

25 MIX-AND-MATCH SMOOTHIE COMBOS

Pick one ingredient per row to create your ideal smoothie. Or choose straight down the left column if you're craving a classic taste—the farther right you go, the more adventurous the end result.

CLASSIC

LIQUID (1 CUP)

BOLD



Low-Fat Milk



Unsweetened Almond Milk



Water



Unsweetened Oat Milk



Carrot Juice

PRODUCE (1 CUP)



Chopped Banana + Strawberries



Chopped Banana + Blueberries + Blackberries



Frozen Cherries



Chopped Banana + Pear



Chopped Baked Sweet Potato

PROTEIN (1 T)



Peanut Butter



Whey Protein



Raw Almonds



Tahini



Brown Rice Protein

SWEETENER (1 T)



Honey



Blackberry Jam



Chopped Dates



Chopped Crystallized Ginger



Maple Syrup

WILD CARD



Vanilla Extract (1/2 tsp)



Ground Flaxseed (1 T)



Cocoa Powder (1 T)



Ground Cinnamon (1 tsp)



Pumpkin Pie Spice (1 tsp)

1 ADD FRUIT

Choose at least 2 types of fruit - fresh or frozen. And for a super healthy smoothie - make it green, adding vegetables such as kale, spinach & arugula.



Banana



Berries



Pear/ apple



Watermelon



Peach



Kiwi



Pineapple



Cherries



Mango



Avocado



Spinach



Kale/ Arugula



Beet greens



Dandelion greens

2 CHOOSE A BASE

Add 1 - 2 cups of liquid. The more juice your chosen fruits/vegetables have, the less liquid you need to add.



Milk/
rice/ almond/
soy milk



Fruit juice



Iced coffee



Iced green tea



Coconut water/ milk



Water

3 THICKEN UP

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Thicken your smoothie to get the right consistency/ creaminess, whilst making it more nutritious.



Nut butter
(e.g. peanut)



Yogurt/ kefir/
cottage cheese



Ice cream/
frozen yogurt



Ice cubes



Coconut meat



Chia seeds/
psyllium husks



Oats/
beans

4 FLAVOR IT

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Boost flavor with sweeteners, spices, fruits and herbs. Spices such as cinnamon add a layer of sweetness, without adding extra calories.



Sugar/
stevia/
xylitol



Vanilla/
almond extract



Honey



Cinnamon



Maple syrup



Nutmeg



Figs



Herbs
(e.g. mint/ basil)



Dates

5 POWER BOOST

Take your smoothie to the next level with highly nutritive superfoods.



Protein powder



Fish oil



Goji berries



Sprouts



Ground flaxseeds





25

3-INGREDIENT SMOOTHIE RECIPES

HATE ROUNDING UP A MILLION SMOOTHIE INGREDIENTS WHEN YOU'RE IN A RUSH?

Whether you need an energizing breakfast on-the-go or a post-workout shake that doesn't taste like chalk, these easy recipes deliver. Round up just three ingredients, add a handful of ice cubes and blend away! From chocolatey decadence to flavors straight from the tropics, your taste buds will love this variety of scrumptious sips.

POWERED BY PROTEIN

Want extra oomph in your shake? Try adding one of the following ingredients:

PROTEIN POWDER:

Roughly 24-50 grams protein per serving, depending on brand

GREEK YOGURT:

10 grams of protein per 1/4 cup

CHIA SEEDS:

5 grams of protein per 2 tbsp

PEANUT BUTTER:

4 grams of protein per 1 tbsp

SILKEN TOFU:

4 grams of protein per 1/2 cup



PRO SMOOTHIE TIPS

Step up your blender game with these all-star smoothie hacks:

Apple, honey or fruit juice will neutralize the bitter taste of vegetables in green smoothies.

Need a sweeter sip? Experiment with adding a scant amount of vanilla extract, honey, stevia or cinnamon.

Peel and chop bananas before throwing them in the freezer so your frozen baner slices are ready to go.

If you don't have protein powder on hand, substitute 1/2 cup silken tofu for every scoop of powder.

