

## Strawberry Banana Smoothie

Serves 1 · 5 min prep · 335 cal · 20 g protein

### YOU NEED

**1 cup** frozen strawberries

**1** medium banana (fresh or frozen)

**½ cup** plain Greek yogurt

**¾ cup** milk (any kind)

**1 tsp** honey (optional)

### METHOD

1. Add the milk and yogurt to the blender first: liquids on the bottom help the blades catch.
2. Add the banana, strawberries and honey (if using).
3. Blend on low for 10 seconds, then on high for 30-45 seconds until completely smooth.
4. Taste and adjust: more milk to thin, a few more frozen berries to thicken.

**Tip:** Using fresh strawberries? Add ½ cup of ice so it isn't thin.

## Green Smoothie for Beginners

Serves 1 · 5 min prep · 240 cal · 6 g protein

### YOU NEED

**2 cups** baby spinach

**1 cup** frozen pineapple chunks

**1** frozen banana

**1 cup** unsweetened almond milk

**½ tsp** fresh ginger, grated (optional)

### METHOD

1. Blend the almond milk and spinach first until no leafy bits remain, about 30 seconds.
2. Add the pineapple, frozen banana and ginger.
3. Blend on high until smooth and creamy, 30-45 seconds.
4. Add a splash more milk if it's too thick to pour.

**Tip:** Blending greens with the liquid first is the secret to a smoothie with no stringy bits, especially in a less powerful blender.

## Peanut Butter Banana Smoothie

Serves 1 · 5 min prep · 495 cal · 20 g protein

### YOU NEED

1 frozen banana

2 **tbsp** peanut butter

$\frac{1}{4}$  **cup** rolled oats

1 **cup** milk (any kind)

$\frac{1}{4}$  **tsp** ground cinnamon

$\frac{1}{2}$  **cup** ice

### METHOD

1. Add the milk, oats and peanut butter to the blender and let sit for a minute so the oats soften.
2. Add the frozen banana, cinnamon and ice.
3. Blend on high for 45-60 seconds until completely smooth.

**Tip:** Natural peanut butter (just peanuts and salt) works best; stir it well first.

## Mixed Berry Smoothie

Serves 1 · 5 min prep · 260 cal · 15 g protein

### YOU NEED

1 $\frac{1}{4}$  **cups** frozen mixed berries

$\frac{1}{2}$  medium banana

$\frac{1}{2}$  **cup** plain Greek yogurt

$\frac{3}{4}$  **cup** unsweetened almond milk

1 **tsp** honey (optional)

### METHOD

1. Pour the almond milk and yogurt into the blender.
2. Add the banana, berries and honey.
3. Blend on high until smooth, 45 seconds. Scrape down and blend again if berries get stuck.

**Tip:** Raspberry and blackberry seeds can be gritty in a basic blender: blend a little longer, or strain if it bothers you.

## Mango Smoothie

Serves 1 · 5 min prep · 305 cal · 17 g protein

### YOU NEED

**1½ cups** frozen mango chunks

**½ cup** plain Greek yogurt

**½ cup** orange juice

**¼ cup** milk (any kind)

**1 tbsp** lime juice (optional)

### METHOD

1. Add the orange juice, milk and yogurt to the blender.
2. Add the frozen mango and lime juice.
3. Blend on high until silky, 30-45 seconds. Add more milk if needed.

**Tip:** Frozen mango is often cheaper and riper than fresh. If you use fresh, add ½ cup ice.

## Tropical Smoothie

Serves 1 · 5 min prep · 285 cal · 5 g protein

### YOU NEED

**1 cup** frozen mango chunks

**1 cup** frozen pineapple chunks

**½** medium banana

**1 cup** coconut water

**1 tbsp** lime juice

### METHOD

1. Add the coconut water and lime juice to the blender.
2. Add the banana, mango and pineapple.
3. Blend on high until smooth, 45 seconds.

