



PLANT-BASED SMOOTHIE RECIPES

100

EASY VEGAN
SMOOTHIE
RECIPES

www.plantbasedcookbook.com



INTRODUCTION

I'm thrilled to introduce you to "Plant-Based Smoothies," your perfect companion to the "Plant-Based Cookbook." In this bonus book, we're diving headfirst into the world of smoothies, and you're about to discover a whole lot more than just blended fruits and veggies.

So, what's in store for you?

First off, we've crafted these smoothie recipes to cater to a variety of your needs. Whether you're aiming to shed a few pounds, boost your energy levels, or even gain muscle as a vegan, we've got you covered. With "Plant-Based Smoothies," you'll learn the secret recipes that can help you reach your health and fitness goals. These smoothies are packed with nutrient-dense ingredients, and we've tailored them to your specific objectives.

Want to kickstart your day with a burst of energy? Looking for a tasty way to shed some weight in a healthy, sustainable manner? Perhaps you're keen on building muscle while staying true to your vegan lifestyle? Look no further – our smoothies have you in mind.

But it's not just about the recipes. We'll also take you on a journey through the main components of a vegan plant-based diet. You'll learn all about the essential elements that make up a balanced and nutritious vegan meal.

And the best part? We'll guide you through the entire process, from start to finish. You don't need to be a smoothie pro to dive in – we're keeping it simple, fun, and super easy to follow.

By the time you've explored "Plant-Based Smoothies," you'll have a wealth of knowledge about creating these delicious, nutritious concoctions. You'll be blending up smoothies that tick all your boxes, and you'll have the skills to tweak recipes to your taste.

So, are you ready to embark on this delightful journey of plant-based smoothie mastery? With this bonus book, we've got your back every step of the way. Let's blend, sip, and nourish our way to a healthier, more vibrant you!

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HEALTH BENEFITS OF A PLANT BASED DIET

A whole foods plant based diet can be one of the healthiest ways to live. Plant-based diets should contain plenty of fresh fruits and vegetables, whole grains, beans, legumes, nuts and seeds. Because vegan diets often rely heavily on these healthy staples, they tend to be higher in vitamins, minerals, phytochemicals, and fibre. Healthy vegan diets are abundant with vitamins B1, C, and E, folic acid, magnesium, and iron while also being low in cholesterol and saturated fats.

A plant-based vegan diet can reduce the risk of mortality from conditions such as:

- Type 2 diabetes
- Cardiovascular disease
- Ischemic heart disease
- Hypertension
- Stroke
- Obesity
- Some cancers including prostate and colon cancer

Vegan diets can be healthy for anyone of any age, including children, pregnant and lactating women, and the elderly. It's important to note that vegans need to pay special attention to their diets to avoid specific nutrient deficiencies. There is little risk of deficiency in a well-planned vegan diet.

Following a vegan lifestyle contributes less air pollution and puts less stress on our natural resources by requiring less land, fossil fuels, and water.



Moving to a plant-based diet means you are changing everything about your lifestyle. You are not only getting rid of and replacing certain foods, you are changing your body as well.

For the first few weeks, your body will be making an adjustment to the new lifestyle and you will need to boost your immune system as well as protein and nutrient levels for your energy. One way you can do that is to reap the benefits of smoothies for a plant-based diet.

Here are a few of those benefits:

1. Flushing Your System Naturally

When you first start on a plant-based diet, you may start to notice some digestive issues. This is usually because you are trying to flush out the toxins and meat byproducts that may be left behind in your system. This can cause constipation.

Plant-based smoothies give you an option to get the fiber and nutrients you need into your system in a pre-broken down form. Your body can digest this easily and push it through your digestive system. This helps keep the colon and liver flushed out and helps reduce bloating and inflammation as well.

2. Full Meals With Full Nutrients

You may find it difficult to make the transition to the plant-based diet at first because you may experience fatigue. You may feel like you aren't getting enough protein or that you are dehydrated as well. Smoothies can help with that greatly. Not only do they deliver hydration to your body, they also can be a meal replacement.

You can give yourself more foods through a smoothie than you could eat in one sitting. For example, a banana smoothie can contain upwards of 6 ripe bananas, along with other plant-based foods. That is not something you may be able to take on as a regular meal option.

3. Supplement Replacement

One of the issues that many people trying to live a healthy lifestyle have is the need for supplements. This can be due to not having the right nutrients in the meal planning and prep stages, so supplements are required. You may also find that no matter what you do, you may seem to be lacking in certain nutrients.

For some people this could mean taking more than 6 or even a dozen supplement options a day. A smoothie can replace these by allowing you to get everything you need, in the dosage you need, without extra supplements.

By keeping these benefits in mind, you can ensure that you are developing the right menu plan and getting everything you need in a day without eating all day. Remember, you don't have to stick to the same smoothies all the time. You can mix them up, add more superfoods.

MAIN COMPONENTS TO SWITCH TO A PLANT BASED DIET

If you were already on a healthy living track, and now you are going to a plant-based dietary plan, you may already be using smoothies. Smoothies have many benefits and can be adapted into your daily plant-based routine fairly easily.

The key aspect to remember is that some smoothies, as they are, do not fit a plant-based plan. Here are some of the main components to change for a plant-based smoothie routine.

1. Removing Dairy

You may already know that dairy is an issue since it is not plant-based. Unfortunately, you may not know how to replace it in smoothies if you are used to using yogurt or even whole milk as a base. You can remove the dairy and instead use orange juice to replace it.

You can also forgo the option of juice or milk and use just the fruits and some water. If you are worried about using tap water or even filtered water, try using coconut water to help boost the immune system and the benefits of the smoothie.

2. Switch From Protein Powders To Plant Smoothies

In most smoothies, you may be used to using a protein powder to give you not only your protein, but also some other nutrients you are trying to get into your diet. The problem with using powders is that you are not always getting a total plant-based product.

Even some that are labeled plant-based may not be once you start adding the processes the powder goes through and the preservatives it has in it.

Since this is the case, you want to swap out the protein powder for plant based superfoods that have protein. This will give you the same result from an organic source with no processing or preservatives.

3. Change Up Your Greens And Fruits

You may get into a rut when it comes to your smoothies. This rut is due to people wanting to maintain a certain amount of nutrients in each smoothie. They figure if nothing is wrong with the smoothie, then there is no need to change it or swap it out. This is especially true if the smoothie is already a plant-based option. The truth is, your body may get used to the smoothies and it can cause issues overtime. Bloating, inflammation, and constipation can occur. To avoid this, go ahead and change up your greens and fruits every two weeks. This will help keep a rotation and keep nutrients going into your body at a normal rate.

You may be wondering how to change these main components and ensure that you are getting true plant-based options and organic foods. Instead of looking for labels that are plant-based simply look for vegan options. The vast majority of the vegan options out there are not only organic, but also non-GMO. This will make finding the swaps easier.

HOW TO MAKE A PLANT BASED SMOOTHIE

One of the reasons that many people on a plant-based diet use smoothies is to either get in more of their daily nutrients or to get more protein into their diet. If you are attempting to get more protein into your plant-based diet, then you may be looking at smoothie ingredient options.

You can use a protein based powder, but often times these may not give you the results you want. Here are the steps to make a non-powder plant-based protein smoothie.

1. Check Your Superfoods

It doesn't really matter if you are making a green, fruit, or mixed smoothie. What does matter is that you are getting enough protein. This means you need to double check your superfoods and find the ones that are rich in protein. Make sure you have several options for fruits and for vegetable based options.

Make sure that you can mix them up and keep your routine fresh. Also, check for superfoods that are easy to come by near you. It won't help if you find the ideal superfood, but have no way to obtain it.

2. Choose The Base

Most smoothies are based with either water, coconut water, or juice. You can use nut based or plant-based milks like soy, almond, and coconut as well. You may not think it matters what you choose, but the truth is, some options work better than others with specific types of smoothies.

For example, a banana smoothie with mangoes and vanilla sugar crystals or powder is already creamy when it is made. Adding water can make it too watery and lose its flavor. However, adding a creamy base like a nut based milk will keep the smooth consistency and flavor.

3. Ripe Is Right

Okay, so it sounds silly but ripe fruits are the right fruits and so are ripe vegetables. You don't want to have a rock hard pear in your smoothies. Everything needs to be ripe to work well, blend well, and go down well. With that in mind you may be wondering what that has to do with your protein.

The truth is, some fruits and vegetables excrete more protein and nutrients when they ripen rather than any other time. So, if you are using ripe foods in your plant-based smoothie, then you are getting them at the best time and the most protein packed.

The ultimate key to making a plant-based protein smoothie is to look at your superfood options. You may be surprised to find that certain superfoods have a lot of protein. You can also use nut based butters to help boost your smoothies. Just make sure everything is labeled organic and vegan.

WAYS TO ADD MORE PROTEIN TO SMOOTHIES

So, you have been using protein powder or using a traditional type of protein based smoothie recipe that you found online. The problem is, you may be noticing you are not getting the amount of protein you really need.

With that in mind, you may be looking at some other ways to boost your protein in your smoothies.

Here are a few of the ways you can add more protein to your plant-based smoothie without sacrificing flavor:



1. NUT BUTTERS

Nut butters are one of the easiest ways to add more protein to your smoothies. You can add it a tablespoon at a time.

If you bought the nut butter from an organic source, you will have an easier time since the nutrient chart will show how many servings of protein are in each tablespoon. Make sure the nut butter is creamy and is at room temperature.



2. NUT BASED MILKS

If you don't want the thickness or sweetness that a nut butter adds to your smoothie, consider adding a nut based milk instead. You may be surprised to find that nut based milks contain a large amount of protein along with calcium and other nutrients. If you are used to using dairy milk or yogurt for your smoothies then this will be an ideal swap and easy to relate to. tablespoon. Make sure the nut butter is creamy and is at room temperature.



3. HEMP

Hemp is full of protein with over 36% of the product being based in protein. Hemp also has Omega 3's which can be very beneficial in a plant based diet plan. Hemp can be added in seed form to smoothies and can digest easily. You can also find hemp powder, hemp sugars, and other forms of hemp to add to your smoothies.



