powder (0.2 oz / 5.0 g)
- 1½ cup unsweetened almond milk (12.2 fl oz / 360 ml)

Instructions:

Put ice cubes, fresh kale leaves, and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Remove thick kale stems for a smoother, less chewy drink.
- If the cucumber is waxed, peeling is essential to avoid bitterness.
- New to spirulina? Start with 1 tsp and build up. Flavor can be intense.
- Add a squeeze of lemon to brighten and reduce 'green' aftertaste.
- Blend 10-15 seconds longer than usual; kale needs persuasion.

Lettuce & Avocado Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 167

Fats (g): 15.1

Carbs (g): 8.1

Protein (g): 2.3

Ingredients:

- 1½ cup romaine lettuce (2.5 oz / 70 g), cut up
- 1 cup avocado (5.3 oz / 150 g), peel removed, pitted, and cut up
- ¼ cup fresh mint leaves
- 2 tsp flaxseed meal (0.2 oz / 5.0 g)
- liquid stevia 8 -10 drops
- 1½ cup filtered water (12.2 fl oz / 360 ml)

Instructions:

Put ice cubes, romaine lettuce, and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Use the pale inner romaine leaves for a milder taste and softer color.
- Mint gets stronger as it sits-serve right after blending.
- If stevia tastes sharp, reduce drops and sweeten with 2-3 frozen grapes instead.
- Chill the avocado chunks before blending for extra thickness.



Mango & Cashew Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 268
Fat (g): 9.8
Carbs (g): 41.3
Protein (g): 6.2

Ingredients:

- Fresh mango – 2 cups
- Raw cashews – ¼ cup
- Filtered water – 1¼ cup
- Lime juice – 1 tbsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Tips:

- Soak cashews for 15 minutes for creaminess.
- Blend cashews with water first.
- Use ripe mango for sweetness.
- Add lime juice gradually.
- Serve cold for the best texture.



Kiwi, Orange & Carrot Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 168
Fat (g): 0.8
Carbs (g): 38.7
Protein (g): 3.4

Ingredients:

- Kiwi – 2, peeled
- Orange – 1, peeled
- Carrot – 1 small
- Filtered water – 1¼ cup

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Tips:

- Grate carrot finely for a smooth texture.
- Segment orange to remove membranes.
- Blend the carrot with water first.
- Add kiwi last to keep color bright.
- Chill ingredients for a cleaner taste.



ANTIOXIDANT SMOOTHIES





Tips:

- Dice beet small for smoother blending.
- Blend the beet with milk first to avoid chunks.
- Add berries last to preserve color.
- Use roasted beets for a sweeter flavor.
- Serve immediately for the best texture.

Berries & Beet Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 168
Fat 1.1 g
Carbs 39.6 g
Protein 3.8 g

Ingredients:

- Cooked beet – 1 medium (5 oz / 140 g), peeled
- Mixed berries – 2 cups (10.6 oz / 300 g)
- Unsweetened almond milk – 1¼ cup (10 fl oz / 300 ml)
- Lemon juice – 1 tbsp (0.5 fl oz / 15 ml)

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Let cherries thaw 2 minutes before blending.
- Blend cherries first to avoid blade strain.
- Add ice only if needed—frozen fruit is enough.
- Balance tartness with extra water, not sweetener.
- Garnish with pomegranate arils.

Cherries & Pomegranate Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 176
Fat 0.8 g
Carbs 42.1 g
Protein 2.4 g

Ingredients:

- Frozen cherries – 2 cups (9.9 oz / 280 g), pitted
- Pomegranate juice – ¾ cup (6 fl oz / 180 ml)
- Filtered water – ½ cup (4 fl oz / 120 ml)
- Liquid stevia – 2 drops

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Fruity Greens Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 132

Fat 1.2 g

Carbs 28.7 g

Protein 4.2 g

Ingredients:

- Fresh spinach – 2 cups (2.1 oz / 60 g)
- Green apple – 1 (6 oz / 170 g), cored
- Banana – 1 (4.2 oz / 118 g), peeled
- Filtered water – 1¼ cup (10 fl oz / 300 ml)

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Blend greens with water first.
- Use ripe bananas for natural sweetness.
- Add apple last for crisp flavor.
- Serve cold for a milder taste.
- Add ice cubes only after blending.

Strawberry & Greens Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 144

Fat 0.6 g

Carbs 33.9 g

Protein 3.5 g

Ingredients:

- Fresh strawberries – 2 cups (10.7 oz / 304 g)
- Fresh spinach – 1½ cup (1.6 oz / 45 g)
- Filtered water – 1 cup (8 fl oz / 240 ml)
- Lemon juice – 1 tsp (0.2 fl oz / 5 ml)

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Hull strawberries fully to avoid bitterness.
- Massage spinach briefly before blending.
- Blend spinach and water first.
- Add lemon last to brighten flavor.
- Serve immediately to keep color vivid.



Tips:

- Steam carrot lightly for a smoother texture.
- Use ripe stone fruit for sweetness.
- Blend the carrot with water first.
- Chill fruit before blending.
- Add ice sparingly to avoid dilution.

Apricot, Peach & Carrot Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 189
Fat 0.7 g
Carbs 44.6 g
Protein 3.9 g

Ingredients:

- Fresh apricots – 3 (3.6 oz / 105 g), pitted
- Peach – 1 (5.3 oz / 150 g), peeled
- Carrot – 1 small (2.2 oz / 62 g), chopped
- Filtered water – 1¼ cup (10 fl oz / 300 ml)

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Soak prunes 5 minutes for a smoother blend.
- Blend prunes with milk first.
- Add blueberries last for color.
- Use frozen blueberries for thickness.
- Serve chilled for best flavor.

Blueberry & Prune Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 201
Fat 1.4 g
Carbs 46.8 g
Protein 3.6 g

Ingredients:

- Fresh blueberries – 2 cups (10.4 oz / 296 g)
- Pitted prunes – 4 (1.3 oz / 36 g)
- Unsweetened almond milk – 1¼ cup (10 fl oz / 300 ml)
- Vanilla extract – ½ tsp (0.1 fl oz / 2 ml)

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



CLEANSING SMOOTHIES





Spiced Chia Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 183

Fat(g): 20

Carbs(g): 8.7

Protein(g): 2.8

Ingredients:

- 2 tbsp chia seeds (0.6 oz / 18 g)
- 1 tbsp powdered turmeric (0.2 oz / 7 g)
- 1 tsp powdered cinnamon (0.1 oz / 3 g)
- 1 tsp powdered ginger (0.2 fl oz / 5 ml)
- 1 pinch powdered black pepper
- 2 tbsp MCT oil (1.0 oz / 27 g)
- 2 tsp stevia powder (0.3 fl oz / 10 ml)
- 1¾ cup unsweetened almond milk (14.2 fl oz / 420 ml)

Instructions:

Put ¼ cup of ice cubes, chia seeds, and remaining ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Tips:

- Whisk the spices into the almond milk first to prevent turmeric “pockets” that stain everything yellow.
- If you want it thicker, let the chia sit in the blender jar for 5 minutes before blending (instant pudding energy).
- Add black pepper last and keep it tiny; too much turns ‘cleansing’ into ‘coughing’.



Pineapple & Grapefruit Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 112

Fat(g): 2.9

Carbs (g): 22.4

Protein (g): 2.2

Ingredients:

- 3 grapefruit (24.3 oz / 690 g), peel removed, seeded, and cut up
- ¾ cup frozen pineapple chunks (4.4 oz / 124 g)
- 1½ cup unsweetened almond milk (12.2 fl oz / 360 ml)

Instructions:

Put ¼ cup of ice cubes, grapefruit, and remaining ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Tips:

- Remove as much white pith as you can; pith makes grapefruit bitter faster than a bad review.
- Freeze grapefruit segments for 30 minutes for extra frost without diluting flavor.
- Pulse first, then blend; pineapple chunks can “surf” on top and escape the blades.

