

RECIPES FOR NUTRITIONAL BLENDS

BERRY SUPER SHAKE

Packed with protein, fibre, healthy fats, phyto-nutrients and probiotics.
It can be taken for breakfast, lunch, or dinner and help you lose weight.

340ml water
1 cup spinach
2 cups frozen mixed berries
1/2 cup plain low-fat yogurt
2 scoops vanilla protein powder
1 tbsp walnuts
1 tbsp ground flaxseed

500 calories
57 g protein
54 g carbs
14 g fibre
11 g fat



APPLE & OATS SHAKE

High in protein.
Leave the apple skin on for extra phyto-nutrients.

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein
1 apple, core removed, and sliced into wedges
1 cup of spinach
2 tbsp of almonds
1/4 cup of uncooked oats
Ice as needed
Cinnamon to taste

535 calories
58 g protein
13 g fat
46 g carbs
9 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



GOOD GREEN TEA SMOOTHIE

This green smoothie is packed with grapes, spinach, green tea and avocado. A touch of honey adds sweetness. Gluten Free and low on saturated fats which is good for healthy heart.

3 cups frozen white grapes
2 packed cups baby spinach
1 ½ cups strong brewed green tea, cooled
1 medium ripe avocado
2 teaspoons honey

Combine grapes, spinach, green tea, avocado and honey in a blender; blend until smooth. Serve immediately.

Per serving:
345 calories;
15 g fat (2 g sat, 10 g mono);
0 mg cholesterol;
56 g carbohydrate;
6 g added sugars;
5 g protein;
9 g fibre;
36 mg sodium;
1,110 mg potassium



CLEAN BREEZE SMOOTHIE

This refreshing smoothie is made with cucumber and kiwi and gets a kick from ginger-flavoured kombucha and fresh cilantro. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

1 small cucumber, chopped
2 ripe kiwis, peeled
1 cup ginger-flavoured kombucha
½ cup low-fat plain Greek yogurt
2 tablespoons fresh cilantro leaves
6 ice cubes

Combine cucumber, kiwis, kombucha, yogurt, cilantro and ice cubes in blender; blend until smooth. Serve immediately.

Per serving:
116 calories;
2 g fat (1 g sat, 0 g mono);
4 mg cholesterol;
21 g carbohydrate;
1 g added sugars;
6 g protein;
3 g fibre;
32 mg sodium;
424 mg potassium



WAKE-UP SMOOTHIE

With a stash of berries in your freezer, you can jump-start your day with this nutritious, tasty smoothie in just minutes. It provides vitamin C, fibre, potassium and soy protein. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 ¼ cups orange juice, preferably calcium-fortified
- 1 banana
- 1 ¼ cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries
- ½ cup low-fat silken tofu or low-fat plain yoghurt
- 1 tablespoon sugar

Combine orange juice, banana, berries, tofu (or yoghurt) and sugar (or Splenda), if using, in a blender; cover and blend until creamy. Serve immediately.

Per serving:

- 139 calories;
- 2 g fat (0 g sat, 0 g mono);
- 0 mg cholesterol;
- 28 g carbohydrate;
- 0 g added sugars;
- 4 g protein;
- 4 g fibre;
- 19 mg sodium;
- 421 mg potassium



MANGO LASSI SMOOTHIE

A lassi is an Indian smoothie made with yogurt, sometimes offered as an aperitif or as a “side” to calm down a fiery meal. Thanks to a ripe mango and orange-flower water, this version is sweet and fragrant. It's perfect for an afternoon refresher or an after-dinner treat. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 cup chopped peeled mango
- 1/3 cup peach sorbet
- ½ cup non-fat vanilla yogurt
- ¼ cup orange juice
- 1/8 teaspoon orange-flower water

Place ingredients in the order listed in a blender. Pulse twice to chop mango, stir well, then blend until smooth. Serve immediately.

Per serving:

- 163 calories;
- 0 g total fat (0 g sat, 0 g mono);
- 1 mg cholesterol;
- 37 g carbohydrate;
- 16 g added sugars;
- 4 g protein;
- 2 g fibre;
- 43 mg sodium;
- 340 mg potassium.



CITRUS BERRY SMOOTHIE

This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants. Low on saturated fats which are good for healthy heart.

1 ¼ cups fresh berries
¾ cup low-fat plain yogurt
½ cup orange juice
2 tablespoons non-fat dry milk
1 tablespoon toasted wheat germ
1 tablespoon honey
½ teaspoon vanilla extract

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

Per serving:
376 calories;
4 g fat (2 g sat, 1 g mono);
13 mg cholesterol;
70 g carbohydrate;
17 g added sugars;
17 g protein;
5 g fibre;
180 mg sodium;
1,128 mg potassium



RASPBERRY-AVOCADO SMOOTHIE

Avocado makes this sweet beverage extra creamy. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

1 avocado, peeled and pitted
¾ cup orange juice
¾ cup raspberry juice
½ cup frozen raspberries (not thawed)

Puree avocado, orange juice, raspberry juice and raspberries in a blender until smooth.

Per serving:
18 calories;
11 g fat (1 g sat, 7 g mono);
0 mg cholesterol;
31 g carbohydrate;
0 g added sugars;
2 g protein;
6 g fibre;
12 mg sodium;
531 mg potassium



THERMOS-READY SMOOTHIE

A protein and fibre-rich drink to go. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

- 1 cup frozen mixed berries (not thawed)
- ½ banana
- ½ cup apple juice
- ¼ cup silken tofu

Combine berries, banana, apple juice and tofu in a blender; blend until smooth.

Per serving:
276 calories;
3 g fat (0 g sat, 0 g mono);
0 mg cholesterol;
62 g carbohydrate;
0 g added sugars;
6 g protein;
7 g fibre;
35 mg sodium;
589 mg potassium



HAWAIIAN SMOOTHIE

For the best taste and colour, use a red-fleshed Hawaiian papaya for this exotic, lip-puckering taste of island summer. Papayas are loaded with papain, a digestive enzyme, so this smoothie is a good dessert to settle stomachs after a substantial meal. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 cup chopped fresh pineapple
- ½ cup chopped peeled papaya
- ¼ cup guava nectar (see Tip)
- 1 tablespoon lime juice
- 1 teaspoon grenadine
- ½ cup ice

Place ingredients in the order listed in a blender. Pulse three times to chop the fruit, then blend until smooth. Serve immediately.

Per serving:
81 calories;
0 g total fat (0 g sat, 0 g mono);
0 mg cholesterol;
21 g carbohydrate;
1 g protein;
2 g fibre;
6 mg sodium;
201 mg potassium



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