

Smoothies Cookbook



A Disclaimer

The recipes in the Smoothies, Shakes, and Snacks Cookbook are not intended to replace all meals and all foods in your diet. We encourage you to pursue a healthy, balanced diet and seek out information beyond these recipes.

Also, we remind you that these recipes have been created with only a very general audience in mind. No special care has been taken to meet the specific dietary needs of any individuals with pre-existing conditions, food allergies, or any other considerations. If you have food allergies, please pay special attention to the items included in the "Ingredients" sections of each recipe.

If you have any pre-existing conditions (such as heart disease, diabetes, etc.), it is in your best interest to consult with your doctor and/or nutritionist before beginning a new diet. Please consult with your physician before you start to incorporate any of the recipes in the Smoothies, Shakes, and Snacks Cookbook into your diet.

Also be advised that nothing included in this book constitutes a medical guideline. If any of the advice in this cookbook conflicts with your doctor's orders, always give preference to the word of your doctor. Your doctor will know your body's specific needs better than this book, which is intended for use by a general audience, will.

Going Beyond Smoothies and Shakes

While this recipe guide will give you plenty of healthy choices for smoothies, shakes, and snacks, you must remember to pursue balance in your diet. It is important to use this book occasionally, when your day calls for a smoothie, shake, or snack. It is not necessary to consult with this recipe guide at every meal.

Beyond eating and drinking the foods contained in the recipe list, here are some ways to pursue a healthy and balanced diet:

1. Incremental Change

- Practice makes perfect. Do not fret about totally remaking your life today. Simply get started on the road to positive eating by making one or two small changes each week.

2. Eat Breakfast

- It is never a good idea to skip meals. Eating throughout the day keeps your metabolism humming. Of special importance is breakfast, which many consider to be the most important meal of the day. Do not skip it, even if you are in a hurry.

3. Go Shopping

- The surest way to give into temptation is to make it easy to do so. That's why you should make a grocery list and stick to the items on it, rather than impulsively buying sweets and treats.

3. Stick to a Plan

- If you take the extra step to plan out your daily/weekly meals, you will be more likely to stick to that plan and less likely to make the little "mistakes" that add up to consuming more calories and unhealthy materials than you desire.

4. Create a Supportive Environment

- While you shouldn't go out and start distancing yourself from all your friends, it is important to spend time with people who believe in you, approve of your goals, and want to help you achieve your dreams of fat loss.

5. Keep a Food Journal

- At the end of each day, you should write down what you ate that day. Do your actions align with your intentions? If not, figure out what it is that's tripping you up. Also pay attention to what's working for you, and try to do it more often.

What to Do Now

While there are many recipe books out there for healthy breakfasts, lunches, and dinners, there is a lot less high quality information about the smaller meals we take in throughout a typical day.

In the real world, you would be hard pressed to find someone who doesn't enjoy a snack here and there. In general, snacking is a good thing. Eating small amounts throughout the day keeps your metabolism active all day long. It is far superior to eat small meals interspersed with snacks as opposed to eating a couple of huge meals each day.

Smoothies and shakes, when done right, can serve as an efficient way to create a snack without an excessive amount of preparation. When you make a smoothie or shake, you essentially take all of the healthy ingredients you wish to incorporate in your snack, and simply blend them together for quick consumption.

This cookbook contains recipes for smoothies, shakes, and more complicated snacks. Here are some things to keep in mind when using this cookbook:

1. A Time and Place for Everything

- While all of these smoothies, shakes, and snacks will provide you with nutrition, some occasions may call for certain recipes more so than others. Smoothies and shakes are best enjoyed on your own when you seek something quick to eat. Many of these snacks are much more suited to social occasions than the smoothies and shakes are.

2. Don't Overdo It

- Because the smoothies are so easy to make and pack such a powerful nutritional punch, it is tempting to drink them all the time. However, you don't want to consume them as every meal, if only so they will be that much more enjoyable when you do have them.

3. Simplify

- Even though these treats mix together a variety of ingredients for interesting flavor combinations, it is okay to simplify your snacks sometimes. For example, eating fruit or carrot sticks is perfectly acceptable, as those snacks often taste great on their own.

4. Stay Hydrated

- While eating and drinking these various snacks and smoothies ought to keep you sated throughout the day, it is important to also drink a lot of water every day. Water helps to keep your body feeling full, in addition to all of the many other replenishing effects it has on your body.

