

Smoothies: 15 Full Recipes

Five that hide a vegetable in a sweet, familiar drink; five fully dairy-free; five classic favourites. Every glass shown is that recipe's real blended colour.

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● HIDE-A-VEGETABLE

5 hide-a-vegetable smoothies

Green Ninja

📖 1 serving featuring Spinach



INGREDIENTS

- 1 handful spinach
- 1 ripe banana
- ½ cup mango, chopped
- ½ cup plain yogurt
- ½ cup water

170 kcal **5g** protein **34g** carb **3g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until completely smooth – the spinach flecks disappear within about 45 seconds of blending.
2. Pour and serve immediately.

The mango and banana fully mask the spinach flavour – this is the most-requested hide-a-veg recipe in the guide.

Carrot-Mango Sunrise

📖 1 serving featuring Carrots



INGREDIENTS

- ½ cup carrot, steamed soft
- ½ cup mango, chopped
- ½ orange, peeled
- ½ cup plain yogurt

160 kcal **4g** protein **32g** carb **2g** fat per serving, estimated

HOW TO MAKE IT

1. Steam and cool the carrot first so it blends fully smooth.
2. Blend everything together until silky.

Steaming the carrot first (rather than blending it raw) is what keeps this one lump-free.

Sweet Potato Spice Smoothie

 1 serving featuring Sweet potato



INGREDIENTS

- ½ cup cooked sweet potato, cooled
- 1 ripe banana
- 2 tbsp oats
- ¾ cup milk

180 kcal **4g** protein **36g** carb **3g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until smooth and creamy.
2. Add a splash more milk if it's thicker than your child prefers.

Tastes closer to a milkshake than a vegetable drink – the sweet potato adds body, not flavour.

Cauliflower Berry Blast

 1 serving featuring Mixed berries



INGREDIENTS

- ¼ cup cauliflower, steamed and cooled
- ¾ cup mixed berries
- 1 ripe banana
- ½ cup plain yogurt

150 kcal **4g** protein **28g** carb **2g** fat per serving, estimated

HOW TO MAKE IT

1. Steam the cauliflower until very soft, then cool fully before blending (warm cauliflower can taste stronger).
2. Blend everything until smooth – the deep berry colour fully hides the cauliflower.

Start with a small amount of cauliflower the first few times, then increase gradually.

Cucumber-Melon Cooler

📖 1 serving featuring Watermelon



INGREDIENTS

- ¼ cucumber, peeled
- 1 cup watermelon, cubed and seeded
- ½ cup plain yogurt

90 kcal **2g** protein **20g** carb **0g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until smooth.
2. Serve well chilled – this one is naturally very light and refreshing.

The watermelon's sweetness completely covers the cucumber – a good hot-weather option.

● DAIRY-FREE

5 dairy-free smoothies

Tropical Sunshine

📖 1 serving featuring Pineapple



INGREDIENTS

- ½ cup mango, chopped
- ½ cup pineapple, chopped and soaked briefly in warm water
- ½ orange, peeled
- 1 tsp chia seeds
- ½ cup water

160 kcal **2g** protein **38g** carb **1g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until smooth.
2. Let sit 5 minutes if you'd like the chia seeds to thicken slightly.

No dairy at all – good for households managing a dairy sensitivity alongside autism/ADHD support.

Oaty Banana Blend

 1 serving featuring Oats



INGREDIENTS

- 1 ripe banana
- 3 tbsp oats
- 1 tbsp almond butter
- $\frac{3}{4}$ cup water

190 kcal **5g** protein **32g** carb **6g** fat per serving, estimated

HOW TO MAKE IT

1. Blend the oats first with the water for 20 seconds to break them down.
2. Add banana and almond butter, blend again until smooth.

Berry Tahini Swirl

 1 serving featuring Mixed berries



INGREDIENTS

- $\frac{3}{4}$ cup mixed berries
- 1 ripe banana
- 1 tbsp tahini
- $\frac{1}{2}$ cup water

170 kcal **4g** protein **26g** carb **6g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until smooth.
2. The tahini adds creaminess in place of yogurt or milk.

Avocado Pineapple Green

 1 serving featuring Avocado



INGREDIENTS

- ¼ avocado
- ¾ cup pineapple, chopped
- 1 handful spinach
- ½ cup water

200 kcal **3g** protein **26g** carb **10g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until fully smooth — avocado makes this one extra creamy without any dairy.
2. Serve immediately, as avocado smoothies are best fresh.

Peanut Butter Plantain Shake

 1 serving featuring Plantain



INGREDIENTS

- ½ very ripe plantain
- 1 tbsp peanut butter
- 1 ripe banana
- ¾ cup water

210 kcal **5g** protein **32g** carb **8g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until smooth and thick.
2. The ripe plantain gives a naturally sweet, milkshake-like flavour.

● CLASSIC FAVOURITES

5 classic smoothies

Classic Banana Peanut Butter

📖 1 serving featuring Banana



INGREDIENTS

- 1 ripe banana
- 1½ tbsp peanut butter
- ½ cup plain yogurt
- ½ cup milk

210 kcal **7g** protein **30g** carb **8g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until smooth and thick.

Strawberry-Mango Cooler

📖 1 serving featuring Mixed berries



INGREDIENTS

- ½ cup mixed berries
- ½ cup mango, chopped
- ½ cup plain yogurt

160 kcal **5g** protein **30g** carb **2g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until smooth.

Apple Oat Comfort

 1 serving featuring Apple



INGREDIENTS

- 1 apple, chopped (skin on if tolerated)
- 3 tbsp oats
- ½ cup plain yogurt
- ¼ cup water

180 kcal **5g** protein **32g** carb **3g** fat per serving, estimated

HOW TO MAKE IT

1. Blend the oats and water first for 20 seconds.
2. Add apple and yogurt, blend again until smooth.

Watermelon Kiwi Cooler

 1 serving featuring Watermelon



INGREDIENTS

- 1 cup watermelon, cubed and seeded
- 1 kiwi, peeled
- ¼ cup plain yogurt

110 kcal **3g** protein **22g** carb **1g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until smooth.
2. Serve chilled — this one is naturally very light.

Classic Banana Cream

 1 serving featuring Banana



INGREDIENTS

- 1 ripe banana, frozen if possible
- ½ cup plain yogurt
- ¼ cup milk

180 kcal **7g** protein **26g** carb **5g** fat per serving, estimated

HOW TO MAKE IT

1. Blend all ingredients until thick and creamy, closer to a milkshake than a juice.