Pineapple & Orange Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 226

Fat (g): 4.5

Carbs (g): 49.7

Protein (g): 4

Ingredients:

- 1 orange (4.9 oz / 140 g), peel removed, seeded, and cut up
- 2 cups fresh pineapple (11.6 oz / 330 g), cut up
- 1 (1-inch) piece fresh ginger root (0.2 oz / 6 g), peel removed and cut up
- 1 medium-sized frozen banana (4.2 oz / 118 g), peel removed
- 1 tsp powdered turmeric (0.2 fl oz / 5 ml)
- 1 tbsp chia seeds (0.3 oz / 9 g)
- 1½ cup unsweetened almond milk (12.2 fl oz / 360 ml)

Instructions:

Put ¼ cup of ice cubes, orange, and remaining ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Segment the orange (remove membranes) for a smoother sip and less bitter citrus bite.
- Grate ginger instead of chunking if your blender isn't a beast; less stringy texture.
- Use very ripe pineapple for sweetness; under-ripe pineapple tastes 'sour + regret'.



Cranberry & Grapefruit Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 190

Fat (g): 1.4

Carbs (g): 44.5

Protein (g): 2.3

Ingredients:

- ½ cup fresh cranberries (1.8 oz / 50 g)
- 2 grapefruit (16.2 oz / 460 g), peel removed, seeded, and sectioned
- 1 medium-sized frozen banana (4.2 oz / 118 g), peel removed
- 1 tbsp agave nectar (0.7 oz / 21 g)
- ¾ cup orange juice (6.1 fl oz / 180 ml), freshly squeezed
- ½ cup unsweetened almond milk (4.1 fl oz / 120 ml)

Instructions:

Put ¼ cup of ice cubes, cranberries, and remaining ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Cranberries are tart rockets; taste before serving and adjust sweetness by teaspoons, not tablespoons.
- If you don't have fresh cranberries, frozen work perfectly (and blend more smoothly).
- Zest a little orange peel over the finished smoothie for a brighter aroma punch.





Tips:

- Slice celery thin; thick pieces can leave crunchy strings even in strong blenders.
- Fresh turmeric stains; use gloves or embrace the 'chef hands' aesthetic.
- If coconut milk is very thick, shake the can well before measuring for a consistent texture.

Avocado & Kale Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 364

Fat (g): 30.3

Carbs (g): 14.5

Protein (g): 4.9

Ingredients:

- 2 cups fresh kale leaves (1.4 oz / 40 g), cut up
- 2 celery stalks (2.8 oz / 80 g), cut up
- ½ medium-sized avocado, peel removed, pitted, and cut up
- 1 (½-inch) piece fresh ginger root, cut up
- 1 (½-inch) piece fresh turmeric root, cut up
- 1½ cup unsweetened coconut milk (12.2 fl oz / 360 ml)

Instructions:

Put ¼ cup of ice cubes, kale, and remaining ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Use a sweet apple (like Gala) if you want the herbs to feel 'fresh', not 'salad'.
- Chill the water hard; cold makes herb flavors cleaner and less "grassy."
- Add basil last for a brighter aroma (basil bruises easily in long blends).
- If cilantro is polarizing, swap it for more parsley; same freshness, fewer arguments.

Herbed Apple & Greens Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 125

Fat (g): 0.4

Carbs (g): 31.5

Protein (g): 1.6

Ingredients:

- 2 cups fresh mixed greens (spinach, kale, Swiss chard & mustard greens) (1.4 oz / 40 g)
- ¾ cup fresh mixed herbs (parsley, cilantro & basil) (0.5 oz / 15 g)
- 1 large-sized apple (7.9 oz / 223 g), peel removed, cored, and slivered
- 2 tbsp lime juice (1.1 oz / 30 g), freshly squeezed
- 2 tbsp maple syrup (1.4 oz / 40 g)
- 2 cups chilled water (16.2 fl oz / 480 ml)

Instructions:

Put the greens and remaining ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Cherry & Spinach Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 273

Fat (g): 15.3

Carbs (g): 28.7

Protein (g): 9.5

Ingredients:

- 1½ cup frozen cherries (7.4 oz / 210 g)
- 1½ cup fresh spinach leaves (1.6 oz / 45 g)
- ¼ cup avocado (2.0 fl oz / 60 ml), peel removed, pitted, and slivered
- 1 (½-inch) piece fresh ginger root, peel removed
- 1 tbsp almond butter (0.6 oz / 16 g)
- 1 tsp chia seeds (0.1 oz / 3 g)
- 1 tsp lemon juice (0.2 fl oz / 5 ml), freshly squeezed
- 1½ cup plain kefir (12.2 fl oz / 360 ml)

Instructions:

Put ¼ cup of ice cubes, cherries, and remaining ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Blend kefir + spinach first for 15 seconds to avoid leafy 'confetti' later.
- Use avocado in small pieces so it emulsifies fast; no green butter blobs.
- If kefir is very tangy, reduce lemon juice slightly and re-taste.
- For extra smoothness, strain once; spinach stems can sneak in texture.

Minty Kale & Cucumber Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 195

Fat (g): 15.2

Carbs (g): 13.8

Protein (g): 5.1

Ingredients:

- 1 cup fresh kale leaves (0.7 oz / 20 g)
- 1 small cucumber (7.1 oz / 200 g), peel removed and cut up
- ½ medium-sized avocado, peel removed, pitted, and cut up
- ¼ cup fresh mint leaves (0.1 oz / 4 g)
- 1 tbsp almond butter (0.6 oz / 16 g)
- 1 tbsp lemon juice (0.5 oz / 15 g), freshly squeezed
- 1¼ cup unsweetened almond milk (10.1 fl oz / 300 ml)

Instructions:

Put ½ cup of ice cubes, kale, and remaining ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:


- Remove kale ribs; they blend, but they also sabotage smoothness like tiny sticks.
- Peel the cucumber if waxed; otherwise, you'll taste 'store shelf'.
- Start with half the mint, taste, then add more; mint can take over the whole room.
- Use extra ice for a colder, cleaner flavor profile; this one love frosty.



Strawberry & Plum Smoothie

 Servings:
2

 Prep time:
10 min

 Nutrition (per serving):

Calories: 148
Fats (g): 0.9
Carbs (g): 34.6
Protein (g): 2.4

Ingredients:

- Fresh strawberries – 1½ cups, hulled
- Ripe plums – 2, pitted and sliced
- Filtered water – 1 cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, and the remaining ingredients to a high-powered blender. Blend until smooth. Pour into glasses and enjoy right away.

Tips:

- Use very ripe plums for natural sweetness without added sugar.
- Blend plums first to break down skins completely.
- Chill strawberries beforehand for a brighter color.
- Add water gradually to control thickness.
- Serve immediately for the best fresh-fruit aroma.

Raspberry & Apricot Smoothie

 Servings:
2

 Prep time:
10 min

 Nutrition (per serving):

Calories: 152
Fats (g): 0.8
Carbs (g): 35.2
Protein (g): 2.7

Ingredients:

- Fresh raspberries – 1½ cups
- Fresh apricots – 3, pitted
- Filtered water – 1 cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, and the remaining ingredients to a high-powered blender. Blend until smooth. Pour into glasses and enjoy right away.

Tips:

- Strain after blending if you want it seedless.
- Use slightly soft apricots for a smoother texture.
- Freeze raspberries for a thicker result.
- Blend in short bursts to preserve bright color.
- Add a squeeze of lemon if the fruit tastes flat.

DIGESTIVE HEALTH SMOOTHIES



Peach Smoothie



Tips:

- Let frozen peaches sit 2 minutes so the blender pulls them down instead of bouncing them around.
- Add almond milk first, then fruit; it prevents the classic dry fruit vortex.
- For a lighter sip, cut chia to 2 tsp; it thickens fast.
- Serve in chilled glasses; peach flavor reads cleaner when cold hits cold.