Smoothies, Shakes Recipe Guide

Smoothies and Shakes

Note - some of these recipes use sugar. If fat loss is on your wish list skip the sugar.

#1 Strawberry Pineapple Blend

Ingredients

1 1/2 cups frozen strawberries
1 cup frozen pineapple chunks
1/2 cup milk
1 1/2 cups yogurt
2 tablespoons white sugar
1 cup crushed ice

Directions

Blend the strawberries, pineapple, milk, yogurt, sugar, and ice until smooth.

Nutrition Facts (per serving)

4 servings

179 calories

6.4g protein

35.3g carbohydrate

2.4g fiber

2.2g fat

#2 Strawberry-Blueberry Smoothie

Ingredients

1/2 cup almond milk

1/2 cup frozen strawberries

1/2 cup frozen blueberries

1/2 cup low-fat plain yogurt

1 teaspoon flax seed oil

1 teaspoon agave nectar

Directions

Blend all ingredients in a blender until smooth.

Nutrition Facts (per serving)

1 serving

231 calories

8.7g protein

40.0g carbohydrate

6.0g fiber

5.3g fat

#3 Avocado Berry Smoothie

Ingredients

1 cup frozen blueberries

1 (6 ounce) container plain Greek-style yogurt

1/2 cup almond milk

1/2 cup water

1/4 avocado - peeled, pitted, and diced

Directions

Blend until smooth.

Nutrition Facts (per serving)

1 serving

297 calories

11.0g protein

39.2g carbohydrate

8.1g fiber

12.3g fat

#4 Honey Avocado Smoothie

Ingredients

1 ripe avocado, halved and pitted
1 cup milk
1/2 cup vanilla yogurt
3 tablespoons honey
8 ice cubes

Directions

Combine all ingredients in a blender and blend until smooth.

Nutrition Facts (per serving)

4 servings

370 calories

9.2g protein

48.7g carbohydrate

6.8g fiber

17.9g fat

#5 Fresh Fig Smoothie

Ingredients

2 frozen bananas, peeled and chopped

6 fresh figs, halved

3/4 cup milk

3/4 cup orange juice

Directions

Place all ingredients in a blender, cover and blend.

Nutrition Facts (per serving)

2 servings

335 calories

6.4g protein

77.7g carbohydrate

8.8g fiber

3.0g fat

#6 Sunshine Smoothie

Ingredients

1 mango - peeled, seeded, and cut into chunks

1 banana, peeled and chopped

1 cup orange juice

1 cup vanilla nonfat yogurt

Directions

Blend all ingredients until smooth, and serve with a brandy straw.

Nutrition Facts (per serving)

4 servings

151 calories
4.2g protein
34.6g carbohydrate
2.0g fiber
.5g fat

#7 Strawberry-Flax Fusion Smoothie

Ingredients

1/2 cup nonfat milk
1/2 cup fat-free plain yogurt
1/2 frozen banana, peeled and chopped
2 tablespoons powdered protein supplement
1 1/2 tablespoons flax seed
1 teaspoon honey
1/2 cup frozen strawberries

Directions

Blend all ingredients and enjoy!

Nutrition Facts (per serving)

1 serving
345 calories
26.2g protein
55.9g carbohydrate

10.2g fiber

5.6g fat

#8 PB & B Smoothie

Ingredients

2 bananas, broken into chunks

2 cups milk

1/2 cup peanut butter

2 tablespoons honey, or to taste

2 cups ice cubes

Directions

Blend all ingredients until smooth.

Nutrition Facts (per serving)

4 servings

335 calories

12.8g protein

34.1g carbohydrate

3.5g fiber

18.8g fat

#9 Happy Cherry Smoothie

Ingredients

1 cup frozen, pitted cherries
1 banana, cut in chunks
1/2 lemon, juiced
1/2 cup low-fat Greek-style yogurt
6 ice cubes
3 drops almond extract

Directions

Place in blender, cover, and puree until smooth. Serve and enjoy!

Nutrition Facts (per serving)

2 servings

151 calories

6.7g protein

30.7g carbohydrate

4.5g fiber

2.1g fat

#10 Breakfast Smoothie

Ingredients

1 cup soy milk

1/2 cup rolled oats

1 banana, broken into chunks

14 frozen strawberries

1/2 teaspoon vanilla extract
1 1/2 teaspoons white sugar

Directions

Combine ingredients in blender and blend until smooth.