4. CHIA SEEDS

If you don't want the thickness or sweetness that a nut butter adds to your smoothie, consider adding a nut based milk instead. You may be surprised to find that nut based milks contain a large amount of protein along with calcium and other nutrients. If you are used to using dairy milk or yogurt for your smoothies then this will be an ideal swap and easy to relate to. tablespoon. Make sure the nut butter is creamy and is at room temperature.

INGREDIENTS FOR A PLANT BASED SMOOTHIE

There are several ways you can boost your plant-based diets and smoothies are one of them. Unfortunately, many of the options out there are very fruit filled or sweet due to some other ingredient, like peanut butter for protein.

There are very few options that incorporate the greens that you need for the day in an amount that works well for smoothies. Here are some ingredients that are not normally mentioned as part of green smoothies to give you a solid plant-based nutrient rich option.



1. WHEAT GRASS

Wheatgrass is one of the first ingredients you need to consider for a green plant-based smoothie. There are several reasons for this. The first is the large amount of benefit you get from this anti-cancer and cancer fighting grass.

The second reason is because wheatgrass is so easy to grow in your own home. This means that even if it is not easy to find locally, you can grow it and have it ready fresh on a daily basis. Wheatgrass is also very rich in protein and can be a protein boost for your green smoothie.



2. DANDILION

Dandelion can be used for a number of things and is listed as a major superfood. You can find it growing in most wild areas and all aspects of the plant can be used. Dandelion greens can be used in a green plant-based smoothie to boost your iron content. They also contain folate and magnesium.



3. KALE

You should have kale at least once or twice a week to gain the benefits it can bring to you. If you don't like the taste of kale when it is steamed or when it is raw, then in your green plant-based smoothie may be the ideal option. Kale has a large amount of iron and is an anti-inflammatory superfood. This can be vital if you start a new workout plan and you start to feel like you are getting stiff and inflammation is becoming an issue. Kale can help reduce the inflammation in joints and can help with mobility. In addition to these benefits, kale can bring a large amount of fiber into your system without adding many calories or fat.



4. SEEWEED

It sounds odd but seaweed can be a wonderful edition to green plant-based smoothies. The main reason to use it in a green smoothie is to boost your Omega 3. It can give you the same benefits as a salmon dish or other fish.

You can mix these ingredients to make a massive superfood green plant-based smoothie. You can also add these ingredients to the more common smoothies like the Green Goddess smoothie to give them a boost.

NUTRIENT PACKED VEGAN SMOOTHIE RECIPES

When you're ready to make your plant-based smoothies, a good place to start is by focusing on better nutrition with those smoothies. This ensures you are making a smoothie that is vegan-approved, but also has all the important nutrients you need while on a plant-based diet.

Here are some different options to try out:



1. BERRY & KIWI SMOOTHIE

When you want a smoothie that isn't using any dairy, but packs a big nutrient punch, you want to look at the combination of fruits and veggies you are using. Instead of just a berry smoothie, add other fruits like kiwi to offer even more health benefits to it.

The berries and kiwi are both loaded with antioxidants, plus have vitamin C and lots of other nutrients. Try to use frozen fruit if you can, as that reduces how much

2. GREEN SMOOTHIE

This smoothie isn't your ordinary green smoothie, but has some other ingredients to increase its overall nutrition and protein. You will start with basic green smoothie ingredients like apples and spinach, then add other fruits for more nutrition. Along with that, add in a little peeled ginger, hemp protein, and spirulina powder. For the dairy, coconut milk and almond milk both work great with this smoothie recipe. If you add in a frozen banana, you don't need to use ice with the green smoothie.



3. NUTS, CINNAMON & MACO SMOOTHIE

Here is a smoothie that uses an interesting collection of ingredients to not only be good for a plant-based diet, but add in some extra nutrients at the same time. Plus, it will taste like you are eating a cinnamon cookie! You want to use almond butter and almond milk, plus some ground cinnamon, flax seed, dates, and vanilla extract. Don't forget the maca powder, and consider adding some hemp protein powder for a protein smoothie that is great to enjoy after a workout. As you can see, there are many ways to add more nutrition to your plant-based smoothies. You can go with different fruits, add in some greens, or go with additives like maca powder, nuts, and flax seeds.



BASIC VEGAN SMOOTHIES WITHOUT USING SOY

When you are on a vegan or plant-based diet, you might assume you can no longer have smoothies due to the milk and yogurt often used. You may then decide that all smoothies use soy milk when they are vegan, but you have a sensitivity to soy. Luckily, it is possible to make some super delicious and healthy vegan smoothies without soy.



1. CLEMENTINE SMOOTHIE

This first plant-based smoothie recipe is creamy and fruity, but doesn't use any type of soy milk as a milk replacement. Instead, you can choose your own non-dairy milk, though coconut milk is preferred.

All you need is your coconut milk, a frozen banana, and peeled clementines. After this, you can choose to add other ingredients if you prefer, like more citrus fruit to increase the vitamin C, or even some nut butter especially if you are also using almond milk with the smoothie.

2. ALMOND TURMERIC SMOOTHIE

This is another smoothie made with non-dairy milk, allowing it to taste amazing even without using soy milk. This is also going to be super nutritious for you, since it uses turmeric, a spice that is loaded with important vitamins and minerals.

In addition to the powdered turmeric, you can add your favorite tropical fruits, such as pineapple, mango, and kiwi, along with some medjool dates to add a nut flavor and increase the overall health benefits of the smoothie. You can make it thicker by adding a banana as well.



3. BERRY & NON DAIRY YOGHURT SMOOTHIE

Many smoothies use yogurt to thicken them up, but since you want it plant-based, you just need to be careful what type of yogurt you use. There is non-dairy or vegan yogurt that works great with a mixed berry smoothie.

Combine the non-dairy yogurt of your choosing, either plain or flavored, with coconut milk, a banana, and your choice of berries. You can go with blackberries and raspberries, or add strawberries, raspberries, and blueberries. Use any combination you prefer. With a smoothie that includes berries, coconut milk is often preferred when you aren't using soy, but you can definitely use a non-dairy milk or almond milk if you want.

All of these smoothies are not only plant-based and vegan-friendly, but they don't use soy milk. Many people have an allergy or sensitivity to soy, so it shouldn't always be the dairy-free alternative you use for smoothies. Now you have a good reason to skip it!



HOW TO PREPARE A VEGAN BREAKFAST SMOOTHIE BOWLS

Breakfast Smoothie bowls are becoming very popular, not just because they are fun to make and pretty to look at, but they provide an excellent breakfast loaded with important nutrients your body needs. Get creative and include ingredients you love for breakfast, like your favorite fruits, nut milk and nut butter, and even cocoa!

Take a look at some of these plant-based smoothies that are perfect for the morning.



1. BERRIES, COCONUT SMOOTHIE BOWL

This first smoothie bowl is a simple recipe that lets you see just how you will put the smoothie bowl together. One thing to remember about smoothie bowls is that while many of the ingredients are the same as regular smoothies, there are some differences.

First of all, you need to make sure the smoothie itself is thicker since it is in a bowl and being consumed with a spoon instead of a straw. You will also add some extra toppings to the bowl. To make the smoothie bowl thick, add an extra banana, then use your non-dairy milk of choice, frozen berries, and some coconut.

2. GREEN BERRY SMOOTHIE BOWL

Here is another smoothie bowl that uses berries, but it also provides a green bowl with veggies. For the veggies, choose any greens you want, like spinach or kale, then add in plenty of frozen berries.

Along with that, use coconut milk or almond milk, and your frozen banana to thicken it up. If it is frozen, you shouldn't need to add ice, which reduces the water in the smoothie mixture and will help to keep it even thicker. You can also make it a little sweeter with a little bit of agave. For the top of this bowl, try slivered almonds and some berries.



3. OCEAN INSPIRED SMOOTHIE BOWL

This smoothie bowl is not only delicious, but very pretty. It has a lovely teal color thanks to the combination of bananas and avocados. Avocados are great for a smoothie because they take on the taste of any fruit and additives you add, but really help to make a thicker smoothie bowl.

Add in some vanilla almond milk or vanilla soy milk, and raw spirulina powder for more color and nutrition. For a sweeter flavor, you can add in more fruit or just use fruit as toppings, like kiwi slices and blueberries.

Get creative with your smoothie bowls, and just remember to add your frozen banana to thicken up the bowls.





1. TROPICAL CINNAMON SMOOTHIE BOWL

The great thing about this smoothie is that not only does it use some fun tropical fruits that are ideal in the spring and summer, but it adds ingredients that you would typically want for breakfast, like bananas and cinnamon. Together, it is a wonderful mix of flavors and nutrition.

For the tropical cinnamon smoothie, you want to add a frozen banana with some coconut milk or coconut water for the tropical aspect, then add in some medjool dates to it. You can add in some almond butter and ground cinnamon as well to the smoothie before blending it up.

2. BANANA, PINEAPPLE SMOOTHIE BOWL

If you are a fan of fruit and orange juice in the morning, why not throw it together in a simple smoothie? This makes it something you enjoy in the morning, but that also gives you more energy and provides essential nutrition needed for breakfast.

You can either cut open a pineapple fresh or just use chopped pineapple from a can, then add in a frozen banana, and some orange juice. Ice should only be needed if you aren't using any frozen fruit, otherwise you can just leave it out.



3. CHOCOLATE SMOOTHIE BOWL

Some people want to have a chocolate taste with their breakfast smoothie, and you can still accomplish this while also having a plant-based smoothie. What you want to do is use vanilla almond milk and unsweetened cocoa powder with vanilla extract, dairy-free chocolate chips, and rolled oats.

To add in sweetness, use maple syrup instead of honey like other recipes might ask for. You can also add in some banana and peanut butter if you want.

Remember that with any breakfast smoothie, you can beef it up, thicken it, and make it more filling by adding some oats. They don't need to be cooked, since they are blended with the other ingredients and won't turn out dry and hard to chew. This adds more nutrition and allows for a thicker plant-based smoothie ideal for breakfast.



BEST BLENDERS FOR VEGANS ON THE MARKET

A lot of blenders on the market today can make smoothies but if you have one from 20 years ago, chances are you will need to upgrade. The best blender should have a high power motor of a very minimum of 500 watts. The higher the power, the easier it will be for you to crush frozen fruits and ice and the better and creamier the results will be.

Think of this as an investment in a lifetime of health. Here are some of the best picks with the best reviews. These blenders can be found on Amazon, Just do a quick search for the name to find them.