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 140

Fats (g): 4.3

Carbs (g): 27.0

Protein (g): 2.9

Ingredients:

- 1 large frozen banana (4.8 oz / 136 g), peeled and sliced
- 1 cup frozen peaches (5.3 oz / 150 g)
- 1 tbsp chia seeds (0.4 oz / 12 g)
- 1 tsp maple syrup (0.2 fl oz / 5 ml)
- 1 1/2 cups unsweetened almond milk (12.2 fl oz / 360 ml)
- 1/4 cup ice cubes (2.1 oz / 60 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.

Pear Smoothie



Tips:

- Toast the oats in a dry pan for 2 minutes to get a warm, bakery aroma.
- Use pears that give slightly at the neck; firm pears blend grainy.
- Blend oats + almond milk first to make a silky base, then add fruit.
- Cardamom is powerful; start with a pinch and build if you love it.
- If it gets too thick, thin with cold almond milk, not water, to keep it creamy.



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 253

Fats (g): 4.3

Carbs (g): 53.7

Protein (g): 6.0

Ingredients:

- 2 medium pears (12.6 oz / 356 g), peeled and cored
- 1/2 cup old-fashioned rolled oats (1.4 oz / 40 g)
- 1 tbsp maple syrup (0.3 oz / 8 g)
- 1/4 tsp ground cardamom (0.0 oz / 0.5 g)
- 1 1/2 cups unsweetened almond milk (12.2 fl oz / 360 ml)
- 1/2 cup ice cubes (4.2 oz / 120 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.

Papaya & Banana Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 95

Fats (g): 2.2

Carbs (g): 16.7

Protein (g): 1.4

Ingredients:

- 2 cups papaya (9.9 oz / 280 g), peeled and cubed
- 1 large frozen banana (4.8 oz / 136 g), peeled
- 1 1/2 cups unsweetened almond milk (12.2 fl oz / 360 ml)
- 1/4 cup ice cubes (2.1 oz / 60 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy.
Pour into glasses and enjoy right away.



Tips:

- Scoop out and discard papaya seeds carefully; they can taste peppery in blends.
- If your papaya is bland, add 1 tsp lime juice for a cleaner tropical finish.
- Use a very ripe banana for sweetness; an underripe banana tastes starchy.

Papaya & Carrot Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 128

Fats (g): 0.8

Carbs (g): 30.3

Protein (g): 2.2

Ingredients:

- 1 1/2 cups papaya (7.4 oz / 210 g), peeled and cubed
- 1 cup carrot (4.5 oz / 130 g), peeled and chopped
- 2 medjool dates (1.7 oz / 48 g), pitted
- 1 tbsp lemon juice (0.5 fl oz / 15 ml)
- 1 1/2 cups coconut water (12.2 fl oz / 360 ml)
- 1/4 cup ice cubes (2.1 oz / 60 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy.
Pour into glasses and enjoy right away.



Tips:

- Grate the carrot if your blender is not high-power; it blends more smoothly and faster.
- Soak dates in warm water for 2 minutes, then drain; the sweetness becomes silky.
- Use chilled coconut water; room-temperature water makes the carrot taste stronger.
- Add lemon juice after blending to keep the carrot flavor sweet instead of sharp.



Papaya, Peach & Pear Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 260
Fats (g): 2.5
Carbs (g): 60.0
Protein (g): 3.5

Ingredients:

- 3/4 cup papaya (3.7 oz / 105 g), peeled and cubed
- 3/4 cup peach (4.0 oz / 110 g), pitted and sliced (fresh or frozen)
- 3/4 cup pear (4.0 oz / 110 g), peeled and sliced
- 1 tsp fresh ginger (0.1 oz / 2 g), grated
- 6 fresh mint leaves (0.1 oz / 3.0 g)
- 1 cup coconut water (8.1 fl oz / 240 ml)
- 1 small frozen banana, peeled
- 1/4 cup ice cubes (2.1 oz / 60 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy.
Pour into glasses and enjoy right away.

Tips:

- Peel the pear fully; pear peel can create a gritty after-texture in smoothies.
- Grate ginger very finely to avoid spicy fibers in the glass.
- Add mint at the very end and pulse seconds so it stays fresh, not grassy.
- Use frozen banana as the thickener instead of extra ice to keep flavor strong.



Pineapple Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 206
Fats (g): 2.5
Carbs (g): 48.2
Protein (g): 3.0

Ingredients:

- 1 cup fresh blueberries (5.3 oz / 150 g)
- 1 1/2 cups fresh pineapple chunks (8.7 oz / 250 g)
- 1 frozen banana (4.2 oz / 118 g), peeled
- 2 tbsp fresh mint leaves (0.6 oz / 16 g)
- 1/2 cup orange juice (4.1 fl oz / 120 ml), freshly squeezed
- 1 cup unsweetened almond milk (8.1 fl oz / 240 ml)
- 1/2 cup ice cubes (4.2 oz / 120 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy.
Pour into glasses and enjoy right away.

Tips:

- Cut pineapple into small chunks; big pieces can stay icy and uneven after blending.
- Shake or stir the orange juice before measuring; pulp can separate and change texture.
- Use mint as an accent, not a salad; start with 1 tbsp and taste before adding more.



Orange & Carrot Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 205

Fats (g): 0.6

Carbs (g): 51.7

Protein (g): 3.3

Ingredients:

- 2 oranges (9.9 oz / 280 g), peeled, seeded, and sectioned
- 1 medium carrot, peeled and chopped
- 2 small frozen bananas (7.1 oz / 200 g), peeled
- 1 inch piece fresh ginger (0.2 oz / 6 g), peeled
- 1 cup chilled water (8.1 fl oz / 240 ml)
- 1/4 cup ice cubes (2.1 oz / 60 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy.
Pour into glasses and enjoy right away.



Tips:

- Segment the oranges (remove membranes) for a smoother, less bitter citrus flavor.
- Slice the ginger thinly so it disappears in the blend instead of leaving spicy bits.
- Freeze bananas in slices; whole frozen bananas can stall the blender.

Avocado, Greens & Date Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 294

Fats (g): 22.9

Carbs (g): 23.0

Protein (g): 6.5

Ingredients:

- 1 medium avocado, peeled and pitted
- 1 cup frozen spinach (5.3 oz / 150 g)
- 1 cup frozen kale (2.8 oz / 80 g)
- 1 medjool date (0.8 oz / 24 g), pitted
- 1/2 tbsp flaxseed meal (0.1 oz / 4 g)
- 1 1/2 cups unsweetened almond milk (12.2 fl oz / 360 ml)
- 1/4 cup ice cubes (2.1 oz / 60 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy.
Pour into glasses and enjoy right away.



Tips:

- Use a fully ripe avocado; an underripe avocado tastes bitter and makes the texture waxy.
- Blend greens with almond milk first until smooth, then add avocado and date.
- Warm the date in hot water for 1 minute, then drain; it blends like caramel.
- Add flaxseed meal at the end and blend briefly so it does not turn gummy.



Tips:

- Blend pineapple with the liquid first for 10 seconds, then add blueberries to keep the color vivid.
- Freeze pineapple in a single layer so it does not clump into a blender-killing iceberg.
- If you want it less tangy, swap half the kefir for unsweetened almond milk.

Blueberry & Pineapple Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 210

Fats (g): 2.5

Carbs (g): 44.0

Protein (g): 9.0

Ingredients:

- 1 1/2 cups frozen blueberries (7.9 oz / 225 g)
- 1 cup frozen pineapple chunks (5.8 oz / 165 g)
- 1 cup plain kefir (or plain yogurt) (8.1 fl oz / 240 ml)
- 1/2 cup filtered water (4.1 fl oz / 120 ml)
- 1 tbsp lemon juice (0.5 fl oz / 15 ml)
- 1/4 cup ice cubes (2.1 oz / 60 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Roast or steam the beet, then chill it; raw beet can taste harsh and gritty.
- Blend beet + almond milk first until completely smooth, then add the rest.
- If it tastes too earthy, add 1/4 tsp vanilla extract (sounds weird, works great).