Nutrition Facts (per serving)

2 servings

236 calories

7.6g protein

44.9g carbohydrate

5.9g fiber

3.7g fat

#11 Lean Green Machine Smoothie

Ingredients

1 banana, cut in chunks

1 cup grapes

1 (6 ounce) tub vanilla yogurt

1/2 apple, cored and chopped

1 1/2 cups fresh spinach leaves

Directions

Blend in blender. Drink until finished.

Nutrition Facts (per serving)

2 servings

205 calories

6.1g protein

45g carbohydrate

3.7g fiber

1.9g fat

#12 Kale and Fruit Smoothie

Ingredients

1 banana

2 cups chopped kale

1/2 cup light unsweetened soy milk

1 tablespoon flax seeds

1 teaspoon maple syrup

Directions

Blend until smooth, then serve and enjoy.

Nutrition Facts (per serving)

1 serving

311 calories

12.2g protein

56.6g carbohydrate

10.1g fiber

7.3g fat

#13 Peanut Butter, Banana, and Blueberry Smoothie

Ingredients

1 tablespoon flax seed meal or wheat germ

1 banana

1/2 cup frozen blueberries

1 tablespoon peanut butter

1 teaspoon honey

1/2 cup plain yogurt

1 cup milk

Directions

Blend until ready to drink.

Nutrition Facts (per serving)

2 servings

251 calories

10.8g protein

34.4g carbohydrate

3.9g fiber

9.2g fat

#14 Extra Banana Strawberry Smoothie

Ingredients

1 banana, broken into chunks
1 teaspoon banana extract
3/4 cup milk
1 (8 ounce) container strawberry yogurt
2 teaspoons white sugar

Directions

Blend and then chill.

Nutrition Facts (per serving)

1 serving
468 calories
17.2g protein
88.9g carbohydrate
3.1g fiber
6.5g fat

#15 Mango Banana Smoothie

Ingredients

2 mangos - peeled, seeded, and sliced
2 bananas

2 cups vanilla yogurt
2 cups milk

Directions

Put ingredients in a blender, blend, and chill.

Nutrition Facts (per serving)

8 servings

133 calories

5.5g protein

24.4g carbohydrate

1.4g fiber

2.2g fat

#16 I Dream of Banana Peach and Mango Smoothie

Ingredients

1 (16 ounce) can mango nectar

1 cup peach yogurt

1 cup vanilla frozen yogurt

1 1/2 cups frozen peach slices

1 frozen banana, cut into chunks

Directions

Combine ingredients in blender and blend until smooth.

Nutrition Facts (per serving)

4 servings

322 calories

6.9g protein

74.8g carbohydrate

3.4g fiber

1.0g fat

#17 Banana Coconut Smoothie

Ingredients

1 cup coconut milk

3 scoops vanilla ice cream

2 ripe bananas

2 teaspoons honey (optional)

Directions

Mix ingredients in blender and blend until smooth. Include honey, if you so desire.

Nutrition Facts (per serving)

2 servings

414 calories

4.7g protein

43.7g carbohydrate

4.6g fiber

28g fat

#18 Banana Almond Smoothie

Ingredients

2 large ripe bananas, peeled and cut into chunks

2 cups skim milk

1 tablespoon almond butter

1 teaspoon vanilla extract

1 pinch ground cinnamon

Directions

Freeze bananas overnight. Mix all ingredients in blender and blend until smooth.

Nutrition Facts (per serving)

1 serving

525 calories

21.9g protein

91.2g carbohydrate

8.2g fiber

10.8g fat

#19 Incredible Hulk Smoothie

Ingredients

1 orange, peeled
1/2 cup water
1 leaf kale, torn into several pieces
2 ripe bananas, peeled

Directions

Mix ingredients in blender, puree, and then chill.

Nutrition Facts (per serving)

1 serving
220 calories
3.2g protein
55.9g carbohydrate
6.5g fiber
.9g fat

#20 "Orange You Glad I Didn't Say Banana?" Smoothie

Ingredients

2 frozen bananas, peeled and cut into chunks
1 orange - peeled, segmented, and seeded
1 (8 ounce) container raspberry yogurt

1 1/2 tablespoons honey
1/2 teaspoon ground nutmeg

Directions

Blend ingredients in blender until smooth.

