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SMOOTHIE RECIPE COLLECTION

*Collection of nutrient packed smoothies
that keep you full and healthy.*



TROPICAL SMOOTHIE



TROPICAL SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
240 kcal
3g Fats
55g Carbs
4g Protein



WHAT YOU NEED

- 3 passion fruits
- 1 banana, chopped
- 1 cup (165g) pineapple, chunks
- 1-1/4 cup (300ml) coconut water
- 1 tbsp. chia seeds
- ice cubes, to serve

WHAT YOU NEED TO DO

Scoop the pulp of the passion fruits into a high-speed blender, add the banana, pineapple, coconut water, and chia seeds. Purée until smooth and serve immediately, topped with ice cubes.



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**IMMUNITY
BOOSTER JUICE**

IMMUNITY BOOSTER JUICE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
272 kcal
1g Fats
68g Carbs
8g Protein



WHAT YOU NEED

- 1 2/3 cup (400ml) carrot juice
- juice of 1 grapefruit
- 1 inch ginger, peeled and sliced
- 2 apples, core removed, chopped
- ¼ tsp. turmeric
- pinch cayenne pepper

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blend until smooth. Serve with ice cubes.



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A glass of golden turmeric latte is centered on a wooden slice. The latte is a vibrant yellow color with a frothy top. The wooden slice has several small piles of turmeric powder scattered around it. The background is a light, textured surface.

**GOLDEN
TURMERIC LATTE**

GOLDEN TURMERIC LATTE



Serves: 2
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
53 kcal
2g Fats
7g Carbs
1g Protein



WHAT YOU NEED

- 1 ½ cup (350ml) almond milk
- ¼ tsp. ground turmeric
- ¼ tsp. cinnamon
- ¼ tsp. ground ginger
- ½ tsp. vanilla extract
- 1 tbsp. Maple syrup

WHAT YOU NEED TO DO

Place all the ingredients in a saucepan and continuously stir over low heat.

Once hot, pour into cups and top additional cinnamon to serve. Adjust sweetness if necessary.



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A top-down view of a glass filled with a thick, yellowish smoothie. The smoothie is garnished with several white, flake-like pieces of coconut, a cluster of small, dark, oval-shaped chia seeds, and a single slice of banana on the right side. The glass is set against a background of a white, textured surface with a repeating geometric pattern.

**PINA COLADA
PROTEIN SMOOTHIE**

PINA COLADA PROTEIN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
182 kcal
1g Fats
20g Carbs
23g Protein



WHAT YOU NEED

- ½ banana
- 1 cup (165g) pineapple chunks, canned or fresh
- 1 ¼ cup (300ml) coconut milk
- 2 scoops (50g) vanilla whey
- handful ice cubes

WHAT YOU NEED TO DO

Combine all ingredients in a blender. Blend until smooth around 1 minute. Serve immediately.



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**RASPBERRY
PROTEIN SMOOTHIE**

RASPBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
331 kcal
12g Fats
25g Carbs
29g Protein



WHAT YOU NEED

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk
- 2 tbsp. vanilla whey or pea protein
- 1 tbsp. smooth almond butter
- handful ice cubes

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.



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**HEMP PROTEIN
POWDER SMOOTHIE**

HEMP PROTEIN POWDER SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
310 kcal
4g Fats
47g Carbs
20g Protein



WHAT YOU NEED

- 2 large oranges, peeled
- 1.5-inch ginger, peeled
- 2 cups (470ml) beetroot juice
- 4 tbsp. hemp powder (unflavoured or vanilla)

WHAT YOU NEED TO DO

Peel and cut the oranges into pieces. Peel and finely chop the ginger.

Place all ingredients in a blender and mix until smooth. Serve in glasses straight away.



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**BEEET THE
BLUES SMOOTHIE**



BEET THE BLUES SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
232 kcal
5g Fats
54g Carbs
5g Protein



WHAT YOU NEED

- 2/3 cup (150ml) plant milk
- ½ cup (100g) cooked beetroot
- ½ cup (50g) blueberries
- ½ banana
- ½ apple
- 1 tsp. chia seeds
- 1 tsp. maca powder

WHAT YOU NEED TO DO

Using a high-power blender, blend all ingredients together until smooth.



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A glass jar filled with a vibrant orange smoothie. A clear straw is inserted into the drink, and a slice of orange is perched on the rim. The jar has a decorative embossed floral pattern on its front. To the right of the jar, a whole orange is cut in half, showing its segments. The entire scene is set on a blue and white checkered napkin, which is placed on a light-colored, possibly marble, surface.