1. VITAMIX 5200 BLENDER

The Vitamix 5200 remains one of the most popular blender models these days despite being around since 2007 due to its durability and quality, to both of which many users can attest. Its powerful nature coupled with its easy maneuverability and versatility makes it to the top of our list as the best blender for vegans. You will probably want to make smoothies for entire lifetime so you want a blender that will last you a long time.

This amazing blender is designed to blend anything and everything that's put into it, making it a great kitchen tool for vegans everywhere.

2. NINJA BL660 PROFESSIONAL

The Ninja Professional BL660 Blender is our runner-up in our guide for the best blender for vegans. Like the Vitamix 5200, it features a powerful motor and special total crushing blades that can turn even the hardest ice into snow-like consistency in just a matter of seconds.

Although it's not high-end, it's still considered as one of the greater blender models out there, for it can do everything its higher-end counterparts can but at a fraction of the cost, making it an excellent value for money.



3. HAMILTON BEACH POWER 58148A

If you're looking for a blender model that is affordable and of good quality, then the Hamilton Beach 58148A might be the blender for you. This is without a doubt our budget pick for the best blender for vegans.

Although considered a budget pick for its affordable price point, the Hamilton Beach 58148A offers many qualities that make it a great deal for your money. It features four buttons that trigger its twelve blending functions, ranging from crushing ice for smoothies to pureeing vegetables for your vegan sauces.



GREEN PEACH MACHA 89 @ HT



PREPARATION:

1. In this case, the addition of an avocado means that you can blend everything together, as it will all stick well and won't get separated too much. However, if you're still worried, I recommend adding the greens last in this case.

2. Blend everything until smooth. If you want to add a bit of zest to it, you can toss a couple of snickerdoodle cookies into the mix along with another ¼ cup of almond milk dust with cinnamon for some extra zest.

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 cup fresh spinach
- ❖ 1 frozen banana
- ❖ ½ avocado
- ❖ ¼ cup almond milk
- ❖ ½ tsp vanilla extract
- ❖ ¼ tsp cinnamon

BANANA, AVOCADO & SPINACH SMOOTHIE

Recipe

2



PREPARATION:

1. Add all ingredients to a blender until you achieve a smooth and creamy consistency.
2. Pour the green smoothie into a glass and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 cup fresh spinach
- ❖ 1 frozen banana
- ❖ ½ avocado
- ❖ ¼ cup almond milk
- ❖ ½ tsp vanilla extract
- ❖ ¼ tsp cinnamon

PEACHES, SPINACH & MATCHA SMOOTHIE



PREPARATION:

1. Add all ingredients into a blender and blend until the mixture is smooth
2. Add vanilla to taste if desired

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 2 1/2 cups peaches frozen
- ❖ 1 banana sliced
- ❖ 1 cup baby spinach packed
- ❖ 1/4 cups pistachios shelled and roasted (salted okay)
- ❖ 2 teaspoons matcha green tea powder Green Foods Matcha
- ❖ 1/2 teaspoons vanilla extract (optional)
- ❖ 1 cup coconut milk unsweetened

MATCHA, AGAVE & PINEAPPLE SMOOTHIE



PREPARATION:

Combine all ingredients in a blender and blend together until smooth

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 can light coconut milk
- ❖ 1 tablespoon Aiya cooking-grade matcha
- ❖ 1 tablespoon vanilla extract
- ❖ 2 ½ tablespoons agave nectar
- ❖ ½ cup shredded unsweetened coconut
- ❖ 1 cup frozen pineapple
- ❖ ½ ripe banana
- ❖ Small pinch salt

VANILLA, COCONUT SMOOTHIE



PREPARATION:

Combine all ingredients in a blender and blend together until smooth

Add more coconut water if needed

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 frozen banana
- ❖ 1 cup kale
- ❖ 2 tablespoon vanilla coconut yogurt
- ❖ 1 cup coconut water
- ❖ ½ scoop of vanilla protein powder
- ❖ handful of ice (optional)

MANGO, BANANA & MATCHA SMOOTHIE



PREPARATION:

1. Add the coconut milk to your blender jug, followed by the matcha green tea powder and spinach Blend
2. Add the mango and frozen bananas and blend until creamy and smooth

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 large mango (fresh or frozen)
- ❖ 2 frozen bananas
- ❖ 2 large baby spinach
- ❖ 2 tsp matcha green tea powder
- ❖ 1 cup (240ml) light coconut milk

BANANA & BLUEBERRIES SMOOTHIE



PREPARATION:

1. Soak cashews for 20 minute (or overnight in the fridge)
2. Add all ingredients to blender jar
3. Blend until completely smooth

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1/2 frozen banana
- ❖ 1 cup frozen blueberries
- ❖ 1/4 cup rolled oats, raw
- ❖ 1/4 cup soaked cashews
- ❖ 15 cups unsweetened almond milk

PINEAPPLE, KALE & HEMP SMOOTHIE



PREPARATION:

1. Combine all of the ingredients into a blender
2. Mix until smooth

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 cup frozen pineapple chunks
- ❖ 2 cups chopped kale
- ❖ 1/2 cup canned full-fat coconut milk
- ❖ 1 lemon, juice only
- ❖ 1 tablespoon ground flax seeds
- ❖ 3 tablespoons hemp seeds
- ❖ 1 cup unsweetened almond milk

AVOCADO & CACAO SMOOTHIE



PREPARATION:

1. Soak cashews for 20 minute (or overnight in the fridge)
2. Add all ingredients to blender jar and blend until smooth
3. Drink right away and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 frozen banana
- ❖ 2 cups baby spinach
- ❖ 1/4 cup cashews, soaked
- ❖ 1/2 avocado
- ❖ 1/2 cup cacao powder
- ❖ 15 cups unsweetened almond milk
- ❖ extra stevia, to sweeten (optional)

AVOCADO, STRAWBERRIE & KIWI SMOOTHIE



PREPARATION:

1. Blend all ingredients until smooth

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1/2 avocado
- ❖ 1 medium banana
- ❖ 8 medium strawberries
- ❖ 1/3 kiwi
- ❖ 1 handful baby spinach
- ❖ 1/2 cup ice cubes
- ❖ stevia, to sweeten (optional)
- ❖ 1/2 cup almond milk

PINEAPPLE & CHIA SMOOTHIE



INGREDIENTS:

- ❖ 3 1/2 oz frozen bananas
- ❖ 3 oz frozen pineapple chunks
- ❖ 1 tbsp Chia seeds
- ❖ 8 oz orange juice
- ❖ 4 oz vanilla almond milk

PREPARATION:

1. Add all ingredients to a blender; blend on high until smooth.

2. For a thicker smoothie, blend in ½ - 1 cup ice cubes until smooth.

Prep/Total Time: 5 Minutes - Serve: 1

STRAWBERRIE, PINEAPPLE & ORANGE SMOOTHIE



INGREDIENTS:

- ❖ 2 cups coconut water
- ❖ 1 cup vanilla vegan yogurt
- ❖ 1 cup frozen strawberries
- ❖ 1 cup frozen pineapple
- ❖ 1 fresh orange peeled

PREPARATION:

1. Combine all ingredients in a blender and mix on high until well combined
2. To make layers, mix the strawberries, pineapple and oranges separately each with a 1/3 of the yogurt and coconut water
3. Pour the orange first, then the strawberry and top with the pineapple to create a sunrise effect

CELERY, MONGO & PINEAPPLE SMOOTHIE



INGREDIENTS:

- ❖ 1 bunch celery
- ❖ 1 cup frozen mango slices/cubes
- ❖ 1 cup frozen pineapple cubes
- ❖ 1 frozen banana, sliced
- ❖ 1 tablespoon cinnamon

PREPARATION:

1. Place everything in the blender and blend! This creates a wonderful and sweet blend to wake up your morning

Prep/Total Time: 5 Minutes - Serve: 1

STRAWBERRY, OATS & CHIA SEED SMOOTHIE



INGREDIENTS:

- ❖ 1/2 cup strawberries, fresh or frozen
- ❖ 1/4 cup blueberries
- ❖ 1/4 cup rolled oats
- ❖ 1/2 cup vegan yogurt
- ❖ 1/2 cup almond milk
- ❖ 1 tbsp Chia seeds

PREPARATION:

1. Place all ingredients in a blender and process until smooth
2. If using fresh fruit, add about 1/4 cup of ice

Prep/Total Time: 5 Minutes - Serve: 1

BLUEBERRIES & BANANA SMOOTHIE

Recipe

15



INGREDIENTS:

- ❖ 1 cup cashew nut milk
- ❖ 1 cup fresh blueberries
- ❖ 4 frozen bananas

PREPARATION:

1. Add the cashew nut milk and fresh blueberries to the blender and blend
2. Gradually add the bananas until thick, smooth and creamy

Prep/Total Time: 5 Minutes - Serve: 1

KALE & SPINACH SMOOTHIE

Recipe

16



INGREDIENTS:

- ❖ 1/2 cup coconut milk
- ❖ 1/2 cup almond milk
- ❖ 1 banana
- ❖ 1 handful of pecans
- ❖ Kale leaf, stem removed
- ❖ 1 cup spinach
- ❖ 1/2 cup pineapple chunks

PREPARATION:

Place all ingredients in a blender and process until smooth

Prep/Total Time: 5 Minutes - Serve: 1

MANGO, PUMPKIN SEEDS & HEMP SMOOTHIE



INGREDIENTS:

- ❖ 1 cup (250 ml) unsweetened almond milk
- ❖ 1 ripe banana, frozen
- ❖ ½ cup (125 ml) chopped mango, frozen
- ❖ 1-2 large handfuls of baby spinach
- ❖ ¼ cup (60 ml) pumpkin seeds (pepita seeds)
- ❖ 2 tbsp (30 ml) hemp hearts (hulled hemp seeds)
- ❖ optional: ½ scoop vanilla protein powder + ¼ cup water

PREPARATION:

1. In a blender layer the spinach, banana, mango, pumpkin seeds, and hemp hearts
2. Add the almond milk and blend until the pumpkin seeds are really really smooth

Prep/Total Time: 5 Minutes - Serve: 1

PUMPKIN & APPLE SMOOTHIE

Recipe

18



INGREDIENTS:

- ❖ 1 cup plus 2 tablespoons old-fashioned oats
- ❖ ¼ cup canned pumpkin puree
- ❖ ¾ cup vegan yogurt
- ❖ 1 medium apple cut into pieces
- ❖ ½ small banana sliced and frozen
- ❖ ½ cup milk almond, soy, dairy, etc
- ❖ 1/8 teaspoon pumpkin pie spice
- ❖ ½ cup ice cubes

PREPARATION:

1. Place oats in blender and blend for about 30 seconds until finely chopped
2. Add remaining ingredients and blend until smooth Serve immediately

Prep/Total Time: 5 Minutes - Serve: 1

CARROT, BEET & CLEMENTINE SMOOTHIE



INGREDIENTS:

- ❖ 1 carrot, peeled, sliced
- ❖ 1 beet, peeled, sliced
- ❖ ½ cup red grapes
- ❖ 1 clementine, peeled
- ❖ 1 slice of ginger, peeled, about the size of a quarter
- ❖ ½ cup green tea

PREPARATION:

1. Steam carrot and beet until just tender, about 10-15 minutes, depending on how thick your slices are. Let cool.
2. Place all ingredients in blender and blend until smooth.