Blueberry & Beet Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 173

Fats (g): 3.9

Carbs (g): 33.0

Protein (g): 5.2

Ingredients:

- 3/4 cup frozen blueberries (4.0 oz / 110 g)
- 1 small frozen banana (3.5 oz / 100 g), peeled
- 1 small beet (3.5 oz / 100 g), trimmed, peeled, and cubed
- 1 medjool date (0.8 oz / 24 g), pitted
- 2 tbsp lime juice (1.0 fl oz / 30 ml)
- 2 tbsp flaxseed meal (0.5 oz / 14 g)
- 1 pinch salt
- 1 cup unsweetened almond milk (8.1 fl oz / 240 ml)
- 1/2 cup ice cubes (4.2 oz / 120 g)

Instructions:

Put ice cubes and remaining ingredients into a high-powered blender and blend until smooth and creamy. Pour into glasses and enjoy right away.



HIGH-ENERGY SMOOTHIES



Tips:

- Freeze half the raspberries for a thicker shake.
- Add peanut butter after liquids to prevent sticking to the blades.
- Use powdered peanut butter for a lighter option.
- If it is too tart, add 1 to 2 dates instead of more syrup.

Raspberry Peanut Butter Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories 340
Fat (g): 13.5
Carbs (g): 41
Protein (g): 20.8

Ingredients:

- Banana - 1 medium, peeled
- Fresh raspberries - 2 cups (or frozen)
- Peanut butter - 2 tbsp
- Chia seeds - 1 tbsp
- Maple syrup - 1 tbsp
- Soy protein powder - 1 scoop
- Unsweetened almond milk - 1 1/2 cups
- Ice cubes - 1/4 cup (optional)

Instructions:

Add almond milk and protein powder to a blender. Blend 10 seconds to dissolve. Add banana, raspberries, peanut butter, chia seeds, and maple syrup (plus ice, if using). Blend 45 to 60 seconds until smooth and creamy. Pour the liquid into glasses and serve immediately.



Tips:

- Start with 1/2 tbsp MCT oil if you are sensitive to it.
- Use frozen berries to skip ice and boost flavor.
- Add a tiny pinch of salt to make the berries pop.
- Blend briefly to avoid a foamy texture.
- Chill the coconut cream first for extra thickness.

Creamy Berries Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories 375
Fat (g): 30.7
Carbs (g): 23.1
Protein (g): 6.0

Ingredients:

- Mixed berries - 2 cups
- MCT oil - 1 tbsp
- Vanilla extract - 1/2 tsp
- Liquid stevia - 3 to 5 drops (optional)
- Coconut cream - 3/4 cup
- Unsweetened almond milk - 1 cup
- Ice cubes - 1/4 cup (optional)

Instructions:

Add almond milk, coconut cream, vanilla, and berries to a blender. Blend 30 to 45 seconds until smooth. With the blender running, drizzle in the MCT oil and blend 5 seconds more. Taste and add stevia if desired. Pour and enjoy right away.

Date & Almonds Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 418

Fat (g): 14.9

Carbs (g): 73.4

Protein (g): 8

Ingredients:

- Medjool dates - 1 cup, pitted
- Almonds - 1/2 cup, roughly chopped
- Unsweetened almond milk - 1 1/2 cups
- Ice cubes - 1/2 cup (optional)

Instructions:

If your dates are firm, soak them in warm water for 5 minutes, then drain. Add almond milk and dates to a blender. Blend until smooth. Add almonds (and ice, if using). Blend 30 to 45 seconds until creamy. Pour into glasses and serve right away.



Tips:

- Blend the dates first for the smoothest texture.
- Use chilled almond milk to skip the ice.
- Add a pinch of cinnamon for a cozy breakfast vibe.
- For extra thickness, freeze a few dates before blending.
- If it tastes too sweet, add a squeeze of lemon.

Walnut Banana Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 522

Fat (g): 44.8

Carbs (g): 26.8

Protein(g): 10.5

Ingredients:

- Banana - 1 large, frozen
- Walnuts - 1 cup, roughly chopped
- Chia seeds - 1 tbsp
- Maca powder - 1 tbsp
- Unsweetened almond milk - 1 1/2 cups
- Ice cubes - 1/4 cup (optional)

Instructions:

Add almond milk, maca powder, and walnuts to a blender. Blend 15 seconds. Add the frozen banana and chia seeds (and ice, if using). Blend 45 to 60 seconds until thick and smooth. Pour the mixture into glasses and enjoy it right away.



Tips:

- Toast the walnuts, cool, then blend for a deeper flavor.
- Use a fully frozen banana for natural sweetness and thickness.
- Add chia at the end and pulse to avoid gel clumps.
- Maca is strong - start with 1/2 tbsp if you are new to it.
- If it is too thick, splash in more almond milk.



Tips:

- Soak almonds 15 minutes, then drain for a smoother finish.
- Greek yogurt makes it thicker and more filling.
- Add berries last for a brighter color.
- If tart, add 1 to 2 extra banana slices.
- Serve immediately for the freshest flavor.

Nutty Berries Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories: 335
Fats (g): 10.0
Carbs (g): 49.4
Protein (g): 9.0

Ingredients:

- Mixed berries - 2 cups
- Banana - 1 large, peeled
- Raw almonds - 1/4 cup
- Vanilla yogurt (plain or Greek) - 1 cup
- Unsweetened almond milk - 1 cup
- Ice cubes - 1/4 cup

Instructions:

Add almond milk, yogurt, and almonds to a blender. Blend 20 seconds. Add banana, berries, and ice. Blend 45 to 60 seconds until smooth and creamy. Serve in glasses and savor immediately.



Tips:

- Chill the squash so the smoothie does not taste soupy.
- Blend dates with milk first for a silky base.
- Freeze squash portions for extra thickness.
- Pulse cinnamon at the end for a fresher spice note.
- Use less syrup if your dates are very sweet.

Butternut Squash Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories: 335
Fats (g): 4.9
Carbs (g): 68.7
Protein (g): 8.7

Ingredients:

- Roasted butternut squash - 1 cup, chilled
- Medjool dates - 6, pitted
- Maple syrup - 2 tbsp
- Ground cinnamon - 1/2 tsp
- Milk (dairy or unsweetened) - 1 1/2 cups
- Ice cubes - 1/4 cup

Instructions:

Add milk and dates to a blender. Blend 15 seconds until smooth. Add chilled squash, maple syrup, cinnamon, and ice. Blend 45 to 60 seconds until creamy. Transfer into glasses and serve immediately.



GREEN SMOOTHIES





Tips:

- Use frozen banana for a naturally thicker texture without ice.
- Bruise mint gently between fingers to release aroma before blending.
- Add lime juice last to keep mint flavor bright.
- Serve well-chilled to reduce banana sweetness.

Minty Banana Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 185
Fat (g): 4.1
Carbs (g): 36.2
Protein (g): 3.9

Ingredients:

- Banana – 2, peeled
- Fresh mint leaves – ¼ cup
- Unsweetened almond milk – 1½ cup
- Lime juice – 1 tbsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Use a fully ripe avocado for a creamy texture.
- Blend avocado with milk first for silkiness.
- Zest lime lightly on top for extra aroma.
- Chill ingredients beforehand for thicker results.
- Adjust sweetness gradually—lime sharpness varies.

Avocado Lime Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 220
Fat (g): 15.6
Carbs (g): 14.3
Protein (g): 3.2

Ingredients:

- Avocado – 1 medium, peeled and pitted
- Lime juice – 2 tbsp
- Unsweetened almond milk – 1½ cup
- Liquid stevia – 3–4 drops

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Pear, Grapes & Spinach Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 176

Fat (g): 0.9

Carbs (g): 42.5

Protein (g): 3.6

Ingredients:

- Pear – 2, peeled and cored
- Green grapes – 1½ cups
- Fresh spinach – 2 cups
- Filtered water – 1¼ cup

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Use ripe pears for sweetness without sugar.
- Blend spinach with water first.
- Freeze grapes briefly for a colder texture.
- Peel pears to avoid a grainy texture.
- Serve right away to keep color fresh.

