# Table of Contents

# <u>Breakfast</u>

# Smoothies

Ultimate Healthy Breakfast Smoothie	2
Pineapple Green Smoothie  Berry Spinach Protein Smoothie	
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 thing = add ice
- For Dairy Free
  - sub plant-based

Nutritional Information

Calories 300

Fat 118

Protein 12.59

Sugars 229

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



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

Nutritional INFORMATION

Carbohydrates: 30g

## Berry Spinach Protein Smoothie

The Lemon Bowl



I 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



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

Nutritional Information

## Rainbow Breakfast Smoothie

#### Love & Lemons



I 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

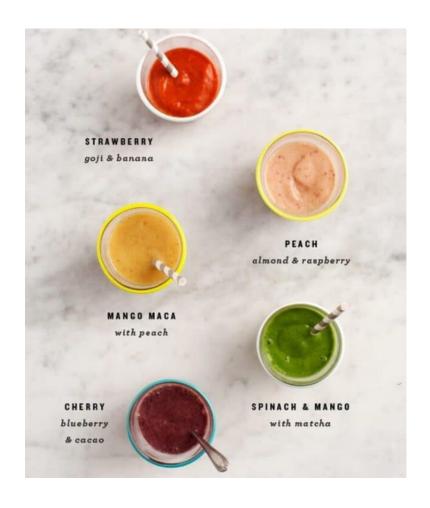
- slices from ½ of a large mango
- handful of fresh spinach
- 1-2 teaspoons matcha

### Cherry Blueberry Cacao:

- 1/3 cup tart cherries
- 1/3 cup blueberries
- ½ 1 tablespoon raw cacao powder

#### Blend each smoothie with:

- ½ ¾ cup almondmilk
- a few pieces of ice



- 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 Protein 3.3g

## Creamy Chocolate Breakfast Shake

Minaimalist Baker



الا 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)
- I dash stevia or agave nectar (depending on sweetness of bananas)
- 1/3 cup ice
- 1 big handful big handful of spinach



- 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 Carbohydrates: 48g