Nutrition Facts (per serving)

4 servings

158 calories

3.1g protein

36.8g carbohydrate

2.9g fiber

.9g fat

#21 Peachy Strawberry Smoothie

Ingredients

3/4 cup vanilla-flavored soy milk

1 (1/2 cup) scoop vanilla ice cream

1/4 cup frozen sliced strawberries

4 sliced fresh strawberries

1 small fresh peach, sliced

Directions

Blend until smooth, then enjoy.

Nutrition Facts (per serving)

1 serving

225 calories

7.3g protein

31.4g carbohydrate

3.2g fiber

8.9g fat

#22 Mango and Blueberry Health Smoothie

Ingredients

1 tablespoon chia seeds

1 (6 ounce) container vanilla yogurt

1/2 cup mango juice

1/4 cup fresh blueberries

1/4 cup fresh mango chunks

1/2 teaspoon vanilla extract

Directions

Pulverize chia seeds, and then add all ingredients to a blender and blend until ready to drink.

Nutrition Facts (per serving)

1 1/2 servings

271 calories

9.1g protein

54.9g carbohydrate

2.5g fiber

2.5g fat

#23 Banana Milk Smoothie

Ingredients

1 cup milk

1 1/2 bananas

5 (1 gram) packets low calorie granulated sugar substitute

Directions

Blend until smooth.

Nutrition Facts (per serving)

1 serving

280 calories

10g protein

56.8g carbohydrate

4.6g fiber

5.4g fat

#24 Mango Summer Smoothie

Ingredients

3/4 cup cold milk
1/4 cup vanilla yogurt
3/4 teaspoon vanilla extract
1 1/2 cups chopped fresh mango
3 ice cubes

Directions

Blend ingredients until creamy.

Nutrition Facts (per serving)

2 servings
157 calories
5.2g protein
29.8g carbohydrate
2.2g fiber
2.5g fat

#25 Mango Basil Smoothie

Ingredients

4 leaves basil
1 cup frozen mango pieces
5 hulled strawberries
1 cup water

1/4 cup white sugar, or to taste (personally I use 1 spoonful of honey)

3 cubes ice

Directions

Blend until smooth.

Nutrition Facts (per serving)

1.5 servings

330 calories

1.5g protein

85g carbohydrate

4.8g fiber

.7g fat

#26 Lime and Mango Smoothie

Ingredients

3 mangoes, peeled, pitted, and cut into 1-inch chunks

2 tablespoons fresh lime juice

2 tablespoons confectioners' sugar

1 tray ice cubes

Directions

Blend and chill.

Nutrition Facts (per serving)

4 servings

117 calories

.8g protein

30.7g carbohydrate

2.8g fiber

.4g fat

#27 Orange, Banana, and Strawberry Smoothie

Ingredients

3/4 cup orange juice

1 cup fresh strawberries

1 ripe banana

ice cubes

Directions

Place ingredients in blender and puree until ready.

Nutrition Facts (per serving)

1 serving

238 calories

3.6g protein

58.2carbohydrate

6.5g fiber

1.2g fat

#28 Banana and Strawberry Power Protein Smoothie

Ingredients

1 banana

1 1/4 cups sliced fresh strawberries

10 whole almonds

2 tablespoons water

1 cup ice cubes

3 tablespoons chocolate flavored protein powder

Directions

Add everything but ice and blend. Then add ice and puree. Lastly, add protein powder and mix.

Nutrition Facts (per serving)

1 serving

349 calories

21g protein

53.2g carbohydrate

10g fiber

8.1g fat

#29 Sunrise Smoothie

Ingredients

1 cup strawberries
1 banana
1 cup nonfat plain yogurt
1 cup orange juice
1 cup ice
2 tablespoons natural sweetener

Directions

Blend all ingredients on high until smooth, then enjoy.

Nutrition Facts (per serving)

4 servings
110 calories
4g protein
32g carbohydrate
2g fiber
0g fat

#30 PB&J Smoothie

Ingredients

2 cups milk
2 tablespoons blackberry jelly
2 tablespoons peanut butter

1 bananas, frozen and chunked
2 tablespoons honey
2 teaspoons wheat germ

Directions

Combine in blender and puree until smooth.

Nutrition Facts (per serving)

5 servings

157 calories

5.4g protein

23.9g carbohydrate

1.1g fiber

5.4g fat

#31 Peaches and Cream Smoothie

Ingredients

1 1/4 cups milk

1/4 cup vanilla yogurt

1 banana, broken into chunks

1 packet peaches and cream flavor instant oatmeal

2 packets artificial sweetener

5 ice cubes

Directions

Place in blender, cover, and blend. Serve and enjoy.