Grapes & Swiss Chard Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 154

Fat (g): 0.7

Carbs (g): 36.8

Protein (g): 3.9

Ingredients:

- Green grapes – 2 cups
- Swiss chard – 2 cups
- Filtered water – 1¼ cup
- Lemon juice – 1 tbsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Remove thick chard stems for a smoother blend.
- Add lemon juice last to brighten greens.
- Chill grapes before blending.
- Blend greens longer than fruit.
- Use young chard leaves for a milder taste.



Tips:

- Peel the cucumber if waxed.
- Use sweet apple varieties for balance.
- Blend spinach first with water.
- Chill the cucumber for a refreshing taste.
- Add ice only if the texture needs thickening.

Apple, Cucumber & Spinach Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 132
Fat (g): 0.6
Carbs (g): 30.5
Protein (g): 3.1

Ingredients:

- Apple – 1 large, peeled
- Cucumber – 1 cup
- Fresh spinach – 2 cups
- Filtered water – 1½ cup

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Steam broccoli lightly for a smoother texture.
- Blend broccoli and water first.
- Chill ingredients before blending.
- Add cucumber last for freshness.
- Serve immediately for best flavor.

Green Veggies Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 118
Fat (g): 0.9
Carbs (g): 24.1
Protein (g): 4.9

Ingredients:

- Broccoli florets – 1 cup
- Spinach – 2 cups
- Cucumber – 1 cup
- Filtered water – 1½ cup

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Banana & Kale Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 146
Fat (g): 0.8
Carbs (g): 32.7
Protein (g): 4.5

Ingredients:

- Fresh kale – 3 cups
- Banana – 1
- Filtered water – 1½ cup
- Lemon juice – 1 tbsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Remove kale stems thoroughly.
- Use ripe bananas to mellow bitterness.
- Blend kale longer than fruit.
- Add lemon juice after blending.
- Serve cold for a smoother taste.

Pears, Avocado & Kale Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 214
Fat (g): 10.8
Carbs (g): 26.9
Protein (g): 4.2

Ingredients:

- Pears – 2, peeled
- Avocado – ½ medium
- Fresh kale – 2 cups
- Filtered water – 1½ cup

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Massage kale briefly to soften fibers.
- Blend kale with water first.
- Use ripe avocado to avoid bitterness.
- Slice pears thin for smoother blending.
- Serve chilled for a cleaner flavor.



Tips:

- Blend oats with liquid for 10 seconds first for extra smoothness.
- Start with less kale if you're new to kale.
- If too thick, add a splash of milk and blend again.
- Use a sweeter apple (Gala/Fuji) to keep kale from tasting bitter.

Kale-Apple Oat Smoothie



Servings:
2



Prep time:
6 min



Nutrition (per serving):

Calories 250
Fat (g): 5
Carbs (g): 30
Protein (g): 25

Ingredients:

- 1 1/2 cups (12 fl oz / 360 ml) milk of choice
- 3/4 cup (1.5 oz / 45 g) chopped kale (stems removed)
- 1 medium apple, cored and chopped (about 6 oz / 170 g)
- 2 tbsp (0.35 oz / 10 g) quick oats
- 1 scoop vanilla protein powder
- Ice cubes (optional)

Instructions:

Add the liquid and greens to the blender. Blend for 10 seconds to fully break down the greens.
Add the remaining ingredients (fruit, protein, and any add-ins). Blend 30–45 seconds until smooth and creamy.
Add ice to thicken (if desired) and blend again for 5–10 seconds.



Tips:

- Melon is extra neutral and refreshing.
- Use frozen melon cubes for a thicker smoothie without extra ice.
- Add 1 tbsp lime juice for a fresher finish.
- Freeze melon cubes for 1 hour for a thicker smoothie without needing a lot of ice.
- If it tastes too mild, add a squeeze of lime; it boosts melon aroma instantly.

Spinach-Melon Smoothie



Servings:
2



Prep time:
8 min



Nutrition (per serving):

Calories 200
Fat (g): 3
Carbs (g): 20
Protein (g): 25

Ingredients:

- 1 cup (8 fl oz / 240 ml) cold water
- 1 cup (8 fl oz / 240 ml) milk of choice
- 1 packed cup (1 oz / 30 g) baby spinach
- 1 1/2 cups (8 oz / 225 g) chopped honeydew or cantaloupe
- 1 scoop vanilla or unflavored protein powder
- Ice cubes, as needed

Instructions:

Add the liquid and greens to the blender. Blend for 10 seconds to fully break down the greens.
Add the remaining ingredients (fruit, protein, and any add-ins). Blend 30–45 seconds until smooth and creamy.
Add ice to thicken (if desired) and blend again for 5–10 seconds.





HEALTHFUL SKIN SMOOTHIES



Tips:

- Use food-grade aloe only.
- Peel peaches fully to avoid fuzz.
- Blend aloe with water first.
- Add honey last to control sweetness.
- Serve immediately for the freshest taste.

Peach & Aloe Vera Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 176
Fat (g): 0.7
Carbs (g): 41.6
Protein (g): 2.1

Ingredients:

- Peaches – 2, peeled
- Aloe vera gel – 2 tbsp
- Filtered water – 1¼ cup
- Honey – 1 tbsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Cook sweet potato until very soft.
- Freeze sweet potato chunks for thickness.
- Blend the potato with water first.
- Use ripe mango for sweetness.
- Sprinkle cinnamon lightly to avoid overpowering.

Mango & Sweet Potato Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 245
Fat (g): 1.2
Carbs (g): 57.4
Protein (g): 3.8

Ingredients:

- Cooked sweet potato – 1 cup
- Fresh mango – 1½ cup
- Filtered water – 1¼ cup
- Cinnamon – ¼ tsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.

Papaya & Orange Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 158

Fat (g): 0.6

Carbs (g): 36.9

Protein (g): 2.7

Ingredients:

- Papaya – 2 cups
- Orange – 1, peeled
- Filtered water – 1¼ cup
- Lime juice – 1 tbsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Remove papaya seeds completely.
- Segment orange carefully.
- Blend papaya with water first.
- Add lime juice last.
- Serve chilled for tropical freshness.

Tomato & Orange Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories 136

Fat (g): 4.1

Carbs (g): 22.6

Protein (g): 3.1

Ingredients:

- Tomatoes – 2 medium
- Orange – 1
- Filtered water – 1¼ cup
- Olive oil – 1 tsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Use ripe tomatoes for sweetness.
- Remove tomato cores.
- Segment orange carefully.
- Add olive oil at the end.
- Serve chilled for the best balance.



Tips:

- Use ripe tomatoes for sweetness.
- Remove tomato cores.
- Segment orange carefully.
- Add olive oil at the end.
- Serve chilled for the best balance.

Raspberry & Date Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 136
Fat (g): 4.1
Carbs (g): 22.6
Protein (g): 3.1

Ingredients:

- Tomatoes – 2 medium
- Orange – 1
- Filtered water – 1¼ cup
- Olive oil – 1 tsp

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



Tips:

- Blend spinach and water first.
- Use crisp apples for balance.
- Add avocado last for creaminess.
- Serve immediately to prevent browning.
- Chill ingredients before blending.