Prep/Total Time: 5 Minutes - Serve: 1

AVOCADO, CACAO & PEANUT BUTTER SMOOTHIE

Recipe

20



INGREDIENTS:

- ❖ 1 cup nut milk eg almond milk
- ❖ ½ avocado
- ❖ 3 tbsp organic peanut butter
- ❖ 1 tbsp cacao powder
- ❖ ¼ tsp cinnamon

PREPARATION:

1. Blend all of the ingredients in your blender until you get a creamy consistency

Prep/Total Time: 5 Minutes - Serve: 1

PROTEIN SMOOTHIE

Recipe

21



PREPARATION:

1. Soak the oats before blending them
2. The protein powder and peanut butter should be added to the blender after some of the other ingredients have gone in to avoid them getting stuck to the bottom and being difficult to blend properly

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 2 cups almond milk
- ❖ 2 bananas (can be substituted for ½ avocado)
- ❖ 2 scoops vegan protein powder
- ❖ 1 cup of vegan ice cream (vegan ben & jerry's or alpro)
- ❖ 2 tbsp olive oil
- ❖ 1/2 cup oats
- ❖ 4 tbsp peanut butter

BERRY AND CHIA SMOOTHIE

Recipe

22



PREPARATION:

Blend all of the ingredients together until creamy and smooth

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ ½ avocado
- ❖ ½ cup vagan yogurt
- ❖ 1 tbsp chia seeds
- ❖ 1 tbsp coconut oil
- ❖ ¼ cup berries
- ❖ ¼ tsp cinnamon

WALNUTS & SPINACH PROTEIN SMOOTHIE



INGREDIENTS:

- ❖ 1 scoop vegan protein powder
- ❖ 1 cup walnuts
- ❖ 1 cup spinach
- ❖ 1 banana
- ❖ ½ avocado
- ❖ ½ apple
- ❖ 1 tbsp coconut oil

PREPARATION:

1. Soak the walnuts in a small bowl of water for about 30 minutes
2. Add all of the ingredients to your blender
3. You may need to blend a little bit longer to make sure that the walnuts are fully blended

Prep/Total Time: 5 Minutes - Serve: 1

OATMEAL & ALMOND PROTEIN SMOOTHIE



INGREDIENTS:

- ❖ 2 cups almond milk
- ❖ 1 ½ cups oatmeal
- ❖ 2 scoops vegan protein powder
- ❖ 1 cup vegan yogurt
- ❖ 2 tbsp almond butter
- ❖ 1 tbsp coconut oil
- ❖ 1 banana

PREPARATION:

Blend everything together until smooth and creamy

Prep/Total Time: 5 Minutes - Serve: 1

BANANA PROTEIN SMOOTHIE



INGREDIENTS:

- ❖ 1 banana
- ❖ 2 tbsp coconut oil
- ❖ ½ cup mixed nuts
- ❖ 1 scoop vegan protein powder
- ❖ 1 cup coconut milk
- ❖ 1 cup almond milk

PREPARATION:

1. You may prefer to blend the mixed nuts before you put everything else into the blender
2. The protein powder shouldn't be added first as it is likely to collect at the bottom of the blender and not mix properly with the other ingredients

Prep/Total Time: 5 Minutes - Serve: 1

OATS, BERRIES AND PEACH PROTEIN SMOOTHIE



INGREDIENTS:

- ❖ 1 cup oats
- ❖ 1 cup almond milk
- ❖ ½ cup raspberries
- ❖ ½ cup blueberries
- ❖ 2 bananas
- ❖ 1 peach
- ❖ 2 scoops of vegan protein powder

PREPARATION:

1. Steam carrot and beet until just tender, about 10-15 minutes, depending on how thick your slices are Let cool
2. Place all ingredients in blender and blend until smooth

Prep/Total Time: 5 Minutes - Serve: 1

KALE, SPINCH & BANANA PROTEIN SMOOTHIE



INGREDIENTS:

- ❖ ½ cup dates
- ❖ 3 bananas
- ❖ 1 cup kale
- ❖ 1 cup spinach
- ❖ ½ cup blueberries
- ❖ 1 tbsp olive oil
- ❖ 1 cup almond milk
- ❖ 2 scoops vegan protein powder

PREPARATION:

1. The dates will need to be pitted before you blend
2. Put everything in the blender and blend until smooth

Prep/Total Time: 5 Minutes - Serve: 1

BERRIES & BANANA PROTEIN SMOOTHIE

Recipe

28



INGREDIENTS:

- ❖ 3 bananas
- ❖ 1 cup blueberries
- ❖ 1 cup raspberries
- ❖ 1 cup strawberries
- ❖ 1 tbsp almond butter
- ❖ ¼ cup dates
- ❖ 1 cup kale
- ❖ 1 tbsp olive oil
- ❖ 2 scoops vegan protein powder

PREPARATION:

1. The dates need to be pitted beforehand
2. You can get a great consistency if you blend the berries first before adding the other ingredients
3. Then add everything else and blend until smooth

Prep/Total Time: 5 Minutes - Serve: 1

STRAWBERRIES & BANANA SMOOTHIE



INGREDIENTS:

- ❖ ¾ cup vegan yogurt
- ❖ 5 large frozen strawberries
- ❖ 1 banana
- ❖ 2 tbsp organic peanut butter
- ❖ 2 tbsp almond milk

PREPARATION:

1. Add the milk, yogurt and banana to the blender and blend

Add the peanut butter and strawberries and blend everything until smooth

Prep/Total Time: 5 Minutes - Serve: 1

PEANUT BUTTER & BANANA SMOOTHIE



INGREDIENTS:

- ❖ $\frac{3}{4}$ cup vegan yogurt
- ❖ 2 tbs peanut butter
- ❖ 1 banana
- ❖ $\frac{1}{8}$ cup almond milk
- ❖ $\frac{3}{4}$ cup ice (optional)

PREPARATION:

1. Add the yogurt, banana and milk to the blender and combine
2. Add the peanut butter and blend everything until smooth
3. If desired, add the ice and blend again

Prep/Total Time: 5 Minutes - Serve: 1

HEMP & GINGER SMOOTHIE



PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth and creamy
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 medium banana (peeled and chopped)
- ❖ 1 tbsp hemp seeds
- ❖ ½ tsp turmeric
- ❖ ¼ tsp ginger
- ❖ ¼ tsp ground cinnamon
- ❖ ½ tsp vanilla extract
- ❖ 6 ounces unsweetened almond milk
- ❖ 3-4 ice cubes

PINEAPPLE, CHIA & BLACK PEPPER SMOOTHIE



INGREDIENTS:

- ❖ ¾ cup frozen pineapple
- ❖ ¾ cup spinach
- ❖ ½ apple (peeled, cored and chopped)
- ❖ 1 tsp coconut oil
- ❖ 1 tbsp chia seeds
- ❖ 1 inch ginger (peeled and chopped)
- ❖ ¼ cup turmeric powder
- ❖ ¼ tsp black pepper
- ❖ 8 ounces almond milk

PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

BLUEBERRIES & GREEN TEA SMOOTHIE



INGREDIENTS:

- ❖ 1 cup blueberries
- ❖ ½ frozen banana
- ❖ 4 ounces raw cashews (unsalted)
- ❖ 1 tsp turmeric
- ❖ 8 ounces green tea
- ❖ 1 tbsp chia seeds

PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth and creamy
2. Top with chia seeds
- 3.. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

KALE, PINEAPPLE, MANGO & GINGER SMOOTHIE

Recipe

34



PREPARATION:

1. Blend the kale and coconut milk until smooth and creamy
2. Add the rest of the ingredients and continue blending
3. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 cup kale
- ❖ 1 cup pineapple
- ❖ ½ cup mango
- ❖ 1 tbsp fresh ginger
- ❖ ½ tsp turmeric
- ❖ ¼ tsp black pepper
- ❖ Juice from ¼ lemon
- ❖ 4 ounces coconut milk

CARROT, PINEAPPLE & GINGER SMOOTHIE



INGREDIENTS:

- ❖ 1 cup carrots (peeled and chopped)
- ❖ ½ frozen banana
- ❖ ½ cup fresh or frozen pineapple
- ❖ ¼ tbsp fresh ginger (peeled and chopped)
- ❖ ½ to 1 tsp ground turmeric
- ❖ ½ tsp lemon juice
- ❖ 6 ounces water
- ❖ 4 ounces almond milk

PREPARATION:

1. Blend the carrots and 6 ounces of water to form a carrot juice
2. Strain the carrot juice to separate it from any remaining pulp
3. Add all of the ingredients to your blender and blend until smooth and creamy
4. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

PINEAPPLE & CUCUMBER SMOOTHIE



INGREDIENTS:

- ❖ ½ pineapple
- ❖ 1 frozen banana
- ❖ ½ cucumber
- ❖ 1 small piece of fresh ginger (peeled and chopped)
- ❖ 1 tsp turmeric powder
- ❖ ½ tsp black pepper (to help to absorb the turmeric)
- ❖ 8 ounces coconut or almond milk
- ❖ Optional - 2 to 3 ice cubes if you're not using frozen banana

PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth and creamy

2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

CARROT & APPLE SMOOTHIE



INGREDIENTS:

- ❖ 1 large carrot (peeled and cut into pieces)
- ❖ 1 apple (peeled, cored and cut into pieces)
- ❖ 1 frozen banana
- ❖ ½ cup pineapple chunks
- ❖ ½ tsp turmeric powder
- ❖ 1 tsp ginger
- ❖ ½ tsp black pepper
- ❖ 2-3 ice cubes
- ❖ 6 ounces almond milk or coconut water
- ❖ Optional - stevia to sweeten

PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

BANANA & AVOCADO PROTEIN SMOOTHIE

Recipe

38



INGREDIENTS:

- ❖ 1 frozen banana
- ❖ ½ avocado (peeled and pitted)
- ❖ ½ tsp nut butter
- ❖ 1 tbsp chia, flax or hemp seeds
- ❖ 1 tsp cinnamon
- ❖ ½ tsp turmeric powder
- ❖ Dash of black pepper (to help to improve absorption of turmeric)
- ❖ 1 scoop vegan protein powder
- ❖ 8 ounces of almond milk

PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

BANANA & DATE SMOOTHIE



PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth and creamy
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 frozen banana
- ❖ 2 dates (pitted)
- ❖ 1 tsp ground turmeric
- ❖ 1 tsp ground cinnamon
- ❖ 1 tsp vanilla extract
- ❖ 8 ounces unsweetened almond milk

MANGO & GINGER SMOOTHIE



PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth and creamy

3. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ ¾ cup frozen mango
- ❖ ½ frozen banana
- ❖ ¼ cup oats
- ❖ 2 ounces vegan yogurt
- ❖ ½ inch piece of ginger (peeled)
- ❖ ½ tsp turmeric powder
- ❖ ½ tsp black pepper (to help turmeric absorption)
- ❖ 6 ounces unsweetened almond or coconut milk
- ❖ Optional - 3 to 4 ice cubes if you're not using frozen mango

CHERRIES, BANANA & CACAO SMOOTHIE



INGREDIENTS:

- ❖ 1 cup cherries (pitted)
- ❖ 1 banana (peeled and chopped)
- ❖ 1 tbsp raw cacao powder
- ❖ 4 ounces vegan yogurt
- ❖ 4 ounces almond milk

PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth and creamy
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

CHERRIES, PINEAPPLE & CHIA SMOOTHIE



INGREDIENTS:

- ❖ ½ frozen banana
- ❖ ½ cup cherries (pitted)
- ❖ ½ cup pineapple (chopped)
- ❖ 1 tbsp chia seeds
- ❖ 1 cup pitted cherries
- ❖ 2 ounces almond milk
- ❖ 1-2 ice cubes

PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth and creamy
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

BLUEBERRY, BANANA & OAT SMOOTHIE



INGREDIENTS:

- ❖ 1/2 frozen banana
- ❖ 1 cup frozen blueberries
- ❖ 1/4 cup rolled oats, raw
- ❖ 1/4 cup soaked cashews
- ❖ 1.5 cups unsweetened almond milk

PREPARATION:

1. Soak cashews for 20 minute (or overnight in the fridge)
2. Add all ingredients to blender jar
3. Blend until completely smooth.

Prep/Total Time: 5 Minutes - Serve: 1

PINEAPPLE, KALE & HEMP SEED SMOOTHIE



INGREDIENTS:

- ❖ 1 cup frozen pineapple chunks
- ❖ 2 cups chopped kale
- ❖ 1/2 cup canned full-fat coconut milk
- ❖ 1 lemon, juice only
- ❖ 1 tablespoon ground flax seeds
- ❖ 3 tablespoons hemp seeds
- ❖ 1 cup unsweetened almond milk

PREPARATION:

1. Combine all of the ingredients into a blender.
2. Mix until smooth.

Prep/Total Time: 5 Minutes - Serve: 1

BANANA, STRAWBERRY AND AVAOCADO SMOOTHIE

Recipe

45



INGREDIENTS:

- ❖ 1/2 avocado
- ❖ 1 medium banana
- ❖ 8 medium strawberries
- ❖ 1/3 kiwi
- ❖ 1 handful baby spinach
- ❖ 1/2 cup ice cubes
- ❖ stevia, to sweeten (optional)
- ❖ 1/2 cup almond milk

PREPARATION:

1. Blend all ingredients until smooth.

Prep/Total Time: 5 Minutes - Serve: 1

SUNRISE BREAKFAST SMOOTHIE

Recipe

46



INGREDIENTS:

- ❖ 2 cups coconut water
- ❖ 1 cup vanilla vegan yogurt
- ❖ 1 cup frozen strawberries
- ❖ 1 cup frozen pineapple
- ❖ 1 fresh orange peeled

PREPARATION:

1. Combine all ingredients in a blender and mix on high until well combined.
2. To make layers, mix the strawberries, pineapple and oranges separately each with a 1/3 of the yogurt and coconut water.
3. Pour the orange first, then the strawberry and top with the pineapple to create a sunrise effect

Prep/Total Time: 5 Minutes - Serve: 1

BLUEBERRY, STRAWBERRY & CHIA SEED SMOOTHIE



PREPARATION:

1. Place all ingredients in a blender and process until smooth.
2. If using fresh fruit, add about ¼ cup of ice.

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1/2 cup strawberries, fresh or frozen
- ❖ 1/4 cup blueberries
- ❖ 1/4 cup rolled oats
- ❖ 1/2 cup vegan yogurt
- ❖ 1/2 cup almond milk
- ❖ 1 tbsp Chia seeds

BANANA, OAT & PUMPKIN SMOOTHIE

Recipe

48



INGREDIENTS:

- ❖ 2 tablespoons old-fashioned oats
- ❖ ¼ cup canned pumpkin puree
- ❖ ¾ cup vegan yogurt
- ❖ 1 medium apple cut into pieces
- ❖ ½ small banana sliced and frozen
- ❖ ½ cup milk almond, soy, dairy, etc.
- ❖ 1/8 teaspoon pumpkin pie spice
- ❖ ½ cup ice cubes

PREPARATION:

1. Place oats in blender and blend for about 30 seconds until finely chopped.
2. Add remaining ingredients and blend until smooth. Serve immediately.

Prep/Total Time: 5 Minutes - Serve: 1

BANANA, OAT & PUMPKIN SMOOTHIE



PREPARATION:

1. Soak the walnuts in a small bowl of water for about 30 minutes
2. Add all of the ingredients to your blender
3. You may need to blend a little bit longer to make sure that the walnuts are fully blended.

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 scoop protein powder
- ❖ 1 cup walnuts
- ❖ 1 cup spinach
- ❖ 1 banana
- ❖ ½ avocado
- ❖ ½ apple
- ❖ 1 tbsp coconut oil

APPLE, BEET & CARROT SMOOTHIE



INGREDIENTS:

- ❖ 1 carrot, peeled, sliced
- ❖ 1 beet, peeled, sliced
- ❖ ½ cup red grapes
- ❖ 1 clementine, peeled
- ❖ 1 slice of ginger, peeled, about the size of a quarter
- ❖ ½ cup green tea

PREPARATION:

1. Steam carrot and beet until just tender, about 10-15 minutes, depending on how thick your slices are. Let cool.
2. Place all ingredients in blender and blend until smooth.

Prep/Total Time: 5 Minutes - Serve: 1

PEANUT BUTTER, BANANA & ALMOND SMOOTHIE

Recipe

51



INGREDIENTS:

- ❖ ¾ cup vegan yogurt
- ❖ 2 tbs peanut butter
- ❖ 1 banana
- ❖ 1/8 cup almond milk
- ❖ ¾ cup ice (optional)

PREPARATION:

1. Add the yogurt, banana and milk to the blender and combine.
2. Add the peanut butter and blend everything until smooth.
3. If desired, add the ice and blend again.

Prep/Total Time: 5 Minutes - Serve: 1

CARROT, BANANA & GINGER SMOOTHIE



INGREDIENTS:

- ❖ 1 cup carrots (peeled and chopped)
- ❖ ½ frozen banana
- ❖ ½ cup fresh or frozen pineapple
- ❖ ¼ tbsp fresh ginger (peeled and chopped)
- ❖ ½ to 1 tsp ground turmeric
- ❖ ½ tsp lemon juice
- ❖ 6 ounces water
- ❖ 4 ounces almond milk

PREPARATION:

1. Blend the carrots and 6 ounces of water to form a carrot juice.
2. Strain the carrot juice to separate it from any remaining pulp.
3. Add all of the ingredients to your blender and blend until smooth and creamy.
4. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

CHEERY, BANANA & CHIA SEED SMOOTHIE



INGREDIENTS:

- ❖ ½ cup cherries (pitted)
- ❖ ½ banana (peeled and chopped)
- ❖ 2 ounces vegan yogurt
- ❖ 1 tbsp chia seeds
- ❖ 6 ounces almond milk
- ❖ ½ tsp vanilla extract
- ❖ 1 handful of ice
- ❖ Optional - 1 tbsp cacao powder

PREPARATION:

1. Put all of the ingredients in your blender and blend until smooth and creamy.
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

CHERRY, BLUEBERRY & BANANA SMOOTHIE



PREPARATION:

1. Put all of the ingredients in your blender and blend until smooth.
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ ½ cup cherries (pitted)
- ❖ ½ cup blueberries
- ❖ ½ banana (chopped and peeled)
- ❖ 1 tbsp chia or flax seeds
- ❖ 4 ounces almond milk
- ❖ 2 to 3 ice cubes
- ❖ 1 tbsp cacao powder
- ❖ 1 cup kale or spinach

MANGO, BANANA & OAT SMOOTHIE



PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth and creamy.
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ ¾ cup frozen mango
- ❖ ½ frozen banana
- ❖ ¼ cup oats
- ❖ 2 ounces vegan yogurt
- ❖ ½ inch piece of ginger (peeled)
- ❖ ½ tsp turmeric powder
- ❖ ½ tsp black pepper (to help turmeric absorption)
- ❖ 6 ounces unsweetened almond or coconut milk
- ❖ Optional - 3 to 4 ice cubes if you're not using frozen mango

CHERRY, BANANA & COCO SMOOTHIE



PREPARATION:

1. Add all of the ingredients to your blender. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 cup cherries (pitted)
- ❖ 1 banana (peeled and chopped)
- ❖ 1 tbsp raw cacao powder
- ❖ 4 ounces vegan yogurt
- ❖ 4 ounces almond milk

MIXED FRUIT PROTEIN SMOOTHIE



INGREDIENTS:

- ❖ 1 cup strawberries (frozen)
- ❖ 8 ounces orange juice
- ❖ 2 to 4 ounces of vegan yogurt to add some filling protein

PREPARATION:

1. Add all of the ingredients to your blender and blend until smooth.
2. Serve and enjoy!
3. If you prefer, you can use an additional strawberry as a garnish.