Nutrition Facts (per serving)

2 servings

223 calories

8.7g protein

39.2g carbohydrate

2.5g fiber

4.8g fat

#32 Banana Strawberry and Peanut Butter Smoothie

Ingredients

1/2 cup nonfat plain yogurt

2 tablespoons peanut butter

1 banana

4 fresh strawberries, hulled

10 ice cubes

Directions

Blend until smooth.

Nutrition Facts (per serving)

1 serving

389 calories

16.2g protein

45.6g carbohydrate

6g fiber

18.8g fat

#33 Body Health Smoothie

Ingredients

1 cup strawberries, hulled

1/3 cup frozen blueberries

2 bananas, peeled and cut into chunks

1/2 cup orange juice

1 1/2 cups plain yogurt

1 tablespoon soy milk powder

Directions

Combine in blender, blend, and then pour in glasses.

Nutrition Facts (per serving)

4 servings

155 calories

6.2g protein

29.5g carbohydrate

2.7g fiber

2.2g fat

#34 Super Banana Smoothie

Ingredients

2 bananas

1 cup milk

1/4 cup water

2 tablespoons brown sugar

8 cubes ice

Directions

Chop bananas. Mix all ingredients in blender and blend until smooth.

Nutrition Facts (per serving)

4 servings

109 calories

2.7g protein

23g carbohydrate

1.5g fiber

1.4g fat

#35 Purple People Eater Smoothie

Ingredients

2 frozen bananas, skins removed and cut in chunks
1/2 cup frozen blueberries
1 cup orange juice
1 tablespoon honey
1 teaspoon vanilla extract

Directions

Mix all ingredients in blender and puree.

Nutrition Facts (per serving)

6 servings

87 calories

.9g protein

21.4g carbohydrate

1.8g fiber

.4g fat

#36 Mixed Berry and Peach Smoothie

Ingredients

1 package frozen mixed berries
1 can sliced peaches, drained
2 tablespoons honey

Directions

Blend all ingredients until smooth.

Nutrition Facts (per serving)

2 servings

293 calories

3.4g protein

75.5g carbohydrate

5.4g fiber

.3g fat

#37 Banana and Pineapple Juice Smoothie

Ingredients

1 (15 ounce) can crushed pineapple with juice

1 cup plain yogurt

1 banana

8 cubes ice

1 cup orange juice

Directions

Blend all ingredients in blender.

Nutrition Facts (per serving)

2 servings

311 calories
8.8g protein
68g carbohydrate
3.5g fiber
2.5g fat

#38 Mango Papaya and Strawberry Smoothie

Ingredients

1 mango, peeled and seeded
1 papaya, peeled and seeded
1/2 cup fresh strawberries
1/3 cup orange juice

Directions

Process ingredients in blender until smooth.

Nutrition Facts (per serving)

2 servings
129 calories
1.5g protein
32.5g carbohydrate
4.1g fiber
.6g fat

#39 Oatmeal Strawberry Smoothie

Ingredients

1 cup soy milk
1/2 cup rolled oats
1 banana, broken into chunks
14 frozen strawberries
1/2 teaspoon vanilla extract
1 1/2 teaspoons white sugar

Directions

Blend until smooth, and then pour in glasses to enjoy.

Nutrition Facts (per serving)

2 servings
236 calories
7.6g protein
44.9g carbohydrate
5.9g fiber
3.7g fat

#40 Strawberry Yogurt Smoothie

Ingredients

8 strawberries, hulled
1/2 cup skim milk

1/2 cup plain yogurt
3 tablespoons white sugar
2 teaspoons vanilla extract
6 cubes ice, crushed

Directions

Blend all ingredients until smooth and creamy.

Nutrition Facts (per serving)

2 servings

160 calories
5.6g protein
30.3g carbohydrate
1g fiber
1.1g fat

#41 Peachy Mango Smoothie

Ingredients (per serving)

1 peach, sliced
1 mango, peeled and diced
1/2 cup vanilla soy milk
1/2 cup orange juice, or as needed

Directions

Mix in blender and puree until smooth.

