

Smoothie Recipes

Greens Smoothie

Ingredients:

- 1 cup Orange Juice
- 2 cups spinach (~ 2 handfuls)
- 1 banana
- Ice

Yields: ~2 cups

Directions: Always start with the juice in the bottom of the blender [makes blending easier]. Then, add the spinach one handful at a time, and blend. Add the rest of the spinach and blend well. Blend in banana and then ice. Mixture may be kept in the fridge for a short while. Stir before drinking if kept in fridge.

Options: Use any type of juice you want!

Total Servings of Fruits/Vegetables: 7

Nutrition Nuggets: This smoothie is a real energy booster and absolutely refreshing! Spinach is very high in iron and with the Vitamin C content from the orange juice, your body can better absorb that iron. You also get your recommended daily intake of fruits/vegs in this one smoothie! Note that this smoothie is also gluten-free and packed with powerful antioxidants – all great reasons to give it a try!



Nutritional Information	Per Serving: 1 cup
Calories	130k/cal
Protein	8g
Carbohydrates	23g
Total Fat	0g
Fibre	7g

Smoothie Recipes

Omega Packed Smoothie(Peanut Butter/Chocolate)

Ingredients:

- 1 cup water
- 1 tbsp all natural peanut butter
- 1 tbsp cocoa
- 1 tsp honey
- ½ cup low fat yogurt
- 1 tsp ground flax seeds
- 1 banana
- Ice



Yields: 1.5 cups

Directions: Always start with the water, then add the rest of the ingredients [makes blending easier]. Blend well and serve. Mixture may be kept in the fridge for a period of time. Give a stir before drinking if kept in fridge.

Options: Add protein powder and adjust consistency with water.

Nutrition Nuggets: This smoothie contains omega fats which are good for overall health but are particularly beneficial for heart health, brain function and metabolism. It is also high in protein and low sugar which will keep you feeling full, longer. Adjust the peanut butter, cocoa, and honey to suit your taste preference. Trying fruit-based yogurt also changes the taste!

Nutritional Information	Per Serving: 1 cup
Calories	230k/cal
Protein	10g
Carbohydrates	34g
Total Fat	9.2g
Fibre	6g

Smoothie Recipes

Berry Blast Smoothie

Ingredients:

- 1 cup water
- 1 banana
- ½ cup low fat yogurt
- 1 cup frozen berries

Note: If using fresh berries, add ice to mixture and blend well before serving.

Yields: 2 cups

Options: Use any fruit or your preference. Add protein powder. Add ground flax for extra dietary fibre and iron. Adjust for consistency with water.

Total Servings of Fruits/Vegetables: 3

Directions: Always start with the water, then add the rest of the ingredients [makes blending easier]. Add the berries last. Blend well and serve. Mixture may be kept in the fridge for a period of time. Give a stir before drinking if kept in fridge.

Nutrition Nuggets: The berries in this smoothie are bright and antioxidant-rich. That combined with the potassium-rich banana content and thick consistency, makes this smoothie a filling and an excellent choice for great flavour and concentrated nutrition.



Nutritional Information	Per Serving: 1 cup
Calories	130k/cal
Protein	4g
Carbohydrates	24g
Total Fat	0g
Fibre	5g