

# Balanced Smoothie *Tips & Recipes*



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# SMOOTHIE DETAILS AND TIPS

## Why smoothies?

- Smoothies are a great way to pack in A LOT of nutrient-dense foods, super quick to make & can be satisfying and keep you energized for hours if made the RIGHT way with balanced blood sugar ingredients!
- MEAL PREP OPTION: To save time during the week, you can try using ziplock bags, and you can divide all of your ingredients including fruit, greens, fiber and superfoods into bags and freeze (DO NOT add liquid).
- In the mornings, all you have to do is pour in the smoothie bag ingredients, and add liquid and your fat choice to your blender! Blend and enjoy!

## A few favorite brands:

Protein Powder & Collagen:

- Tone It Up Unsweetened Plant-Based
- Ancient Nutrition Plant-Based Protein or Bone Broth
- Designer EggTotally Egg Protein
- Vital Proteins
- Designer Whey Protein
- Garden of Life Plant-Based or Whey Protein
- Twenty-Two Nutrition
- Vital Protein Collagen Powder

# **BUILD - YOUR - OWN**

## *Smoothie Formula*

Easy option... Huge health impact.



### **BUILD YOUR BASE**

Add 1-2 cups liquid like unsweetened almond milk & frozen 1 cup cauliflower or ½ banana (plus 1 cup ice, optional) & then 1 ingredient from each column below...

#### **VEGGIES**

##### **2-3 CUPS**

Frozen Cauliflower Rice  
Spinach  
Kale  
Collard Greens  
Seasonal Greens  
Romaine  
Arugula

#### **FRUIT**

##### **1/2 CUPS**

Frozen Bananas 1/2 (if not in base)  
Berries 1 Cup (low GI)  
Lemon  
Lime  
Other fruit (1 serving)

#### **FIBER**

##### **1-2 TSP**

Chia Seeds  
Flax Seeds  
Fiber Powder  
Acai Powder  
Spirulina  
Psyllium

#### **FUN ADD-INS**

Cacao Nibs  
Cacao Powder  
Acai Powder  
Spirulina  
Maca  
70% dark chocolate  
spices: cinnamon,  
turmeric, etc)

#### **PROTEIN**

##### **1-2 SCOOPS**

Protein Powder  
Collagen Powder  
Whey Protein  
Hemp Protein  
Soy  
8-10 Oz Greek Yogurt

#### **HEALTHY FAT**

##### **1-2 TBSP**

Nut Butters  
Coconut Oil  
Frozen Avocado  
Nuts & Seeds  
(like hemp seeds, chia seeds - also fiber)  
Coconut Shavings

# Smoothie Recipes

TO INSPIRE YOU...





## Power Greens Smoothie

### Ingredients:

- 1 scoop Tone It Up Protein + Greens
- 1 cup almond milk
- 1 frozen banana
- Handful of strawberries or berries

Top with coconut and your fave nuts or seeds.

### Directions:

Blend all ingredients until smooth. Top to your liking!



## Cinnamon Smoothie

### Ingredients:

- 1 scoop vanilla Tone It Up Protein
- 1/2 cup frozen cauliflower rice
- 1 cup unsweetened almond milk
- 1 Tbsp. almond butter
- 1 tsp. cinnamon

### Directions:

- Combine all ingredients in a blender and blend until smooth.
- Add 1/4 extra almond milk if you like your smoothie thinner.



## Strawberry Kiwi Smoothie

### Ingredients:

- 1 1/4 cups unsweetened almond milk
- 1 cup frozen strawberries
- 1 kiwi
- 1/2 zucchini (chopped)
- 1 Tbsp. chia seeds
- 3 Tbsp. vanilla protein powder

### Directions:

- Blend and enjoy!



## Mango Lime Smoothie

### Ingredients:

- 1/2 cup frozen mango
- 1 cup frozen cauliflower
- 1 Lime
- 1/2 cup vanilla protein powder
- 1 1/2 cup plain coconut milk (unsweetened from carton)

### Directions:

- Blend and enjoy!



## Strawberry Banana Smoothie

### Ingredients:

- 1 frozen banana
- 1/4 cup strawberries
- 1 Tbsp. peanut or almond butter
- 1 scoop vanilla protein powder
- 1/4 cup almond milk
- Unsweetened coconut flakes

### Directions:

- Blend all ingredients except coconut.
- Top with coconut flakes & enjoy!



## Chocolate Smoothie

### Ingredients:

- 1 frozen banana
- 1/2 cup frozen cauliflower rice
- 1 spoonful cacao powder
- 1 scoop protein powder of your choice
- 1 heaping spoonful of greek yogurt
- 1 date
- 1 spoonful of cacao nibs
- Handful of ice
- 1/3 cup unsweetened almond milk

### Directions:

- Blend & enjoy!



## Green Goddess Smoothie

### Ingredients:

- 1/2 frozen banana
- 1/2 green apple
- 1/2 frozen avocado
- 1 cup unsweetened almond milk
- 4 cups spinach
- 1 scoop vanilla protein powder
- 1/2 tablespoon hemp seed or ground flax seed
- Optional (dash of cinnamon)

### Directions:

- Blend and enjoy!



