

# 12 Easy *Superfood Smoothies*





We know how important it is to eat plenty of fruits and veggies, but let's face it; It's not always to get as much as we need each day. Smoothies can be a quick, easy and tasty way to get a mega dose of super foods, and they're even good to take with you on the go.

**This guide includes some of the most popular super foods, including:**

- Apple
- Acai berries
- Avocado
- Banana
- Berries
- Almonds
- Chia seeds
- Cacao powder
- Flax seed
- Kale
- Orange
- Pumpkin
- Raw honey
- Spinach

Mix up the recipes and change out ingredients based on your preferences. Try a new smoothie each week, and see if you discover some new favorites!

I hope you enjoy this guide, and it helps you add more healthy whole foods to your diet.

Cheers to your good health!

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| <b>Superfood Smoothie Recipe</b>   |
|------------------------------------|
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| Awesome Berry Smoothie             |
| Banana Raspberry Smoothie          |
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| Thick and Delicious Cacao Smoothie |
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| Dreamy Orange Smoothie             |
| Blueberry Kale Smoothie            |
| Raspberry Cacao Smoothie           |
|                                    |



## Peach Pineapple Green Smoothie

Makes 1 serving

### **Ingredients:**

- 1 cup spinach, raw
- 1 cup peach
- 1 cup pineapple
- 1 tsp ground flax seeds
- ½ cup coconut milk, unsweetened
- ½ cup cold water
- ice (optional)

### **Directions:**

1. Place spinach in blender first, then cover with the rest of the ingredients.
2. Process at high speed until well combined (you may need to carefully stop and press the spinach down a few times).
3. You may want to add ice or more cold water, depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 5.74   |
| Carbs (g)    | 41.18  |
| Fat (g)      | 25.65  |
| Calories     | 382.75 |



## Awesome Berry Smoothie

Makes 1 serving

### **Ingredients:**

- ½ cup blackberries
- ½ cup blueberries
- 1 medium banana
- 1 tsp chia seeds
- 1 cup almond milk, unsweetened
- ice (optional)

### **Directions:**

1. Place all ingredients in blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 4.53   |
| Carbs (g)    | 46.15  |
| Fat (g)      | 5.17   |
| Calories     | 230.71 |



## Banana Raspberry Smoothie

Makes 1 serving

### **Ingredients:**

- 1 medium banana
- 1 cup raspberries
- 1 medium orange
- 1 cup almond milk, unsweetened
- ice (optional)

### **Directions:**

1. Place all ingredients in blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 4.78   |
| Carbs (g)    | 58.79  |
| Fat (g)      | 4.20   |
| Calories     | 267.96 |





## Secret Orange Smoothie

Makes 1 serving

### **Ingredients:**

- ¼ cup oats
- 1 medium orange
- 1 medium carrot, chopped
- 1 medium pear, with peel
- 1 tsp raw honey
- 1 cup almond milk, unsweetened
- ice (optional)

### **Directions:**

1. Place oats in blender and cover with almond milk. Let soak while you prepare the rest of the ingredients.
2. Add rest of ingredients to blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 10.11  |
| Carbs (g)    | 81.36  |
| Fat (g)      | 5.59   |
| Calories     | 400.78 |



## Banana Peach Smoothie

Makes 1 serving

### **Ingredients:**

- 1 cup peach
- 1 medium banana
- 1 cup almond milk, unsweetened
- ½ tsp cinnamon
- ice (optional)

### **Directions:**

1. Place all ingredients into blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 3.64   |
| Carbs (g)    | 42.20  |
| Fat (g)      | 3.50   |
| Calories     | 197.53 |





## Thick and Delicious Cacao Smoothie

Makes 1 serving

### **Ingredients:**

- ½ avocado, pitted
- ½ medium banana
- 2 tablespoon cacao powder, unsweetened
- 2 dates
- 1 cup almond milk, unsweetened
- ice (optional)

### **Directions:**

1. Place all ingredients into blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 6.60   |
| Carbs (g)    | 64.16  |
| Fat (g)      | 19.08  |
| Calories     | 400.88 |



## Almond Green Smoothie

Makes 1 serving

### **Ingredients:**

- 1 cup spinach, raw
- ½ medium banana
- 1 tablespoon almond butter, unsweetened
- 1 tbsp chia seeds
- 1.5 cup almond milk, unsweetened
- ½ teaspoon cinnamon
- ice (optional)

### **Directions:**

1. Place spinach in blender first, then cover with the rest of the ingredients.
2. Process at high speed until well combined (you may need to carefully press the spinach down a bit).
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 7.34   |
| Carbs (g)    | 24.22  |
| Fat (g)      | 17.54  |
| Calories     | 276.76 |



## Strawberry Smoothie

Makes 1 serving

### **Ingredients:**

- 1.5 cups strawberries
- 1 medium apple, with peel
- 1 tbsp flax seeds
- 1.5 cup almond milk, unsweetened
- ice (optional)

### **Directions:**

1. Place all ingredients into blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 4.58   |
| Carbs (g)    | 36.52  |
| Fat (g)      | 7.20   |
| Calories     | 253.38 |



## Nut Butter Cup Smoothie

Makes 1 serving

### **Ingredients:**

- 2      tbsp almond butter, unsweetened
- 2      dates, pitted
- 2      tbsp cacao powder, unsweetened
- ½     tsp vanilla extract
- 1      cup almond milk, unsweetened
- ice    (optional)

### **Directions:**

1. Place all ingredients into blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 10.69  |
| Carbs (g)    | 48.41  |
| Fat (g)      | 21.81  |
| Calories     | 389.06 |



## Dreamy Orange Smoothie

Makes 1 serving

### **Ingredients:**

- 1 medium orange
- 1 medium banana
- ½ tsp vanilla extract
- 2 tbsp cashews
- 1.5 cup almond milk, unsweetened
- ice (optional)

### **Directions:**

1. Place all ingredients into blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 8.97   |
| Carbs (g)    | 52.81  |
| Fat (g)      | 17.08  |
| Calories     | 380.78 |



## Blueberry Kale Smoothie

Makes 1 serving

### **Ingredients:**

- 1 cup kale, raw
- ½ medium banana
- 1 cup blueberries
- 2 tbsp walnuts
- 1.5 cup almond milk, unsweetened
- ½ teaspoon cinnamon
- ice (optional)

### **Directions:**

1. Place kale in blender first, then cover with the rest of the ingredients.
2. Process at high speed until well combined (you may need to carefully press the kale down a bit).
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 8.07   |
| Carbs (g)    | 42.64  |
| Fat (g)      | 19.89  |
| Calories     | 368.46 |



## Raspberry Cacao Smoothie

Makes 1 serving

### **Ingredients:**

- 1 cup raspberries
- ½ medium banana
- 2 dates, pitted
- 1 tbsp chia seeds
- 1.5 cup almond milk, unsweetened
- 2 tbsp cacao powder, unsweetened
- ice (optional)

### **Directions :**

1. Place all ingredients into the blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

| Per smoothie |        |
|--------------|--------|
| Protein (g)  | 8.91   |
| Carbs (g)    | 76.25  |
| Fat (g)      | 10.76  |
| Calories     | 387.93 |