

Table of Contents

Breakfast

Smoothies

Ultimate Healthy Breakfast Smoothie.....	2
Pineapple Green Smoothie.....	3
Berry Spinach Protein Smoothie.....	4
Rainbow Breakfast Smoothies	5
Creamy Chocolate Breakfast Shake.....	6

Ultimate Healthy Breakfast Smoothie

CookingLight



1 serving



3 minutes

INGREDIENTS

1 medium banana (fresh or frozen)

½ cup sliced strawberries, blueberries, or chopped mangos

¼ cup 2% plain Greek yogurt

1 tablespoon almond butter

½ cup baby spinach

½ cup unsweetened almond milk

Optional: 1-2 basil leaves, 2-3 mint leaves, ½ teaspoon peeled, chopped ginger



INSTRUCTIONS

1. Place all ingredients in a blender; process until smooth

NOTES

- too thick = more almond milk
- too thin = add ice
- For Dairy Free:
 - sub plant-based yogurt

NUTRITIONAL INFORMATION

Calories 300

Fat 11g

Protein 12.5g

Sugars 22g

Carbohydrates: 40g

Pineapple Green Smoothie

Primavera Kitchen

 2 servings  5 minutes

INGREDIENTS

1/2 cup almond milk you can also use coconut water or even almond milk

1 cup baby spinach

1 medium ripe bananas peeled and frozen into chunks

3/4 cup frozen pineapple chunks

Juice of half a lemon

1 tablespoon chia seeds



INSTRUCTIONS

1. Add all the ingredients to a blender and puree for about 30 seconds.
2. Taste to adjust flavor and serve immediately.

NUTRITIONAL INFORMATION

Calories 132

Fat 3g

Protein 4g

Sugars 12g

Carbohydrates: 30g

Berry Spinach Protein Smoothie

The Lemon Bowl



1 serving



5 minutes

INGREDIENTS

1 cup mixed berries (frozen)

½ banana

½ cup Greek yogurt (0% fat)

1 scoop protein powder

½ cup water

1 tablespoon flax seed meal

1 teaspoon grated fresh ginger (optional)

1 teaspoon cinnamon

2 cups baby spinach

handful ice



INSTRUCTIONS

1. Place all ingredients in a blender and puree until smooth.

NUTRITIONAL INFORMATION

Calories 277

Fat 2.9g

Protein 24.8g

Sugars 26.5g

Carbohydrates: 44.5g

Rainbow Breakfast Smoothie

Love & Lemons



1 serving



15 minutes

INGREDIENTS

Freeze into each container:

- ½ banana

Strawberry Goji:

- big handful of strawberries, sliced
- ¼ cup dried goji berries

Peach:

- 1 peach, sliced
- handful of raspberries
- ½ tablespoon almond butter

Mango Maca:

- slices from ½ of a large mango
- 1 peach, sliced
- 1 teaspoon maca powder

Spinach & Mango

- slices from ½ of a large mango
- handful of fresh spinach
- 1-2 teaspoons matcha

Cherry Blueberry Cacao:

- ⅓ cup tart cherries
- ⅓ cup blueberries
- ½ - 1 tablespoon raw cacao powder

Blend each smoothie with:

- ½ - ¾ cup almondmilk
- a few pieces of ice



INSTRUCTIONS

1. Assemble ½ banana into each freezer container (or freezer safe baggie). Add fruits/vegetables, then place your containers into the freezer until you're ready to blend each one.
2. Blend each smoothie with a few pieces of ice and ½ cup to ¾ cup almond milk (enough almond milk to get your blender blade moving).
3. Blend in "extras" (goji berries, almond butter, maca, matcha, cacao) at the end.

NUTRITIONAL INFORMATION

Calories 170

Fat 1.6g

Protein 3.3g

Sugars 9.5g

Carbohydrates: 39g

(base)

Creamy Chocolate Breakfast Shake

Minimalist Baker



2 servings



10 minutes

INGREDIENTS

- 2 frozen ripe bananas (chopped prior to freezing)
- 1/3 cup frozen strawberries (or blueberries)
- 2-3 heaping Tbsp cocoa powder
- 2 Tbsp salted almond butter
- 1 Tbsp flaxseed meal (optional)
- 1.5-2 cups unsweetened vanilla almond milk (sub soy or coconut)
- 1 dash stevia or agave nectar (depending on sweetness of bananas)
- 1/3 cup ice
- 1 big handful big handful of spinach



INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth.
2. If you prefer a more chocolatey shake, add more cocoa powder. If you prefer it sweeter, add more stevia or agave. If you prefer it thinner, add less ice OR more almond milk.

NUTRITIONAL INFORMATION

Calories 312

Fat 14g

Protein 6.2g

Sugars 27g

Carbohydrates: 48g