## Chocolate Coffee Protein Smoothie

### Ingredients:

- 1 frozen banana
- 1 or 1.5 cups unsweetened almond milk
- 1 cup cooled coffee
- 1 tbsp almond or peanut butter
- 1 tsp chia seeds (optional)

### Directions:

- Blend and enjoy!



## Butternut Squash Smoothie

### Ingredients:

- 1 1/3 unsweetened almond milk
- 1/2 cup frozen cauliflower
- 4 leaves romaine (roughly chopped)
- 3/4 cup butternut squash (frozen, cubed)
- 1/2 frozen banana
- 1/8 tsp cinnamon
- 1/4 cup vanilla protein powder
- 1 1/2 Tbsp. chia seeds
- 1 Tbsp. almond butter

### Directions:

- Blend and enjoy!



## Hot Chocolate Smoothie

### Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup frozen cauliflower
- 1/2 banana
- 1/4 cup chocolate protein powder
- 2 Tbsp. cocoa powder
- 1 Tbsp. chia seeds
- 1/8 tsp sea salt (optional)

### Directions:

- Blend and enjoy!



## Chocolate Almond Butter Smoothie Bowl

### Ingredients:

- 1 unsweetened almond milk
- 1/4 cup chocolate protein powder
- 1/4 cup frozen cauliflower
- 1/2 zucchini
- 1 banana
- 1 Tbsp. almond butter
- 2 Tbsp. cocoa powder
- 1 Tbsp. chia seeds
- 1/4 cup raspberries
- 2 Tbsp. Granola (for topping, optional)

### Directions:

- Blend and enjoy!



## Berry Smoothie

### Ingredients:

- 1/2 Cup frozen raspberries
- 1/2 Cup frozen blackberries
- 1 handful spinach
- 1 Tbsp almond butter
- 1 Cup unsweetened almond milk
- 1/2 Tbsp chia seeds
- 1/2 Tbsp ground flaxseed
- 1 Tbsp cacao nibs

### Directions:

- Blend all ingredients (except cacao nibs). Serve and top cacao nibs. Enjoy!





## Pumpkin Pie Smoothie

### Ingredients:

- 1 cup ice
- 1 cup almond milk
- 1/2 cup pumpkin puree
- 1 scoop vanilla protein powder
- 2 tbsp almond butter
- 1 tsp pumpkin pie spice
- walnuts or pecans (optional toppings)

### Directions:

-Blend & top with optional toppings.



## Apple Pie Chia Smoothie

### Ingredients:

- 1 apple cut into small pieces
- 1 cup almond milk
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- pinch nutmeg and salt
- 4 oz of plain greek yogurt

### Directions:

-Blend and enjoy!



## Birthday Cake Smoothie

### Ingredients:

- 1/2 banana
- 1 tbsp cashew butter
- sprinkles
- 1 cup unsweetened almond milk
- 1/2 tsp vanilla
- 1 scoop vanilla protein

### Directions:

-Blend all ingredients & add optional 1-2 Tbsp Cool Whip & enjoy!



## Peach Cobbler Smoothie

### Ingredients:

- 1/2 Cup chopped frozen peaches
- 1 Cup unsweetened coconut milk
- 1/3 Cup cottage cheese (can't taste it!)
- 1 scoop vanilla protein powder
- 1 tbsp chia seeds
- handful ice
- 1/4 cup grain-free or low sugar granola (optional topping)



## Mint Chip Smoothie

### Ingredients:

- 1-2 Scoops Vanilla Protein Powder
- 1 to 2 Tbsp Coconut Oil
- 1-2 Tbsp Chia Seeds
- Fresh Mint Leaves
- 2 Cups Unsweetened Almond or Ripple Milk
- 1/8 C Cacao Nibs

Directions:  
Blend & enjoy.



## Peanut Butter Cacao Smoothie

### Ingredients:

- 1-2 Scoops Chocolate Protein Powder
- 2 Tbsp Peanut Butter
- 1-2 Tbsp Chia Seeds
- 2 Cups Unsweetened Nut Milk
- 1 Tbsp Cacao Nibs

Directions:  
Blend & enjoy!



## Vanilla Almond Butter Smoothie

### Ingredients:

- 1 Cup Unsweetened Ripple Milk
- 1 C Frozen Cauliflower Rice
- 2 tsp Cinnamon
- 1-2 Scoops Vanilla Protein
- 2 Tbsp Almond Butter

Directions:  
Blend & enjoy.



## Mint Chip Smoothie

### Ingredients:

- 1-2 Scoops Vanilla Protein Powder
- 1 to 2 Tbsp Coconut Oil
- 1-2 Tbsp Chia Seeds
- Fresh Mint Leaves
- 2 Cups Unsweetened Almond or Ripple Milk
- 1/8 C Cacao Nibs

Directions:  
Blend & enjoy.



## Peanut Butter Cacao Smoothie

### Ingredients:

- 1-2 Scoops Chocolate Protein Powder
- 2 Tbsp Peanut Butter
- 1-2 Tbsp Chia Seeds
- 2 Cups Unsweetened Nut Milk
- 1 Tbsp Cacao Nibs

Directions:  
Blend & enjoy!