Nutrition Facts

2 servings

105 calories

2.5g protein

22.3g carbohydrate

1.7g fiber

1.3g fat

#42 Honey and Almond Smoothie

Ingredients

1 1/2 cups almond milk

1/4 cup almond butter

2 tablespoons honey

1 tablespoon ground cinnamon

1 frozen banana, chopped

Directions

Blend all ingredients minus banana until just combined. Then add banana and blend until smooth.

Nutrition Facts (per serving)

1 serving

741 calories

12.7g protein

93.2g carbohydrate

10.7g fiber

41.4g fat

#43 Lime and Honeydew Smoothie

Ingredients

4 1/2 cups cubed honeydew melon

1 1/2 cups lime sherbet

2 tablespoons lime juice

4 fresh strawberries (optional)

Directions

Freeze melon, then mix all ingredients (including melon) in blender and puree until smooth. Garnish with strawberry, if you choose.

Nutrition Facts (per serving)

4 servings

156 calories

1.8g protein

37g carbohydrate

2g fiber

1.4g fat

#44 Pineapple Strawberry Smoothie

Ingredients

1 cup frozen strawberries
3/4 cup milk
3/4 cup pineapple juice
1/2 cup vanilla yogurt
2 tablespoons white sugar
6 ice cubes

Directions

Blend all ingredients until smooth, then serve.

Nutrition Facts (per serving)

2 servings

239 calories

7.1g protein

48g carbohydrate

2.7g fiber

2.9g fat

#45 Big Blue Smoothie

Ingredients

1 cup blueberries (frozen or fresh)
1 (8 ounce) container plain yogurt
3/4 cup reduced-fat milk
2 tablespoons white sugar
1/2 teaspoon vanilla extract
1/8 teaspoon ground nutmeg

Directions

Blend all ingredients and then serve in cups.

Nutrition Facts (per serving)

2 servings

211 calories

9.5g protein

35.5g carbohydrates

1.8g fiber

3.9g fat

#46 Super Banana Smoothie

Ingredients

2 bananas

1 cup milk

1/4 cup water

2 tablespoons brown sugar

8 cubes ice

Directions

Chop bananas. Mix all ingredients in blender and blend until smooth.

Nutrition Facts (per serving)

4 servings

109 calories

2.7g protein

23g carbohydrate

1.5g fiber

1.4g fat

#47 Green Tea and Avocado Smoothie

Ingredients

3 cups frozen white grapes

2 packed cups baby spinach

1 1/2 cups strong brewed green tea, cooled

1 medium ripe avocado

2 teaspoons honey

Directions

Mix all ingredients in blender and puree.

Nutrition Facts (per serving)

2 servings

345 calories

5g protein

56g carbohydrate

9g fiber

15g fat

#48 "Orange" Flax Smoothie

Ingredients

2 cups frozen peach slices

1 cup carrot juice

1 cup orange juice

2 tablespoons ground flaxseed

1 tablespoon chopped fresh ginger

Directions

Blend all ingredients until smooth.

Nutrition Facts (per serving)

3 servings

209 calories

5g protein

41g carbohydrate

6g fiber
4g fat

#49 Apricot Smoothie

Ingredients

1 cup canned apricot halves in light syrup
6 ice cubes
1 cup nonfat plain yogurt
3 tablespoons sugar

Directions

Blend all ingredients in blender.

Nutrition Facts (per serving)

2 servings
202 calories
6g protein
49g carbohydrate
2g fiber
0g fat

#50 Cantaloupe Smoothie

Ingredients

1 banana
1/4 ripe cantaloupe, seeded and coarsely chopped
1/2 cup nonfat or low-fat yogurt
2 tablespoons nonfat dry milk
1 1/2 tablespoons frozen orange juice concentrate
2 teaspoons honey
1/2 teaspoon vanilla extract

Directions

Process ingredients in blender until smooth.

Nutrition Facts (per serving)

1 serving
314 calories
11g protein
72g carbohydrate
4g fiber
1g fat

#51 Kiwi Cucumber Smoothie

Ingredients

1 small cucumber, chopped
2 ripe kiwis, peeled
1 cup ginger-flavored kombucha
1/2 cup low-fat plain Greek yogurt

2 tablespoons fresh cilantro leaves
6 ice cubes

Directions

Blend until smooth, and then pour in glasses to enjoy.