Prep/Total Time: 5 Minutes - Serve: 1

STRAWBERRY & RASPBERRY PROTEIN SMOOTHIE



PREPARATION:

1. Add everything to your blender and combine until smooth and creamy.
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 cup strawberries
- ❖ 1 cup raspberries
- ❖ 2 tbsp almond butter or peanut butter
- ❖ ½ banana (frozen)
- ❖ 12 ounces almond milk
- ❖ Optional - small handful of leafy greens such as spinach or kale
- ❖ Optional - Scoop of protein powder to turn it into a post workout smoothie

BRUEWED COFFEE & BANANA SMOOTHIE



INGREDIENTS:

- ❖ 1 frozen banana
- ❖ ¼ cup rolled oats
- ❖ 1 tbsp nut butter
- ❖ 4 ounces brewed coffee (chilled)
- ❖ 4 ounces of nut milk
- ❖ Optional - Handful of ice cubes if you prefer a cold smoothie

PREPARATION:

1. Brew the coffee and leave to chill.
2. Add all of the ingredients to your blender and blend until smooth.
3. If you want a cold smoothie, add the ice at this point and continue blending.
4. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

MANGO, BANANA & ORANGE SMOOTHIE



INGREDIENTS:

- ❖ 1 cup mango
- ❖ ½ banana
- ❖ 4 ounces orange juice
- ❖ 4 ounces almond milk
- ❖ 2 ice cubes

PREPARATION:

1. Add the almond milk and mango to your blender and combine until smooth.
2. Add the banana and orange juice and carry on blending.
3. Add the ice cubes and blend.
4. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

PEACH CARROT SMOOTHIE



PREPARATION:

1. Combine all ingredients and blend until smooth. Slowly add liquid as needed.
2. Serve and enjoy!

Prep/Total Time: 10 Minutes - Serves: 2

INGREDIENTS:

- ❖ ½ cup shredded carrots
- ❖ 2 peaches, pitted
- ❖ 1 mango
- ❖ 1 cup apple juice or water Ice

CHOCOLATE MINT SMOOTHIE BOWL

Recipe

62



INGREDIENTS:

- ❖ 2 bananas, frozen
- ❖ Handful mint leaves
- ❖ 2 tablespoons cocoa powder
- ❖ Vegan nut milk (as needed)
- ❖ ½ cup carob chips
- ❖ Top with strawberries or Raspberries

PREPARATION:

1. Add bananas, mint, and cocoa powder to your blender. Blend on high, adding nut milk a little at a time until you have your desired consistency.
2. Mix in carob chips and serve immediately.
3. Top with your favorite fruit (strawberries or Raspberries).

Prep/Total Time: 10 Minutes - Serve: 2

BANANA SPIT SMOOTHIE BOWL



INGREDIENTS:

- ❖ 2 bananas, frozen
- ❖ 1 banana
- ❖ 1 cup strawberries, plus extra for topping
- ❖ Vegan whipped cream
- ❖ Carob chips
- ❖ Cherries
- ❖ Almond milk (as needed)

PREPARATION:

1. Add strawberries and frozen bananas to the blender. Blend together while slowly adding milk until you reach your desired consistency. It should be thick, but not too thick.
2. Serve topped with cherries, whipped cream, carob chips, banana, and anything else you might like.

Prep/Total Time: 35 Minutes Serve: 8

SUPER GREEN SMOOTHIE BOWL

Recipe

64



PREPARATION:

1. Combine flaxseed, nut butter, spinach and fruit in the blender. Blend until smooth, adding orange juice as needed.
2. Serve in bowls topped with chia seeds, pomegranate seeds, and goji berries.

Prep/Total Time: 10 Minutes Serve: 2

INGREDIENTS:

- ❖ 2 bananas, frozen
- ❖ 1 pear
- ❖ 1 mango
- ❖ 1 cup spinach
- ❖ 2 tablespoons chia seeds
- ❖ 1 tablespoon nut butter
- ❖ 1 tablespoon flaxseed
- ❖ Goji berries
- ❖ Pomegranate seeds
- ❖ Orange juice (as needed)

STRAWBERRY OATMEAL SMOOTHIE BOWL



INGREDIENTS:

- ❖ 2 bananas, frozen
- ❖ 1 cup strawberries, plus extra for topping
- ❖ $\frac{1}{3}$ cup rolled oats
- ❖ $\frac{1}{4}$ teaspoon vanilla extract
- ❖ 1 tablespoon chia seeds
- ❖ Almond milk (as needed)
- ❖ Rose petals (optional)

PREPARATION:

1. Combine fruit, oats, and vanilla in the blender. Blend until smooth, adding almond milk as needed.
2. 2. Serve in bowls topped with chia seeds, more berries, and rose petals.

Prep/Total Time: 5 Minutes - Serve: 2

CREAMY PEACH SMOOTHIE



PREPARATION:

1. Combine all ingredients and blend until smooth.
2. Serve topped with cinnamon and whipped cream (optional)

Prep/Total Time: 5 Minutes - Serve: 2

INGREDIENTS:

- ❖ 2 peaches
- ❖ 1 cup vegan milk
- ❖ $\frac{1}{3}$ cup rolled oats
- ❖ 1 tablespoon maple syrup
- ❖ $\frac{1}{2}$ teaspoon vanilla extract
- ❖ Pinch of cinnamon (optional)
- ❖ Vegan whipped cream
- ❖ Ice

PINEAPPLE DELIGHT



INGREDIENTS:

- ❖ 1 banana, frozen
- ❖ 1 cup pineapple
- ❖ 1 cup coconut yogurt, coconut flavor
- ❖ 1 tablespoon light agave nectar
- ❖ Coconut shreds

PREPARATION:

1. Combine all ingredients except for the coconut shreds and blend until smooth.
2. Serve topped with coconut shreds.

Prep/Total Time: 5 Minutes - Serve: 2

GINGER & CINNAMON SMOOTHIE



INGREDIENTS:

- ❖ 1 banana
- ❖ 1 cup vegan yogurt, plain
- ❖ 2 tablespoons molasses
- ❖ 1 teaspoon cinnamon
- ❖ ¼ teaspoon ginger, ground
- ❖ 1 pinch allspice
- ❖ Ice

PREPARATION:

1. Combine all ingredients and blend until smooth. Add ice as needed.

2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 2

PUMPKIN PIE SMOOTHIE



INGREDIENTS:

- ❖ 1 banana, frozen
- ❖ ½ cup pumpkin puree
- ❖ 1 cup vegan milk, vanilla
- ❖ 1 tablespoon molasses
- ❖ 1 teaspoon pumpkin pie spices
- ❖ Vegan whipped cream

PREPARATION:

1. Combine all ingredients and blend until smooth.

Prep/Total Time: 5 Minutes Serve: 2

HOT CHOCOLATE WITH WHIPPED CREAM



INGREDIENTS:

- ❖ 1 cup vegan milk
- ❖ ½ cup rolled oats
- ❖ 2 tablespoons cocoa powder
- ❖ 1 tablespoon molasses
- ❖ Coconut whip cream, vegan marshmallows, chocolate shavings (optional, for topping)

PREPARATION:

1. Mix all ingredients together and allow to soak overnight in the fridge.
2. In the morning, add the ingredients to the blender and blend until smooth.
3. Heat in a saucepan and serve warm.
4. Add vegan coconut whipped cream.

Prep/Total Time: 8 hrs - Minutes Serve: 2

APPLE AND GRANOLA SMOOTHIE



PREPARATION:

1. Combine all ingredients, except for the granola, and blend until smooth. Slowly add milk as needed.
2. When the smoothie is blended to your desired consistency, add granola and pulse for a few seconds. You just want to mix it in a little.
3. Sprinkling with cinnamon for flavor.

Prep/Total Time: 5 Minutes - Serve: 2

INGREDIENTS:

- ❖ 2 apples, Honeycrisp is best
- ❖ 2 pears
- ❖ 1½ cups vegan yogurt, plain
- ❖ ¼ cup granola
- ❖ 2 tablespoons maple syrup
- ❖ 1 teaspoon cinnamon, ground
- ❖ ¼ teaspoon ginger, ground
- ❖ Vegan whipped creamcubes

MANGO, BANANA & ORANGE SMOOTHIE



INGREDIENTS:

- ❖ 1 cup mango
- ❖ ½ banana
- ❖ 4 ounces orange juice
- ❖ 4 ounces almond milk
- ❖ 2 ice cubes

PREPARATION:

1. Add the almond milk and mango to your blender and combine until smooth.
2. Add the banana and orange juice and carry on blending.
3. Add the ice cubes and blend.
4. Serve and enjoy!