**Tip:** For a creamier version, use coconut milk instead of coconut water.

## Blueberry Smoothie

Serves 1 · 5 min prep · 335 cal · 21 g protein

### YOU NEED

**1 cup** frozen blueberries

**½** medium banana

**½ cup** plain Greek yogurt

**¾ cup** milk (any kind)

**1 tbsp** ground flaxseed

**¼ tsp** vanilla extract

### METHOD

1. Add the milk, yogurt, flax and vanilla to the blender.
2. Add the banana and blueberries.
3. Blend on high for 45 seconds until smooth and purple all the way through.

**Tip:** Wild blueberries are smaller and more intense: use them if you can find them frozen.

## High-Protein Chocolate Smoothie

Serves 1 · 5 min prep · 455 cal · 38 g protein

### YOU NEED

**1** frozen banana

**1 scoop** chocolate whey protein (about 30 g)

**1 tbsp** unsweetened cocoa powder

**1 tbsp** peanut butter

**1 cup** milk (any kind)

**½ cup** ice

### METHOD

1. Add the milk, protein powder, cocoa and peanut butter to the blender.
2. Blend for 10 seconds to dissolve the powder.
3. Add the frozen banana and ice; blend on high until thick and smooth.

**Tip:** Add protein powder after the liquid and before the fruit so it doesn't cake on the jar.

## Creamy Smoothie Without Banana

Serves 1 · 5 min prep · 265 cal · 14 g protein

### YOU NEED

- 1 **cup** frozen mixed berries
- ¼ ripe avocado
- ½ **cup** plain Greek yogurt
- ¾ **cup** unsweetened almond milk
- 2 **tsp** honey (optional)

### METHOD

1. Add the almond milk, yogurt and avocado to the blender.
2. Add the berries and honey.
3. Blend on high for 45-60 seconds until silky.

**Tip:** Other banana swaps: frozen mango, ½ cup frozen cauliflower rice, ¼ cup oats or 2 tablespoons chia seeds.

## Oatmeal Breakfast Smoothie

Serves 1 · 5 min prep · 435 cal · 24 g protein

### YOU NEED

- ⅓ **cup** rolled oats
- 1 frozen banana
- ½ **cup** plain Greek yogurt
- 1 **cup** milk (any kind)
- 2 **tsp** maple syrup (optional)
- ½ **tsp** ground cinnamon
- ¼ **tsp** vanilla extract

### METHOD

1. Blend the oats alone into a powder (5-10 seconds), or soak them in the milk for 5 minutes.
2. Add the milk, yogurt, maple, cinnamon and vanilla.
3. Add the frozen banana and blend on high until smooth.

**Tip:** Soaking the oats overnight in the milk in the fridge makes the smoothiest texture, and a faster morning.

## Kale Pineapple Smoothie

Serves 1 · 5 min prep · 195 cal · 4 g protein

### YOU NEED

**1½ cups** kale, stems removed

**1 cup** frozen pineapple chunks

**½** frozen banana

**1 cup** coconut water

**1 tsp** fresh ginger, grated

**1 tbsp** lemon juice

### METHOD

1. Strip the kale leaves from the stems and tear them into pieces.
2. Blend the kale with the coconut water until completely smooth, 45-60 seconds.
3. Add the pineapple, banana, ginger and lemon juice; blend until smooth.

**Tip:** Lacinato (Tuscan) kale is a little milder than curly kale.

## Avocado Smoothie

Serves 1 · 5 min prep · 310 cal · 5 g protein

### YOU NEED

**½** ripe avocado

**1 cup** baby spinach

**1** frozen banana

**1 cup** unsweetened almond milk

**2 tsp** honey (optional)

**1 tbsp** lime juice

### METHOD

1. Add the almond milk and spinach and blend until smooth.
2. Add the avocado, banana, honey and lime juice.
3. Blend on high until silky, 30-45 seconds.

**Tip:** Use a ripe avocado: it should yield to gentle pressure.