



# HIGH POWERED Smoothie Recipes

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**GF** Gluten Free

**DF** Dairy Free

**V** Vegetarian

**N** Contains Nuts

**LC** Low Carb (30g - serve)

**MP** Meal Prep/Freezer Friendly

**HP** High Protein (20g+ per serve)

**Q** Quick (under 30 mins)



# The Power Breaky Smoothie

## Serves 2

- 1 cup (150g) blueberries, frozen
- 1 medium bananas, ripe
- 4 tbsp. rolled oats
- 2 tbsp. almond butter
- 2 cups (480ml) almond milk, unsweetened
- 2 medjool dates
- 2 scoops (50g) vanilla protein powder



DF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	395	14	45	26	8

\*Nutrition per serving

# The Strawberry Burst Breakfast Smoothie

## Serves 2

1 medium banana, sliced & frozen  
1 cup (145g) strawberries, frozen  
2 tbsp. rolled oats  
2 scoops (50g) vanilla protein powder  
2 tbsp. natural peanut butter  
1 ½ cups (360ml) almond milk, unsweetened



DF LC HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	305	11	27	29	5

\*Nutrition per serving

# The Wake Me Up Protein Smoothie

## Serves 2

4 tbsp. rolled oats

1 ½ cups (360ml) almond milk,  
unsweetened

½ cup (120ml) water

1 scoop (25g) chocolate protein  
powder

2 tsp. instant coffee powder

2 tsp. cocoa powder, natural

1 banana

¼ cup (30g) pecans



DF LC V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	267	14	25	14	6

\*Nutrition per serving

# The Morning Energizer Smoothie

## Serves 2

- 1 cup (240ml) coconut milk, from carton
- 1 cup (240ml) coffee, chilled
- $\frac{2}{3}$  cup (165g) coconut yogurt, unsweetened
- 2 medjool dates
- 1 scoop (25g) protein powder, chocolate
- 1 tbsp. cacao powder, natural



GF DF LC V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	212	6	28	11	4

\*Nutrition per serving

# The Green Fuel Smoothie

## Serves 2

4 tbsp. rolled oats

½ tsp. matcha green tea powder

2 cups (480ml) almond milk, unsweetened

1 banana, chopped & frozen

2 scoops (50g) vanilla protein powder



DF LC HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	209	4	23	23	4

\*Nutrition per serving



# The Greenology Smoothie

## Serves 2

1 cup (240ml) almond milk,  
unsweetened

1 medium banana, frozen

½ mango, frozen

2 cups (60g) spinach

¼ cup (15g) pumpkin seeds

2 tbsp. hemp seeds hearts

1 scoop (25g) vanilla protein  
powder

¼ cup (60ml) water



GF DF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	266	10	30	19	5

\*Nutrition per serving

# The Mango-Licious Protein Smoothie

## Serves 2

- 1 cup (145g) strawberries, frozen
- 1 mango, chopped, and frozen
- ½ cup (120g) Greek yogurt
- 2 scoops (50g) vanilla protein powder, vanilla
- 2 cups (480ml) almond milk, unsweetened
- 6 ice cubes



GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	294	5	36	31	5

\*Nutrition per serving

# The Black Forest Smoothie

## Serves 2

1 ½ cups (360ml) almond milk,  
unsweetened

1 avocado

1 ½ (230g) cup cherries, frozen

2 scoops (50g) protein powder,  
chocolate

2 tsp. vanilla extract



GF DF LC HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	335	18	24	23	10

\*Nutrition per serving

# The Banana Twist Protein Smoothie

## Serves 2

4 tbsp. rolled oats

2 cups (480ml) almond milk,  
unsweetened

1 banana

1 apple

1 tsp. ground cardamom

2 scoops (50g) vanilla protein  
powder



DF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	259	4	35	23	7

\*Nutrition per serving

# The Superfood Protein Smoothie

## Serves 2

1 medium banana, sliced and frozen  
1 cup (150g) blueberries, frozen  
1 cup (70g) kale  
2 medjool dates  
1 tbsp. ground flax seeds  
3 cauliflower florets (40g), frozen  
2 scoops (50g) protein powder, chocolate  
1 ½ tbsp. cocoa powder, natural  
2 cups (480ml) almond milk, unsweetened



