



Berry Smoothie Bowl

1 serving
15 minutes

Ingredients

- 1 Frozen Banana
- 2 Dragon Fruit (packets)
- 1/2 cup Frozen Strawberries
- 1 cup Baby Spinach
- 1/4 cup Unsweetened Almond Milk
- 2 tbsps Ground Flax Seed
- 2 tbsps Chia Seeds
- 1/3 cup Strawberries (sliced)
- 1/3 Mango
- 1/4 Kiwi (sliced)
- 1/4 cup Frozen Blueberries
- 1 tbsp Hemp Seeds
- 2 tbsps Granola
- 1 tbsp Sliced Almonds

Directions

- 1 Place banana, frozen strawberries, frozen dragon fruit, spinach, almond milk, ground flax seed, and chia seeds into blender. Blend well until smooth.
- 2 Divide into bowls and top with strawberries, blueberries, kiwi, mango, hemp seeds, sliced almonds, and granola. Enjoy!



Energizing Tropical Matcha Smoothie

1 serving

5 minutes

Ingredients

1/2 Zucchini (chopped and frozen)
1/2 cup Pineapple (fresh or frozen)
1/2 Frozen Banana
1 1/2 cups Baby Spinach
1 tsp Green Tea Powder
2 tbsps Hemp Seeds
1 cup Unsweetened Almond Milk

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet: Add honey or pitted dates.

More Protein: Add vanilla protein powder.



Zucchini Bread Chocolate Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)
- 1 tbsp Ground Flax Seed

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Refreshing Peach Cobbler Smoothie

1 serving

5 minutes

Ingredients

1 cup Oat Milk
1 cup Frozen Peaches
2 tbsps Ground Flax Seed
1/2 cup Frozen Cauliflower
1 Pitted Dates
1/2 tsp Cinnamon
1/4 cup Vanilla Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Dates: Sweeten with maple syrup, honey or banana instead.

Storage: Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.