Avocado & Spinach Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories 208
Fat (g): 11.9
Carbs (g): 23.7
Protein (g): 4.1

Ingredients:

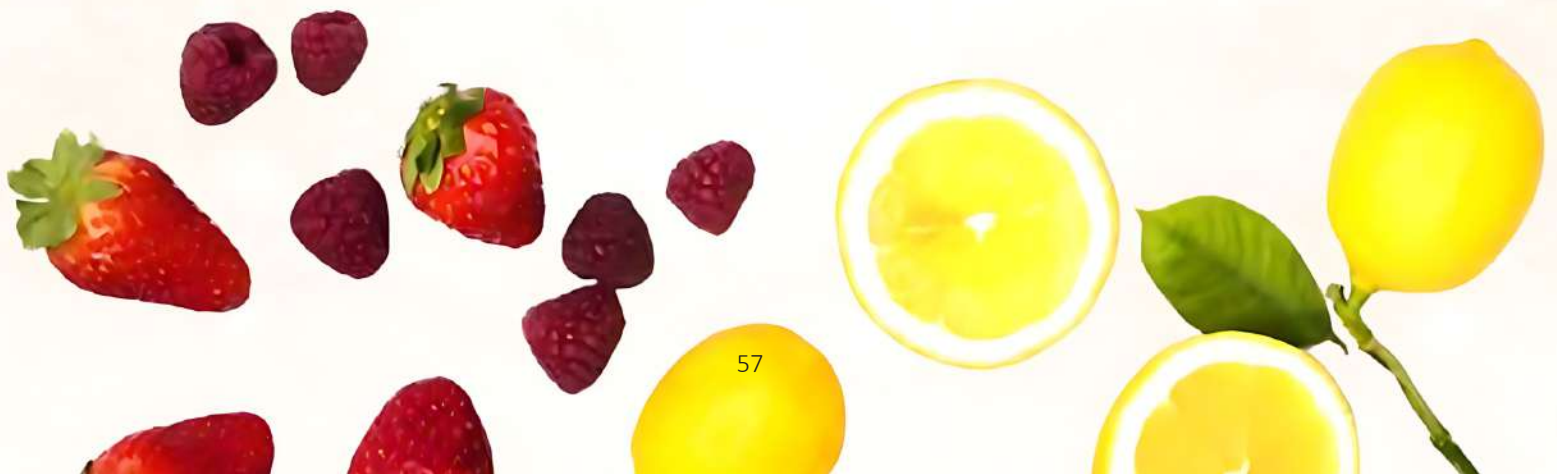
- Avocado – ½ medium
- Spinach – 2 cups
- Apple – 1
- Filtered water – 1½ cup

Instructions:

Put all ingredients into a high-powered electric blender and process to form a smooth and creamy smoothie. Enjoy right away.



KID- FRIENDLY SMOOTHIES





Tips:

- Grind the sunflower and pumpkin seeds for 10 seconds first, then add liquids and cocoa, and the smoothie turns silkier.
- Warm the honey in a teaspoon of milk before blending so it dissolves evenly and does not stick to the cup.
- Pour into small cups first; kids finish better when portions look mini and fun.

Chocolaty Seeds Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 220
Fats: (g): 11.4
Carbs: (g): 35
Protein: (g): 7

Ingredients:

- Sunflower seeds – ¼ cup
- Pumpkin seeds – 2 tbsp
- Cocoa powder – 1 tbsp
- Honey – 1 tbsp
- Milk – 1½ cups
- Ice cubes – ¼ cup

Instructions:

Combine all the ice cubes and ingredients in a high-powered blender. Blend until the mixture is smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Freeze the banana in slices; it blends faster and gives a soft shake texture.
- Add peanut butter last and blend for 5 more seconds; it prevents oily streaks on top.
- For extra smoothness, blend cocoa with milk first, then add the banana and peanut butter.
- Use a wide straw; thick peanut butter smoothies clog thin ones.

Chocolate Peanut Butter Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 220
Fats: (g): 13
Carbs: (g): 34
Protein: (g): 10

Ingredients:

- Peanut butter – 2 tbsp
- Cocoa powder – 1 tbsp
- Banana – 1, peeled
- Milk – 1½ cups
- Ice cubes – ¼ cup

Instructions:

Combine all the ice cubes and ingredients in a high-powered blender. Blend until the mixture is smooth and creamy. Pour into glasses and enjoy right away.

Chocolaty Strawberry Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 220
Fats (g): 10
Carbs (g): 30
Protein (g): 7

Ingredients:

- Fresh strawberries – 2 cups
- Cocoa powder – 1 tbsp
- Honey – 1 tbsp
- Milk – 1½ cups
- Ice cubes – ¼ cup

Instructions:

Combine all the ice cubes and ingredients in a high-powered blender. Blend until the mixture is smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Use half frozen strawberries and half fresh, you get bright flavor plus thick body.
- If strawberries are sour, add 1 extra ripe strawberry instead of more honey; the taste stays fruity.
- Blend strawberries with milk first, then add cocoa; the color stays more vibrant.

Banana Yogurt Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 220
Fats (g): 11
Carbs (g): 35
Protein (g): 7

Ingredients:

- Banana – 1, peeled
- Plain yogurt – 1 cup
- Honey – 1 tbsp
- Milk – ½ cup
- Ice cubes – ¼ cup

Instructions:

Combine all the ice cubes and ingredients in a high-powered blender. Blend until the mixture is smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Use Greek yogurt for a thicker spoonable version; regular yogurt makes it more drinkable.
- Add the banana last and blend briefly; it reduces foam and keeps it creamy.
- Chill the yogurt cup and the milk before blending; cold ingredients taste sweeter.



Mocha Banana Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories: 220
Fats (g): 9
Carbs (g): 30
Protein (g): 5

Ingredients:

- Banana – 1, peeled
- Cocoa powder – 1 tbsp
- Instant coffee – ½ tsp
- Milk – 1½ cups
- Ice cubes – ¼ cup

Instructions:

Combine all the ice cubes and ingredients in a high-powered blender. Blend until the mixture is smooth and creamy. Pour into glasses and enjoy right away.

Tips:

- Keep the coffee amount tiny, or swap it for decaf instant coffee for a kid-appropriate mocha vibe.
- Dissolve instant coffee in 1 tablespoon of warm milk first, no gritty coffee dots.
- Add a pinch of cocoa at the end and pulse once; it gives a fresher chocolate smell.



Raspberry Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories: 220
Fats (g): 12
Carbs (g): 30
Protein (g): 5

Ingredients:

- Fresh raspberries – 2 cups
- Honey – 1 tbsp
- Milk – 1½ cups
- Ice cubes – ¼ cup

Instructions:

Combine all the ice cubes and ingredients in a high-powered blender. Blend until the mixture is smooth and creamy. Pour into glasses and enjoy right away.

Tips:

- Strain after blending if you want it seedless and extra kid-friendly.
- Use frozen raspberries for deeper color and thicker texture without extra ice.
- Add 1 teaspoon lemon juice only if needed; it makes the raspberry taste brighter, not sour.
- Make a swirl, drizzle a teaspoon of yogurt in the glass, then pour the smoothie.



Mango Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 220

Fats (g): 8

Carbs (g): 35

Protein (g): 7



Ingredients:

- Fresh mango – 2 cups
- Milk – 1½ cups
- Honey – 1 tbsp
- Ice cubes – ¼ cup

Instructions:

Combine all the ice cubes and ingredients in a high-powered blender. Blend until the mixture is smooth and creamy. Pour into glasses and enjoy right away.

Tips:

- Use very ripe mango; it should smell sweet near the stem, and the flavor jumps up instantly.
- Add a squeeze of lime at the end for a tropical pop; it keeps the color sunny.
- Blend mango with milk first, then add ice, to avoid watery pockets.



Banana Pistachio Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 220

Fats (g): 10

Carbs (g): 31

Protein (g): 6



Ingredients:

- Banana – 1, peeled
- Shelled pistachios – ¼ cup
- Milk – 1½ cups
- Ice cubes – ¼ cup

Instructions:

Combine all the ice cubes and ingredients in a high-powered blender. Blend until the mixture is smooth and creamy. Pour into glasses and enjoy right away.

Tips:

- Toast pistachios for 2 minutes, then cool. The smoothie tastes like pistachio ice cream.
- Grind pistachios with a splash of milk first, which prevents nut specks and keeps it smooth.
- If it looks dull, add a tiny drop of vanilla; it lifts the nut aroma.



Melon & Kiwi Smoothie



Tips:

- Use very ripe melon for natural sweetness.
- Peel kiwi fully for a cleaner mouthfeel.
- Start small with ginger, then increase to taste.
- Use cold juice for a brighter flavor.
- Add protein powder slowly to prevent clumping.