GF DF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	328	6	50	25	11

\*Nutrition per serving



# The Strawberry Post Workout Smoothie

## Serves 2

- 1 cup (145g) strawberries, frozen
- 1 cup (240ml) coconut milk, cartoned
- 2 scoops (50g) protein powder, vanilla
- 2 tsp. honey
- 2 tsp. vanilla extract
- 2 tsp. desiccated coconut



GF DF LC HP V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	193	4	16	23	2

\*Nutrition per serving

# The Golden Protein Smoothie

## Serves 2

1 mango, chopped, frozen  
1 banana, sliced, frozen  
½ cup (120g) Greek yogurt  
1 tsp. ground cinnamon  
1 tsp. ground turmeric  
½ tsp. ground ginger  
pinch black pepper  
1 cup (240ml) almond milk,  
unsweetened  
2 scoops (50g) vanilla protein  
powder



GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	317	4	45	31	6

\*Nutrition per serving

# The Triple Berry Protein Smoothie

## Serves 2

- 1 ½ cups (220g) berry mix, frozen
- 1 banana, chopped & frozen
- 2 tsp. chia seeds
- 2 scoops (50g) vanilla protein powder
- 2 cups (480ml) almond milk, unsweetened



GF DF LC HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	242	4	29	26	7

\*Nutrition per serving

# The Cinnamon Roll Smoothie

## Serves 2

- 1 cup (240ml) almond milk, unsweetened
- ½ cup (120g) Greek yogurt
- 2 scoops (50g) vanilla protein powder
- 4 tbsp. rolled oats
- 1 tbsp. honey
- 1 tsp. ground cinnamon
- 1 banana, chopped & frozen



GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	274	4	35	28	4

\*Nutrition per serving

# The Anti-Inflammatory Green Smoothie

## Serves 2

2 cups (480ml) almond milk,  
unsweetened

2 cups (60g) spinach, packed

½ tsp. ground turmeric

pinch black pepper

2 tbsp. chia seeds

2 cups (330g) pineapple  
chunks, frozen



GF DF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	183	7	30	5	7

\*Nutrition per serving



# The Pick Me Up Smoothie

## Serves 2

2 medium banana, frozen  
1 ½ cups (360ml) almond milk,  
unsweetened  
2 cups (60g) baby spinach  
24 leaves mint  
10 ice cubes



GF DF LC V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	135	2	29	3	5

\*Nutrition per serving

# The Golden Citrus Smoothie

## Serves 2

- 1 mango, peeled, chopped & frozen
- 1 ¼ cups (300g) Greek yogurt
- 1 tbsp. turmeric root, chopped
- 4 clementines, peeled



GF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	4	53	17	6

\*Nutrition per serving

# The Pineapple Lassi

## Serves 2

- 1 ½ cups (360g) vanilla yogurt, plant based
- 2 cups (330g) canned pineapple with juice
- ½ (120ml) cup canned light coconut milk
- ½ tsp. root ginger, grated
- 10 ice cubes



GF DF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	9	46	10	3

\*Nutrition per serving

# The All Green Smoothie

## Serves 2

½ avocado, pitted

2 cups (330g) pineapple,  
chunks

2 cups (60g) baby spinach

1 cup (240ml) coconut milk,  
from carton

4 tbsp. lime juice

¼ cup (12g) fresh coriander,  
chopped

2 tsp. ground ginger



GF DF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	36	3	8

\*Nutrition per serving

# The Summer Dream Smoothie

## Serves 2

½ cup (120g) Greek yogurt  
¼ cup (60ml) coconut milk,  
from carton  
¼ cup (60ml) orange juice  
1 cup (145g) strawberries,  
frozen  
1 orange, peeled  
1 tbsp. honey