Prep/Total Time: 35 Minutes Serve: 8

MIXED BERRY SMOOTHIE



PREPARATION:

1. Combine all ingredients and blend until smooth. Slowly add green tea as needed.

Prep/Total Time: 5 Minutes -Serve: 2

INGREDIENTS:

- ❖ 1 cup mixed berries
- ❖ 1 apple
- ❖ 1 cup green tea
- ❖ 1 lemon, juiced
- ❖ ¼ cup pomegranate seeds
- ❖ ¼ cup mint leaves
- ❖ ¼ cup kale
- ❖ 1 tablespoon ginger, fresh
- ❖ 1 tablespoon flaxseed
- ❖ 2 dates, pitted
- ❖ Ice

DETOX BEET SMOOTHIE

Recipe

74



INGREDIENTS:

- ❖ 1 lemon, juiced
- ❖ 1 apple
- ❖ 1 cup pineapple
- ❖ ¼ cup beets, cooked and peeled
- ❖ ½ cup green tea
- ❖ 1 tablespoon ginger
- ❖ 1 tablespoon flaxseed
- ❖ 1 tablespoon maple syrup (if desired)
- ❖ Ice

PREPARATION:

1. Combine all ingredients and blend until smooth. Slowly add green tea as needed.

Prep/Total Time: 5 Minutes - Serve: 2

BANANA & DATES SMOOTHIE

Recipe

75



PREPARATION:

1. Combine all ingredients and blend until smooth. Slowly add milk as needed.

Prep/Total Time: 10 Minutes - Serve: 2

INGREDIENTS:

- ❖ 2 bananas
- ❖ 1 cup vegan nut milk
- ❖ $\frac{3}{4}$ cup walnuts
- ❖ $\frac{1}{3}$ cup pistachios
- ❖ 6 dates, pitted
- ❖ 1 tablespoon flaxseed
- ❖ 1 teaspoon cinnamon
- ❖ $\frac{1}{4}$ teaspoon ginger powder
- ❖ 1 teaspoon vanilla extract
- ❖ Ice

FIG & GRANOLA SMOOTHIE



PREPARATION:

1. Combine all ingredients, except for the granola, and blend until smooth. Slowly add milk as needed.
2. Add granola and blend for a few seconds.
3. Serve and top with mint leaf (optional)

Prep/Total Time: 10 Minutes - Serve: 2

INGREDIENTS:

- ❖ 8 figs
- ❖ 2 bananas
- ❖ 1 cup vegan milk
- ❖ 1 teaspoon cinnamon
- ❖ ¼ teaspoon ginger, ground Pinch
- ❖ cardamom
- ❖ 1 tablespoon maple syrup
- ❖ ¼ cup granola
- ❖ Ice

PINEAPPLE MINT SMOOTHIE



INGREDIENTS:

- ❖ 1½ cup pineapple
- ❖ ½ cup fresh mint leaves
- ❖ 1 stalk celery, diced
- ❖ ½ cup coconut water
- ❖ Ice

PREPARATION:

1. Combine all ingredients and blend until smooth. Slowly add ice and coconut water as needed.

Prep/Total Time: 5 Minutes - Serve: 2

TROPICAL GREEN SMOOTHIE



PREPARATION:

1. Combine all ingredients and blend until smooth.
2. Slowly add ice and coconut water as needed.
3. Serve with a slice of pineapple and sprinkle some chia seeds on top (optional).

Prep/Total Time: 5 Minutes - Serve: 2

INGREDIENTS:

- ❖ ½ cup pineapple
- ❖ ½ cup papaya, peeled and diced
- ❖ 1 mango
- ❖ 1 banana
- ❖ 2 dates, pitted
- ❖ 1 cup spinach
- ❖ 1 cup kale
- ❖ 1 cup coconut water

GINGER LIME SMOOTHIE



PREPARATION:

1. Combine all ingredients and blend until smooth. Slowly add ice and water as needed.

Prep/Total Time: 5 Minutes -Serve: 2

INGREDIENTS:

- ❖ 1 green apple
- ❖ 1 kiwi
- ❖ 2 limes, juiced
- ❖ 1 cup spinach
- ❖ 1 tablespoon ginger, fresh
- ❖ 2 dates, pitted
- ❖ Water
- ❖ Ice

GREEN TEA RASPBERRY SMOOTHIE

Recipe

80



INGREDIENTS:

- ❖ 2 cups Raspberries
- ❖ 5 Strawberries
- ❖ 1 cup Tea, green
- ❖ 3 teaspoons cocoa powder, raw, unsweetened

PREPARATION:

1. Put all ingredients in a blender. Blend until you get a smoothie like consistency.
2. Serve chilled.

Prep/Total Time: 5 Minutes - Serve: 2

BANANA CHOC SMOOTHIE

Recipe

81



PREPARATION:

1. Put all ingredients in a blender. Blend until you get a smoothie like consistency. Serve chilled.

Prep/Total Time: 10 Minutes -Serve: 4

INGREDIENTS:

- ❖ 3 Bananas, frozen, peeled
- ❖ 20 Strawberries, frozen
- ❖ 1 cup Chia seeds, white
- ❖ 10 Dates, pitted
- ❖ 4 teaspoons Cocoa powder, raw
- ❖ ½ cup Coconut water

GRAPEFRUIT AND CUCUMBER SMOOTHIE



INGREDIENTS:

- ❖ 1 Grapefruit
- ❖ 2 Cucumbers,
- ❖ 1 cup Mint,
- ❖ ½ Lime, peeled

PREPARATION:

1. Put all ingredients in a blender. Blend until you get a smoothie like consistency. Serve chilled.

Prep/Total Time: 5Minutes - Serve: 2

BLOODY MARY

Recipe

83



INGREDIENTS:

- ❖ 3 Tomatoes
- ❖ 1 cup Carrot juice
- ❖ 1 Cucumber
- ❖ 1 Celery stalk
- ❖ 1 cup Cilantro

PREPARATION:

Put all ingredients in a blender. Blend until you get a smoothie like consistency. Serve chilled.

To get the most benefits you should consume fruit and vegetable smoothies immediately.

If you want to make the smoothie for later consumption, drink it the same day. Store in the fridge.

Prep/Total Time: 5 Minutes - Serve: 2

SPINACH BERRY & WHEATGRASS SMOOTHIE



PREPARATION:

1. Blend all the ingredients together with as much water and ice as you like and serve.

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 medium apple
- ❖ 1 cup baby spinach
- ❖ 1 medium banana
- ❖ 1 cup blueberries
- ❖ 1 tsp wheat grass powder

BLUEBERRY HEMP SMOOTHIE

Recipe

85



INGREDIENTS:

- ❖ 1 medium banana
- ❖ 1 cup blueberries
- ❖ 2 tbsps hemp seeds
- ❖ 1 medium pomegranate (juiced)

PREPARATION:

1. Squeeze the juice from the pomegranate (or add the whole seeds).
2. Combine all the ingredients in a blender and blend them.
3. Add as much water and ice as you like.
4. Enjoy!

Prep/Total Time: 5 Minutes - Serve: 1

AVOCADO & KALE SMOOTHIE BOWL



PREPARATION:

1. Blend all of the smoothie ingredients until smooth.
2. Transfer the smoothie to a bowl and decorate with all the topping ingredients.

Prep/Total Time: 10 Minutes - Serve: 2

INGREDIENTS:

For the smoothie bowl

- ❖ 1 cup almond milk
- ❖ 1 avocado
- ❖ 1 medium banana
- ❖ ½ cup ice
- ❖ 1 cup kale
- ❖ 2 tsps maple syrup
- ❖ 2 oz unflavoured sunwarrior protein powder

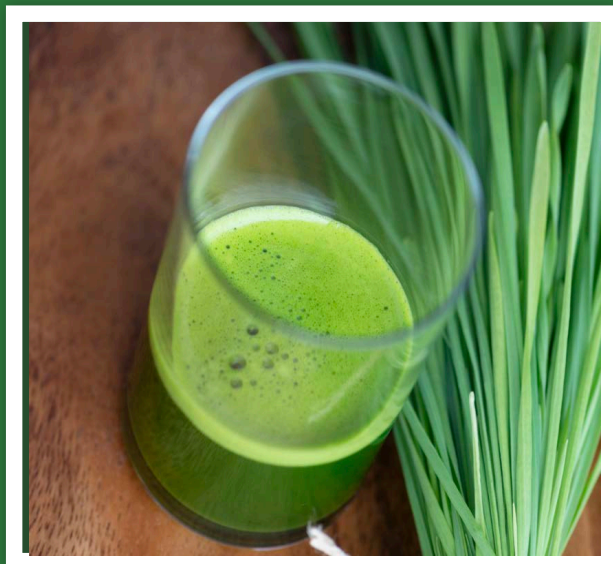
For the topping

- ❖ 1 medium banana (sliced)
- ❖ 1 tsp chia seeds
- ❖ ½ cup raspberries

WHEATGRASS KIWI SMOOTHIE

Recipe

87



INGREDIENTS:

- ❖ 1 tbsp of wheatgrass powder
- ❖ 1 medium-sized kiwi peeled or unpeeled, however you like it
- ❖ 1 tbsp chia seeds
- ❖ 1 small apple washed, cored and diced
- ❖ 1 handful of spinach
- ❖ 1 cup/250ml coconut water

PREPARATION:

1. Add all the ingredients to a high-speed blender and blitz until smooth.
2. Serve and enjoy!

Prep/Total Time: 5 Minutes - Serve: 2

BLUEBERRY PROTEIN SMOOTHIE

Recipe

88



INGREDIENTS:

- ❖ 1/2 cup frozen blueberries
- ❖ 1 medium-sized banana peeled and diced
- ❖ 1 scoop protein powder of choice
- ❖ 1/2 cup unsweetened almond milk
- ❖ 3-4 ice cubes
- ❖ 1 tsp ground flaxseed or chia seeds

PREPARATION:

1. Prepare and measure the ingredients as instructed in the ingredients list.
2. Place all ingredients in the blender.
3. Process until smooth. A
4. Serve immediately.

Prep/Total Time: 10 Minutes - Serve: 1

COCO & PEANUT BUTTER PROTEIN SMOOTHIE



INGREDIENTS:

- ❖ 1 cup frozen mango slices
- ❖ 2 tbsp peanut butter unsweetened
- ❖ 1 tbsp chia seeds
- ❖ 2 tbsp cacao powder
- ❖ 1 handful of spinach
- ❖ 1 tsp agave or maple syrup
- ❖ 1 cup of unsweetened almond milk unsweetened

PREPARATION:

1. Prepare all your ingredients and measure them as listed in the ingredient list.
2. Add all the ingredients starting with the spinach, liquid and frozen mango to a high-speed blender and blitz until smooth. for about 4-5 minutes.
3. Serve and enjoy

Prep/Total Time: 5 Minutes - Serve: 1

GINGER GREEN SMOOTHIE

Recipe

90



PREPARATION:

1. Add all the ingredients to a blender: coconut water, non-dairy milk, lime juice, kale, pineapple, orange, and ginger.
2. Blend on high for a full minute, or until totally smooth. Enjoy immediately!