**CAROTENE
BOOST SMOOTHIE**

CAROTENE BOOST SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
194 kcal
8g Fats
23g Carbs
6g Protein



WHAT YOU NEED

- 2 medium carrots
- ½ orange
- 1 peach
- ¾ cup (200g) natural yogurt
- 7/8 cup (200ml) water
- 2 tbsp. goji berries

WHAT YOU NEED TO DO

Wash, peel and roughly chop the fruit and veg, then place them in a high-speed blender alongside the yogurt, water, and goji berries.

Blend until smooth and serve straight away.

NOTE:

- Add a scoop of vanilla or unflavoured protein powder for a protein boost.



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**GRAPEFRUIT
SMOOTHIE**

GRAPEFRUIT SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
233 kcal
4g Fats
37g Carbs
16g Protein



WHAT YOU NEED

- 1 pink grapefruit
- 1 medium banana
- 1 cup (200g) strawberries
- ¼ cup (65g) Greek yogurt
- 1 scoop vanilla whey

WHAT YOU NEED TO DO

Blend all the ingredients in a blender and serve.



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**VERY GREEN
SMOOTHIE**

VERY GREEN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
154 kcal
2g Fats
31g Carbs
5g Protein



WHAT YOU NEED

- 2 cups baby spinach
- ½ cucumber
- 2 celery sticks
- handful parsley
- handful mint
- 1 apple
- 1/2 orange, juiced
- ¼ lime, juiced
- ¼ lemon, juiced
- 2 pineapple rings

WHAT YOU NEED TO DO

Place the ingredients in a blender (you can leave the skins on the apples and cucumber) and puree, adding water or ice as needed.



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A glass of vibrant green smoothie is the central focus, set against a backdrop of fresh ingredients. To the left, there are stalks of celery and a bunch of fresh parsley. To the right, a slice of kiwi fruit is visible. The smoothie is served in a clear glass and sits on a light-colored, textured cloth. The overall scene is bright and fresh, suggesting a healthy and nutritious beverage.

**GREEN POWER
SMOOTHIE**

GREEN POWER SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
136 kcal 1g
Fats
34g Carbs
1g Protein



WHAT YOU NEED

- 1 kiwi, peeled
- 4 big handfuls spinach
- 1/4 cucumber
- 1 stalk celery
- 1 cup (235ml) 100% apple juice
- 2 pineapple rings
- 2 tsp. honey

WHAT YOU NEED TO DO

Add all ingredients into a blender and blitz until smooth.

Serve immediately.



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**MEAN LEAN
SMOOTHIE**

MEAN LEAN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
220 kcal
12g Fats
24g Carbs
5g Protein



WHAT YOU NEED

- 2 kale leaves
- ½ avocado
- ½ apple
- ½ cucumber
- 1 celery stalk
- ½ lemon, juiced
- mint spring

WHAT YOU NEED TO DO

Wash all ingredients and place in a high-speed blender.

Blend everything until smooth and serve with ice cubes.



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**POST-WORKOUT
VEGAN OAT SMOOTHIE**

POST-WORKOUT VEGAN OAT SMOOTHIE



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
369 kcal
16g Fats
43g Carbs
15g Protein



WHAT YOU NEED

- 2 tbsp. (20g) oats
- 1 small ripe banana
- 1 tbsp. almond butter
- 1 tsp. raw cacao nibs
- 1 cup (200ml) soy milk

WHAT YOU NEED TO DO

Place the oats in a small bowl and cover with boiling water, then set aside.

Place the banana, almond butter and cocoa nibs into a blender. Add in the soy milk and drained oats, then blitz until smooth.

Serve straight away in a glass.



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**MANGO LASSI
WITH MINT**

MANGO LASSI WITH MINT



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
180 kcal
6g Fats
34g Carbs
8g Protein



WHAT YOU NEED

- 1 ripe mango
- 8.8 oz.(250g) natural yogurt, 0% fat
- 2/5 cup (100ml) water
- 1-2 tsp. stevia
- 4 handfuls spinach
- 4 tbsp. mint leaves, chopped

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blend until smooth. Serve in glasses.



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**VANILLA & COFFEE
PROTEIN SMOOTHIE**

VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
174 kcal
6g Fats
4g Carbs
26g Protein



WHAT YOU NEED

- 1/4 cup (60ml) espresso
- 1 2/3 cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds
- handful ice

WHAT YOU NEED TO DO

Place all in gradients in a high-speed blender and mix until smooth. Serve cold in a glass.



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ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
197 kcal
4g Fats
14g Carbs
26g Protein



WHAT YOU NEED

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender until smooth and serve.



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