GF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	162	2	31	7	3

\*Nutrition per serving



# The Black Beauty Smoothie

## Serves 2

$\frac{2}{3}$  cup (160ml) almond milk,  
unsweetened  
 $\frac{1}{2}$  cup (120g) Greek yogurt  
1 tbsp. ground flax seed  
1 tbsp. natural cocoa powder,  
unsweetened  
2 tbsp. peanut butter  
 $\frac{1}{2}$  tsp. vanilla extract  
1 medium banana, chopped &  
frozen



GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	473	24	45	23	9

\*Nutrition per serving

# The Kiwi Boost Smoothie

## Serves 2

- ⅔ cup (160g) coconut yogurt
- ½ cup (120ml) coconut milk, from cartoned
- ¼ tsp. root ginger, grated
- 2 kiwis, peeled & quartered
- 2 tbsp. quinoa flakes
- 2 cups (60g) baby spinach



GF DF LC V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	148	5	24	4	5

\*Nutrition per serving

# The Purple Smoothie

## Serves 2

1 ½ cup (360ml) water

½ small red cabbage (285g),  
shredded & frozen

1 cup (150g) blueberries,  
frozen

1 banana, chopped & frozen

⅔ cup (165g) vanilla yogurt



GF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	216	3	44	7	7

\*Nutrition per serving

# The Mocha Smoothie

## Serves 2

1  $\frac{1}{3}$  cups (315ml) cold brew coffee

$\frac{1}{2}$  cup (120g) Greek yogurt

2 medjool dates

1  $\frac{1}{2}$  tbsp. cocoa powder,  
natural

$\frac{1}{2}$  tsp. vanilla extract



GF LC V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	150	2	26	7	3

\*Nutrition per serving

# The Pina Colada Smoothie

## Serves 2

4 tbsp. oats

2 cups (480ml) almond milk,  
unsweetened

1 cup (200g) pineapple chunks

4 tbsp. desiccated coconut

¼ cup (30g) walnuts



DF LC V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	275	19	25	6	5

\*Nutrition per serving

# The Carrot Cake Smoothie

## Serves 2

- 1 banana, chopped, frozen
- 1 carrot, peeled & grated
- 2 tbsp. rolled oats
- 2 tbsp. almond butter
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground ginger
- 1 tbsp. honey
- 1 cup (240ml) almond milk, unsweetened



DF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	33	6	6

\*Nutrition per serving



# The Simple Banana Smoothie

## Serves 2

2 medium bananas, sliced,  
frozen

½ cup (120g) Greek yogurt

1 tbsp. ground flax seeds

1 cup (240ml) almond milk,  
unsweetened

1 tsp. vanilla extract



GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	191	4	32	8	4

\*Nutrition per serving

# The Apple Pie Smoothie

## Serves 2

½ cup (120ml) almond milk,  
unsweetened

½ cup (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored and  
chopped

1 medium banana, sliced &  
frozen

1 tbsp. honey

1 tbsp. almond butter

1 tsp. vanilla extract

1 ½ tsp. ground cinnamon



V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	284	7	48	10	7

\*Nutrition per serving

# The Sweet Potato Pie Smoothie

## Serves 2

2 cups (270g) sweet potatoes,  
peeled & chopped

1 medium banana, sliced &  
frozen

1 cup (240ml) almond milk,  
unsweetened

½ cup (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg



GF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	346	12	50	13	5

\*Nutrition per serving

# The Reset Smoothie

## Serves 2

- 1 cucumber, chopped
- 2 cups (185g) green grapes
- 2 carrots, peeled & chopped
- 2 slices lemon
- 1 cup water
- 5 ice cubes



GF DF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	222	1	55	4	7

\*Nutrition per serving