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ ½ cup coconut water
- ❖ ½ cup unsweetened non-dairy milk
- ❖ 1 tablespoon fresh lime juice
- ❖ ½ cup chopped kale, packed
- ❖ ½ cup frozen pineapple chunks
- ❖ ½ orange, preferably frozen
- ❖ 2 inches fresh ginger, peeled and chopped

STRAWBEERY & GOJI SMOOTHIE

Recipe

91



INGREDIENTS:

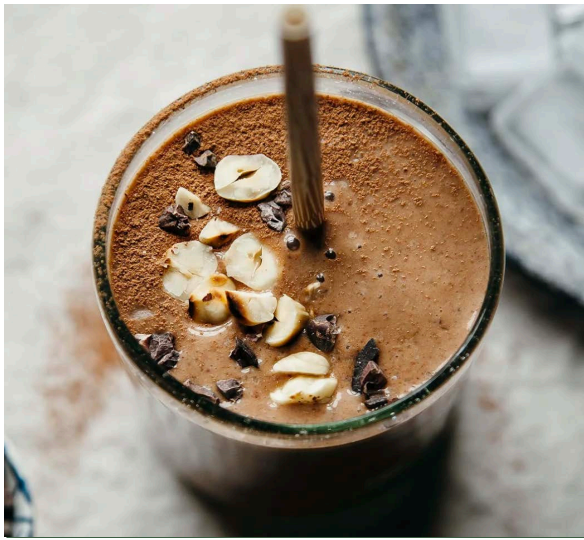
- ❖ 1 cup non-dairy milk
- ❖ 1 cup strawberries, stems removed
- ❖ 1 ripe banana, preferably frozen
- ❖ 1 tablespoon goji berries, soaked in water until plump
- ❖ 1 tablespoon almond butter
- ❖ 1 scoop vanilla protein powder, (optional)
- ❖ ½ teaspoon ground cinnamon
- ❖ ¼ teaspoon ground ginger
- ❖ 1 pitted Medjool date (optional)
- ❖ squeeze fresh lemon juice
- ❖ pinch sea salt

PREPARATION:

1. In a blender, mix non-dairy milk, strawberries, banana, goji berries, almond butter, protein powder, cinnamon, ginger, date, lemon juice, and a pinch of salt.
2. Blend on high until smooth.
3. Serve fresh and enjoy.

Prep/Total Time: 5 Minutes - Serve: 1

HAZELNUT MOCHA BLISS SHAKE



INGREDIENTS:

- ❖ 1 cup unsweetened non-dairy milk
- ❖ 4 ounces brewed espresso or strong coffee, chilled
- ❖ 1 ripe banana, preferably frozen
- ❖ ½ cup ice
- ❖ ¼ cup roasted hazelnuts
- ❖ 3 soft Medjool dates, pitted
- ❖ 1 ½ tablespoons cacao powder
- ❖ 1 teaspoon vanilla extract
- ❖ ⅛ teaspoon sea salt
- ❖ 2 tablespoons cacao nibs

PREPARATION:

1. In a high-speed blender, add non-dairy milk, chilled espresso or strong coffee, frozen banana, ice, roasted hazelnuts, pitted dates, cacao powder, vanilla extract, and a pinch of sea salt.
2. Blend until the mixture is smooth and creamy.
3. Toss in the cacao nibs and blend for a few seconds to roughly chop them and mix them into the smoothie.

Prep/Total Time: 10 Minutes- Serve: 2

PEANUT BUTTER MOCHA DELIGHT SMOOTHIE



INGREDIENTS:

- ❖ ½ cup unsweetened non-dairy milk
- ❖ 1 scoop chocolate protein powder
- ❖ 2 tablespoons rolled oats
- ❖ 1 teaspoon cocoa powder
- ❖ 2 tablespoons peanut butter
- ❖ ¼ teaspoon vanilla extract
- ❖ pinch sea salt
- ❖ 1 ripe banana, preferably frozen
- ❖ 1 shot espresso
- ❖ ⅓ cup ice

PREPARATION:

1. In a blender, mix together the milk, protein powder, oats, cocoa powder, peanut butter, vanilla, salt, banana, espresso, and ice.
2. Blend on high speed for about 30 seconds until it's perfectly smooth and creamy.
3. Enjoy your peanut butter mocha smoothie right away!

Prep/Total Time: 5 Minutes - Serve: 1

COCOA-SPICED SWEET POTATO SMOOTHIE



INGREDIENTS:

1 cup unsweetened non-dairy milk
(unsweetened vanilla works great)
¼ cup plain non-dairy yogurt
1 tablespoon almond butter
¼ teaspoon vanilla extract
1 scoop chocolate protein powder
1 ½ teaspoons unsweetened cocoa powder
1 ½ teaspoons cacao nibs
¼ teaspoon ground cinnamon
⅛ teaspoon sea salt
1 pitted Medjool date
1 heaping cup of frozen cooked sweet potato
chunks (see note)
A handful of ice

PREPARATION:

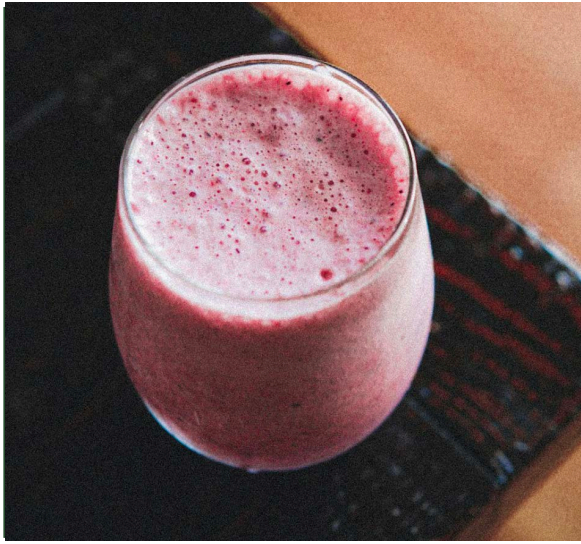
Add all ingredients to a high-speed blender: The non-dairy milk, non-dairy yogurt, almond butter, vanilla, chocolate protein powder, cocoa powder, cacao nibs, cinnamon, sea salt, pitted Medjool date, frozen sweet potato chunks, and ice cubes.

Blend on high for about 1 minute until the mixture is perfectly smooth.

Pour into a glass and enjoy your delicious smoothie right away!

Prep/Total Time: 5 Minutes - Serve: 1

STRAWBERRY & PEPPERCORN PROTEIN SMOOTHIE



PREPARATION:

1. Combine all the ingredients in a blender and blend until you achieve a perfectly smooth texture.
2. Next, transfer the mixture into a glass and savor your refreshing creation immediately.

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 cup of non-dairy nut milk
- ❖ 1/2 cup of chopped strawberries
- ❖ 1 peeled banana
- ❖ 1 carrot
- ❖ 1 tablespoon of maple syrup
- ❖ A dash of ground pink peppercorn (about 1/4 teaspoon)
- ❖ 1 cup of ice
- ❖ Optional mix-ins: 1 cup of greens (like spinach or kale),
- ❖ 1 teaspoon of ground flaxseed
- ❖ 1/2 teaspoon of ground beet powder

LEMON BERRY PROTEIN SMOOTHIE



PREPARATION:

1. Add all of your smoothie ingredients into a blender and puree until smooth.

Prep/Total Time: 5 Minutes - Serve: 2

INGREDIENTS:

- ❖ 1 banana
- ❖ 1 cup frozen blueberries
- ❖ 1/4 cup cashews
- ❖ 3/4 cup unsweetened almond milk
- ❖ 1/2 cup plain yogurt dairy-free if you prefer
- ❖ Handful of spinach
- ❖ Pinch of cinnamon
- ❖ Sprinkle of hemp hearts

BLUEBERRY CASHEW SMOOTHIE

Recipe

97



INGREDIENTS:

- ❖ 1 banana
- ❖ 1 cup frozen blueberries
- ❖ 1/4 cup cashews
- ❖ 1/4 cup of oats
- ❖ 3/4 cup unsweetened almond milk
- ❖ 1/2 cup plain yogurt dairy-free if you prefer
- ❖ Handful of spinach
- ❖ Pinch of cinnamon
- ❖ Sprinkle of hemp hearts

PREPARATION:

1. Add all of your smoothie ingredients into a blender and puree until smooth.

Prep/Total Time: 5 Minutes - Serve: 2

MANGO TURMERIC SMOOTHIE



PREPARATION:

1. Add all the ingredients into a blender and puree until smooth.

Prep/Total Time: 5 Minutes - Serve: 2

INGREDIENTS:

- ❖ 1 1/2 cups frozen, cubed mango
- ❖ 1 frozen banana
- ❖ 1/2 cup plain, non-dairy yogurt
- ❖ 1/2 cup orange, peeled and supremed
- ❖ 1/2 inch peeled, fresh ginger (or 1 teaspoon ground ginger)
- ❖ 1/2 inch peeled turmeric root (or 1/2 teaspoon ground turmeric)

DATE-INFUSED TAHINI SMOOTHIE



PREPARATION:

1. Add all of your smoothie ingredients to a blender and puree until smooth.

Prep/Total Time: 5 Minutes - Serve: 1

INGREDIENTS:

- ❖ 1 frozen banana
- ❖ 3/4 cup unsweetened, plain soy milk
- ❖ 2 tablespoons of tahini
- ❖ 1 scoop of vegan vanilla protein powder
- ❖ 1-2 dates, pitted
- ❖ A pinch of sea salt

KALE & APPLE SMOOTHIE

Recipe

100



INGREDIENTS:

- ❖ 2 large kale leaves, washed and stems removed
- ❖ 1 large apple, cored (peeling optional)
- ❖ 1 kiwi (juice of)
- ❖ 1 tablespoon chia seeds
- ❖ 2 teaspoons ground flaxseed (or whole flax seeds)
- ❖ 1 tablespoon maple syrup
- ❖ Juice from 1/2 a medium lemon
- ❖ 3/4 cup (180 ml) plant-based milk
- ❖ 5 ice cubes (optional, for extra chill and thickness)
- ❖ 1 tablespoon almond butter (optional, for added flavor)

PREPARATION:

1. Add all the ingredients in a blender and blend until smooth.
2. Taste for sweetness and add a touch more maple syrup if desired.
3. For a thinner consistency, you can also blend in a bit more plant milk.
4. Serve immediately.

Prep/Total Time: 5 Minutes - Serve: 2