WRITTEN BY:
Alex Orlov

ILLUSTRATION:
tantika.com

life BY daily burn™

CHOCOLATE SMOOTHIES

1 PROTEIN FROSTY



2 MOCHA MADNESS



3 BLACK FOREST CAKE



4 CHOCOLATE CHIA



5 BANANA BONANZA



NUT BUTTER SMOOTHIES

6 CHOCOLATE PB BLITZ



7 BLUEBERRY ALMOND JOY



8 PEANUTTY 'NANER



9 ALMOND BUTTER BOMB



10 SUN BUTTER SURPRISE



FRUIT FUSION SMOOTHIES

11 OATMEAL BANANA BOAT



2 tbsp
rolled oats

+



½ cup
milk of choice

+



1 frozen
banana



12 ORANGE CREAMSICLE



½ frozen
banana

+



½ cup
orange juice

+



½ cup
low-fat Greek
yogurt

13 MIGHTY MANGO



1 cup
frozen mango
chunks

+



2 tbsp
low-fat
Greek yogurt

+



¼ tsp
cinnamon

14 KEY LIME PIE



1 frozen
banana

+



1 cup
milk of choice

+



2 tbsp
fresh lime juice

15 PINA COLADA



¼ cup
frozen pineapple

+



¼ cup
coconut milk

+



½ frozen
banana

VERY BERRY SMOOTHIES

16 HYDRATION STATION



17 RASPBERRY CHEESECAKE



18 COCO-BERRY BLEND



19 BERRY GRAPETASTIC



20 STRAWBERRY SUNRISE



GREEN SMOOTHIES

21 SPINACH, YO!



22 GIVE 'EM KALE



23 SWEET GREENS



24 TROPICAL TWIST



25 AVOCADO DELIGHT



SMOOTHIE	1 CUP* FRESH GREENS	1.5 CUPS FROZEN FRUIT	PROTEIN	1 CUP LIQUID	OPTIONAL FANCY STUFF
 GREEN MANGO	 SPINACH OR KALE	 MANGO	 1/4 CUP YOGURT	 WATER	 1/4 CUP FRESH GINGER
 GREEN PEACH	 SPINACH OR KALE	 PEACH	 2 TBSP HEMP	 COCONUT WATER	 1/4 TSP GROUND CINNAMON
 BANANA NUT	 SPINACH OR KALE	 BANANA	 1/4 CUP NUTS (ANY)	 MILK (ANY)	 1 TBSP COCOA POWDER
 PIÑA-COLADA	 SPINACH OR KALE	 PINEAPPLE	 1 TBSP CHIA SEEDS	 COCONUT WATER	 1 TBSP SHREDDED COCONUT
 BERRY	 SPINACH OR KALE	 BERRIES	 2 TBSP ROLLED OATS	 MILK (ANY)	 1/2 BANANA
 CHERRY NUT	 SPINACH OR KALE	 CHERRIES	 2 TBSP NUT BUTTER (ANY)	 MILK (ANY)	 1/4 TSP VANILLA EXTRACT

*
OR 1/2 CUP FROZEN

1

Pick 2-3 types of fruits.

Here are some of my favourites fruits you can add to your smoothie recipe:



Apple



Avocado



Banana



Blueberries



Grapes



Kiwi



Pomegranate seeds



Pears



Peaches



Raspberries



Strawberries

(Note: blend Pomegranate seeds extra longer than usual to eliminate the crunchy bits)

2

(Optional) Add Green Veggies

Optionally add 1-2 types of leafy greens to your smoothie recipe.

Pick between:



Arugula



Beet Greens



Kale



Lettuce



Spinach

3

Add Your Liquids

Add 1-2 cups of liquids and base (see step #4) – enough to fill the base up just below the fruit and veggies in the blender.



Coconut Water



Cold Tea
(Green Tea, Rooibos Tea, etc)



Juice
(organic, ideally not from concentrate)



Milk
(Almond, Dairy, Rice, Soy)



Water

4

Add Your Base

A base can be added to make a smoothie thicker, more smooth and more nutritious. While Probiotic Yogurt is undoubtedly my favourite, the following are all safe bets:



Chia Seeds
(sit unblended in the liquid for 2-3 minutes before blending to have the chia "puff up")



Ice Cubes
(generally not required if you freeze your fruit for smoothies)



Natural Peanut Butter



Oats
(for breakfast smoothies)



Yogurt

5

Add Your Superfood Boost

Adding a boost to your smoothie gives you the opportunity to double-down on your nutrients per glass and to potentially increase the absorption rates of your superfood supplements.



Bee Pollen



Boost Powders
(such as SunWarrior's products)



Fish Oil



Flax Oil or Flax Meal



"Greens" Powder



Protein Powder



Hemp Seeds

Protein Power Crunch

450
calories

Protein: 32 g Fiber: 7 g



3/4 cup milk
1/4 cup hemp granola
1 banana
1 scoop protein powder, soy, rice, hemp or whey (approx. 2 tbsp)
1 cup ice cubes

Spinach Banana

330
calories

Protein: 16.9 g Fiber: 7.9 g



1 banana
1/2 cup spinach
1 tbsp peanut butter
1 1/4 cup unsweetened soy milk

Chocolate Peanut Butter

360
calories

Protein: 12 g Fiber: 5 g



1/2 cup milk
1 1/2 tbsp peanut butter
1 tbsp honey
1/2 tbsp cocoa powder
1 banana
1 cup ice cubes

Go Green

306
calories

Protein: 18.8 g Fiber: 20.3 g



1 cup fresh kale
1 cup almond milk, unsweetened
1 cup berries
1/2 banana
1 tbsp almond butter
2 tbsp rolled oats

Apple & Cinnamon

238
calories

Protein: 13.7 g Fiber: 9.9 g



8 oz coconut water
4 raw almonds
1 tsp vanilla extract
1 tsp cinnamon
1 cup chopped apple
1/2 scoop unsweetened protein powder
1 tbsp flaxseed meal (ground flaxseed)



Carrot Cake

207
calories

Protein: 17 g Fiber: 5 g



1/2 cup carrot juice
1 banana (frozen)
3/4 cup unsweetened vanilla almond milk
1 scoop vanilla protein powder
1/2 tsp cinnamon
5 ice cubes



Healthy Start

260
calories

Protein: 11 g Fiber: 7 g



3 oz water
1/4 cup low-fat cottage cheese
1/2 tbsp chia seeds
1/2 tbsp agave nectar (or other sweetener)
1/2 banana
1 1/4 cups kale (optional)
1/2 cup fresh pineapple chunks
1/3 cup frozen mango chunks
1 cup ice cubes



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Sources:
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