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 314
Fats (g): 1.8
Carbs (g): 53.8
Protein (g): 22.7

Ingredients:

- Kiwi - 2, peeled and chopped
- Melon - 1 cup, cubed
- Fresh ginger - 1/2 tsp, grated
- Unsweetened protein powder - 2 scoops
- Green grape juice - 1 3/4 cups, cold
- Ice cubes - 1/4 cup (optional)

Instructions:

Add grape juice, kiwi, melon, and ginger to a blender. Blend 20 seconds.

Add protein powder (and ice, if using). Blend 30 to 45 seconds until smooth. Taste and adjust thickness with a splash of juice if needed.

Pour the mixture into glasses and serve immediately.

Creamy Pumpkin Smoothie



Tips:

- Use chilled pumpkin puree to keep the flavor clean.
- Blend oats first for a smoother texture.
- Soften cream cheese slightly to avoid tiny lumps.
- For extra thickness, freeze pumpkin puree in cubes.
- Taste before serving and adjust the spice to your liking.



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 372
Fats (g): 14.8
Carbs (g): 53.2
Protein (g): 10.0

Ingredients:

- Pumpkin puree - 1/2 cup
- Banana - 1 large, frozen, peeled
- Quick oats - 1/4 cup
- Cream cheese - 2 oz
- Honey - 2 tbsp
- Pumpkin pie spice - 1/2 tsp
- Ground cinnamon - 1/4 tsp
- Vanilla extract - 1/2 tsp
- Milk - 1 1/2 cups
- Ice cubes - 1/4 cup (optional)

Instructions:

Add milk, pumpkin puree, oats, and vanilla to a blender. Blend 15 seconds.

Add frozen banana, cream cheese, honey, and spices (plus ice, if using). Blend 45 to 60 seconds until thick and creamy. Pour into glasses and serve immediately.

The background of the page is a close-up, top-down view of a light-colored, frothy smoothie. Scattered on the surface of the smoothie are several fresh raspberries and slices of grapefruit. The raspberries are bright red with their characteristic bumpy texture. The grapefruit slices are cut into wedges, showing the orange-red segments and the white pith. The overall lighting is bright and even, highlighting the textures of the fruit and the smoothie.

LOW-FAT SMOOTHIES



Pineapple & Guava Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 162
Fats (g): 0.7
Carbs (g): 38.4
Protein (g): 2.1

Ingredients:

- Fresh pineapple – 1½ cups, chopped
- Ripe guava – 1 cup, seeded
- Filtered water – 1 cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, and the remaining ingredients to a high-powered blender. Blend until smooth. Pour into glasses and enjoy right away.

Tips:

- Remove guava seeds for smoother drinking.
- Use ripe pineapple to avoid sharp acidity.
- Blend the pineapple first to break the fibers.
- Chill fruits before blending for a better body.



Cranberry & Pear Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 146
Fats (g): 0.5
Carbs (g): 36.8
Protein (g): 2.0

Ingredients:

- Fresh cranberries – ½ cup
- Ripe pears – 2, peeled and sliced
- Filtered water – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, and the remaining ingredients to a high-powered blender. Blend until smooth. Pour into glasses and enjoy right away.

Tips:

- Use ripe pears to balance cranberry tartness.
- Blend cranberries longer to soften skins.
- Add water slowly to control sharpness.
- Serve well chilled for a cleaner flavor.
- Strain if you prefer a smoother finish.





Zucchini & Spinach Smoothie

Nutrition (per serving):

2

10 min

Calories: 112

Fats (g): 0.8

Carbs (g): 22.5

Protein (g): 4.1



Ingredients:

- Zucchini – 1 cup, chopped
- Fresh spinach – 2 cups
- Filtered water – 1½ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, and the remaining ingredients to a high-powered blender. Blend until smooth. Pour into glasses and enjoy right away.

Tips:

- Peel zucchini for a milder flavor.
- Blend spinach with water first.
- Use young zucchini for a smoother taste.
- Serve immediately to preserve green color.
- Add extra ice for a thicker texture.



Greens & Orange Smoothie

Nutrition (per serving):

2

10 min

Calories: 138

Fats (g): 0.7

Carbs (g): 30.9

Protein (g): 3.6



Ingredients:

- Fresh spinach – 1½ cups
- Orange – 1, peeled and segmented
- Filtered water – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, and the remaining ingredients to a high-powered blender. Blend until smooth. Pour into glasses and enjoy right away.

Tips:

- Segment orange to remove bitterness.
- Blend greens first for a smoother base.
- Serve chilled for balanced sweetness.
- Use sweet oranges for kid-friendly flavor.
- Drink right away for best freshness.





Ingredients:

Tips:

- Peel the cucumber to avoid bitterness.
- Blend the kiwi first for a smoother texture.
- Serve immediately to keep color vibrant.
- Add extra ice for a spa-style chill.
- Use ripe kiwi for natural sweetness.

Kiwi & Cucumber Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 128
Fats (g): 0.6
Carbs (g): 29.4
Protein (g): 2.6

Ingredients:

- Kiwi – 2, peeled
- Cucumber – 1 cup, peeled and chopped
- Filtered water – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, and the remaining ingredients to a high-powered blender. Blend until smooth. Pour into glasses and enjoy right away.



Tips:

- Choose fragrant melon for the best flavor.
- Chill melon cubes before blending.
- Use less water for a thicker texture.
- Blend briefly to keep it light and fresh.
- Serve immediately for maximum juiciness.

Melon & Cucumber Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 118
Fats (g): 0.4
Carbs (g): 28.9
Protein (g): 1.8

Ingredients:

- Ripe melon – 2 cups, cubed
- Cucumber – 1 cup, peeled
- Filtered water – ¾ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, and the remaining ingredients to a high-powered blender. Blend until smooth. Pour into glasses and enjoy right away.



PROTEIN SMOOTHIES



Tips:

- Hull strawberries fully to avoid bitterness.
- Blend hemp seeds with milk first.
- Freeze strawberries for a thicker body.
- Taste before adding ice.

Strawberry Hemp Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 324
Fats (g): 11.6
Carbs (g): 22.9
Protein (g): 31.8

Ingredients:

- Fresh strawberries – 1½ cups
- Hemp seeds – 2 tbsp
- Vanilla protein powder – 1 scoop
- Unsweetened almond milk – 1 cup
- Ice cubes – ¼ cup

Instructions:

Combine the ice cubes, ingredients, and additional liquids in a high-powered blender. Blend on high until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Blend cottage cheese alone first for an ultra-smooth texture.
- Use small-curd cottage cheese if available.
- Ripe banana balances the tang naturally.
- Add ice last to control thickness.

Cottage Cheese Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 298
Fats (g): 6.1
Carbs (g): 20.4
Protein (g): 34.5

Ingredients:

- Low-fat cottage cheese – 1 cup
- Banana – 1 medium
- Unsweetened almond milk – 1 cup
- Ice cubes – ¼ cup
-

Instructions:

Combine the ice cubes, ingredients, and additional liquids in a high-powered blender. Blend on high until smooth and creamy. Pour into glasses and enjoy right away.



Apple Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 284

Fats (g): 5.2

Carbs (g): 34.7

Protein (g): 24.9

Ingredients:

- Apple – 1 large, peeled and chopped
- Vanilla protein powder – 1 scoop
- Unsweetened almond milk – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Combine the ice cubes, ingredients, and additional liquids in a high-powered blender. Blend on high until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Peel the apple to avoid a gritty texture.
- Use sweet apples like Gala or Fuji.
- Blend the apple with the liquid first.
- Add cinnamon if the flavor feels flat.
- Serve immediately for fresh aroma.