Nutrition Facts (per serving)

4 servings

116 calories

6g protein

21g carbohydrate

3g fiber

2g fat

#52 Creamsicle Smoothie

Ingredients

1 cup cold pure coconut water, without added sugar or flavor

1 cup nonfat vanilla Greek yogurt

1 cup frozen or fresh mango chunks

3 tablespoons frozen orange juice concentrate

2 cups ice

Directions

Blend all ingredients until smooth and creamy.

Nutrition Facts (per serving)

2 servings

189 calories

13g protein

34g carbohydrate

3g fiber

1g fat

#53 Banana Chocolate Shake

Ingredients (per serving)

2 cups fat-free milk

1 medium banana, sliced and frozen

3 tablespoons unsweetened cocoa powder

2 tablespoons honey

1 teaspoon vanilla

Directions

In a blender, combine all ingredients. Cover and blend until smooth and frothy.

Nutrition Facts

4 servings

122 calories

5g protein

23g carbohydrate

1g fiber

1g fat

#54 Papaya Strawberry Shake

Ingredients

1/2 of a medium papaya, peeled, seeded, and chopped (3/4 cup)

1/2 cup fresh strawberries

1/2 cup fat-free milk

1/2 cup plain fat-free yogurt

1 tablespoon honey

3 large ice cubes

Papaya or strawberry slices (optional)

Fresh mint (optional)

Directions

Mix papaya, strawberries, milk, yogurt, and honey in a blender. Blend until smooth.

Pause midway through to add ice. Keep blending until fully smooth. Enjoy and serve. You can also garnish with papaya or strawberry slices and mint.

Nutrition Facts (per serving)

2 servings

117 calories

6g protein

24g carbohydrate

1g fiber

0g fat

#55

Ingredients

2 cups halved fresh strawberries

1 cup chopped mango

1-1/2 cups vanilla frozen yogurt

1/4 cup milk

Sliced fresh strawberries

Sliced mango

Directions

Blend all ingredients until smooth. Top with extra slices from the mango and strawberry.

Nutrition Facts (per serving)

2 servings

262 calories
5g protein
50g carbohydrate
5g fiber
5g fat

#56 Yerba Mate Wake Up Call Shake

Ingredients

1 1/2 cups of vanilla rice milk
1/2 cup crushed ice
1 cup orange juice
2 tbsp of honey
2 servings of ginkgo biloba
1 cup of yerba mate
2 bananas
1/4 tsp of coconut extract

Directions

Blend all ingredients until smooth, and then serve. You can substitute green tea for the yerba mate, if necessary.

Nutrition Facts (per serving)

3 servings
203 calories
1.7g protein

48.7g carbohydrate

2g fiber

1.5g fat

#57 Tofu Shake

Ingredients

3 cups of almond milk

3 frozen bananas

3 tbsp peanut butter

1 cup tofu

1 B-12 vitamin, crushed

1 pack of Emergen-C

Directions

Blend all ingredients and then serve in cups.

Nutrition Facts (per serving)

3 servings

330.4 calories

13.1g protein

42.2g carbohydrates

5.5g fiber

14.8g fat

#58 Feel Good Shake

Ingredients

2 cups of chocolate soy milk
1/2 cup of crushed ice
1/4 cup shaved dark chocolate
1/2 cup frozen seedless grapes
1/2 squeezed lemon
1 green tea extract
1 Ginseng capsule
1 St. John's Wort capsule

Directions

Blend until smooth, and then pour in glasses to enjoy.

Nutrition Facts (per serving)

3 servings

185 calories

4.6g protein

24.8g carbohydrate

3.6g fiber

9.2g fat

#59 Soy Milk Shake

Ingredients

2 cups of soy milk
1/2 cup of crushed ice
1/2 cup of orange juice
1/4 tablespoon vanilla extract
1 teaspoon of Stevia
1 teaspoon lemon juice

Directions

Blend all ingredients until smooth. Drink to your heart's content.

Nutrition Facts (per serving)

1 serving

258 calories

13.3g protein

36.4g carbohydrate

2.6g fiber

7.4g fat

#60 Hearty Shake

Ingredients (per serving)

1 cup low fat/skim milk

1 cup orange juice

1 cup crushed ice

1 cup kale

1 cup spinach

1 whole squeezed lemon
1 tbsp honey
1/2 cup pitted dates

Directions

Blend all ingredients in a blender until smooth.

Nutrition Facts

4 servings

141 calories

4.0g protein

33.4g carbohydrate

2.8g fiber

.5g fat