Cranberry Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 266

Fats (g): 4.9

Carbs (g): 28.3

Protein (g): 27.6

Ingredients:

- Frozen cranberries – ¾ cup
- Vanilla protein powder – 1 scoop
- Unsweetened almond milk – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Put ice cubes, ingredients, and remaining liquids into a high-powered blender. Blend until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Frozen cranberries blend more smoothly than fresh.
- Add liquid gradually to control tartness.
- Blend 10 seconds longer for skin breakdown.
- Serve well chilled for the best balance.
- Use a wide straw—thick protein texture.





Tips:

- Use a fully cooked, soft sweet potato.
- Chill before blending for a creamier texture.
- Blend the potato with the liquid first.
- Add cinnamon if desired.

Sweet Potato Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 338
Fats (g): 6.4
Carbs (g): 39.8
Protein (g): 28.1

Ingredients:

- Cooked sweet potato – 1 cup, chilled
- Vanilla protein powder – 1 scoop
- Unsweetened almond milk – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Combine the ice cubes, ingredients, and additional liquids in a high-powered blender. Blend on high until smooth and creamy. Pour into glasses and enjoy right away.



Tips:

- Use pure pumpkin, not pie filling.
- Blend the pumpkin with milk first.
- Add spice only after tasting.
- Serve cold for a cleaner flavor.

Pumpkin Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 322
Fats (g): 7.2
Carbs (g): 34.5
Protein (g): 29.4

Ingredients:

- Pumpkin puree – ¾ cup
- Vanilla protein powder – 1 scoop
- Unsweetened almond milk – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Combine the ice cubes, ingredients, and additional liquids in a high-powered blender. Blend on high until smooth and creamy. Pour into glasses and enjoy right away.



WEIGHT-LOSS SMOOTHIES



Peach & Mango Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories: 156
Fats (g): 0.7
Carbs (g): 37.8
Protein (g): 2.4

Ingredients:

- Peaches – 2, peeled and sliced
- Fresh mango – 1 cup, chopped
- Filtered water – 1 cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, vegetables, and the other ingredients to a high-powered blender. Blend until smooth and refreshing. Pour into glasses and enjoy right away.

Tips:

- Use ripe peaches for a smoother blend.
- Blend the mango first to break the fibers.
- Serve very cold for best sweetness.
- Add ice slowly to avoid thinning.
- Drink fresh—tropical aroma fades quickly.



Strawberry & Beet Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):
Calories: 148
Fats (g): 0.8
Carbs (g): 34.1
Protein (g): 2.5

Ingredients:

- Fresh strawberries – 1½ cups, hulled
- Cooked beet – ½ cup, diced
- Filtered water – 1 cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, vegetables, and the other ingredients to a high-powered blender. Blend until smooth and refreshing. Pour into glasses and enjoy right away.

Tips:

- Use cooked beet for a milder flavor.
- Blend the beet with water first.
- Chill strawberries for a brighter color.
- Serve immediately to preserve red tones.
- Rinse blender quickly—beet stains.



Cherry Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 132

Fats (g): 0.6

Carbs (g): 30.4

Protein (g): 2.1

Ingredients:

- Frozen cherries – 1½ cups, pitted
- Filtered water – 1 cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, vegetables, and the other ingredients to a high-powered blender. Blend until smooth and refreshing. Pour into glasses and enjoy right away.



Tips:

- Use frozen cherries to avoid adding ice-heavy dilution.
- Blend cherries first for smoother texture.
- Serve immediately for best color and flavor.
- Add water gradually to control thickness.



Melon Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 118

Fats (g): 0.4

Carbs (g): 27.9

Protein (g): 1.7

Ingredients:

- Ripe melon – 2 cups, cubed
- Filtered water – ¾ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, vegetables, and the other ingredients to a high-powered blender. Blend until smooth and refreshing. Pour into glasses and enjoy right away.



Tips:

- Choose fragrant melon for natural sweetness.
- Chill melon cubes before blending.
- Use less water for a thicker texture.
- Blend briefly to keep it light.
- Consume right away—melon oxidizes fast.





Carrot & Tomato Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 126
Fats (g): 0.5
Carbs (g): 28.9
Protein (g): 2.7

Tips:

- Use ripe tomatoes for sweetness.
- Blend carrots with water first.
- Serve well chilled for clean finish.
- Add water slowly for a smooth texture.
- Drink fresh for the best vitamin punch.

Ingredients:

- Carrots – 2 medium, peeled and chopped
- Tomatoes – 2 medium, chopped
- Filtered water – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, vegetables, and the other ingredients to a high-powered blender. Blend until smooth and refreshing. Pour into glasses and enjoy right away.



Lettuce & Spinach Smoothie



Servings:
2



Prep time:
10 min



Nutrition (per serving):

Calories: 104
Fats (g): 0.4
Carbs (g): 22.8
Protein (g): 3.9

Tips:

- Use inner romaine leaves for a mild taste.
- Blend greens with water first.
- Serve immediately to preserve color.
- Add extra ice for a thicker body.
- Drink fresh greens—they fade quickly.

Ingredients:

- Romaine lettuce – 2 cups, chopped
- Fresh spinach – 2 cups
- Filtered water – 1½ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, vegetables, and the other ingredients to a high-powered blender. Blend until smooth and refreshing. Pour into glasses and enjoy right away.

Blueberry & Cucumber Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 142

Fats (g): 0.6

Carbs (g): 32.4

Protein (g): 3.6

Ingredients:

- Fresh blueberries – 1 cup
- Cucumber – 1 cup, peeled
- Fresh spinach – 1½ cups
- Filtered water – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, vegetables, and the other ingredients to a high-powered blender. Blend until smooth and refreshing. Pour into glasses and enjoy right away.



Tips:

- Peel the cucumber to avoid bitterness.
- Blend greens with water first.
- Add blueberries last for vivid color.
- Serve chilled for appetite control.
- Use wide glass—this one is refreshing.

Apple, Carrot & Spinach Smoothie



Servings:

2



Prep time:

10 min



Nutrition (per serving):

Calories: 138

Fats (g): 0.6

Carbs (g): 31.4

Protein (g): 3.2

Ingredients:

- Apple – 1 large, peeled
- Carrot – 1 medium, peeled
- Fresh spinach – 2 cups
- Filtered water – 1¼ cup
- Ice cubes – ¼ cup

Instructions:

Add ice cubes, fruit, vegetables, and the other ingredients to a high-powered blender. Blend until smooth and refreshing. Pour into glasses and enjoy right away.



Tips:

- Peel apple for smoother blend.
- Blend carrot with water first.
- Serve cold to enhance sweetness.
- Drink immediately for freshness.
- Add ice gradually for control.



CONCLUSION

Congratulations on making it to the finish line!

This accomplishment signifies two vital truths: (1) you are truly committed to transforming your well-being, and (2) your blender is now an indispensable member of your kitchen.

These 100 smoothie recipes are not just a collection of ideas; they are your keys to building powerful, healthy habits. Feel free to mix and match based on your specific goals: select lighter blends for weight loss, explore antioxidant and cleansing options for variety, choose gentle digestive-friendly smoothies when your stomach craves peace, embrace green blends for a burst of nutrition without the need for chewing, opt for high-energy recipes on those hectic mornings, and indulge in protein-packed smoothies for a more satisfying meal.

The real secret to success is consistency. Create a simple, sustainable routine that fits your lifestyle: whether it's whipping up a smoothie daily, three or four times a week, or committing to a refreshing 7-day reset. Preparation is your greatest ally: portion fruits into freezer bags, stock up on convenient add-ins, and always taste your creations before considering sweeteners. Your palate will quickly adapt, and you'll find those cravings quieting down.

As Aristotle wisely stated, «We are what we repeatedly do.» Make the healthy choice effortless. Start with your top five favorite recipes, repeat them until they become second nature, and then introduce new flavors to keep your journey exciting.

If you have any medical conditions, take medications, or follow a specialized diet, be sure to consult your healthcare provider before making significant changes. Otherwise, keep it straightforward: prioritize real ingredients, cultivate steady habits, and nurture your curiosity.

Now, it's time to close this book, rinse out that blender, and take your next empowering step. *Your future self is already celebrating your commitment to a healthier you!*



