



# Smoothies 30 Recipe Pack

30 Quick, Simple & Delicious Recipes



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- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (30g- serve)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (20g+ per serve)
- V** Vegetarian
- Q** Quick (under 30 mins)
- N** Contains Nuts



# The Power Breaky Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

1 cup (150g) blueberries, frozen  
1 medium bananas, ripe  
4 tbsp. rolled oats  
2 tbsp. almond butter  
2 cups (480ml) almond milk, unsweetened  
2 medjool dates  
2 scoops (50g) vanilla protein powder

DF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	395	14	45	26	8

\*Nutrition per serving.





# The Strawberry Burst Breakfast Smoothie

Serves 2

## METHOD

1 medium banana, sliced & frozen  
1 cup (145g) strawberries, frozen  
2 tbsp. rolled oats  
2 scoops (50g) vanilla protein powder  
2 tbsp. natural peanut butter  
1 ½ cups (360ml) almond milk, unsweetened

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF LC HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	305	11	27	29	5

\*Nutrition per serving.





# The Wake Me Up Protein Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

4 tbsp. rolled oats  
1 ½ cups (360ml) almond milk, unsweetened  
½ cup (120ml) water  
1 scoop (25g) chocolate protein powder  
2 tsp. instant coffee powder  
2 tsp. cocoa powder, natural  
1 banana  
¼ cup (30g) pecans

DF LC V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	267	14	25	14	6

\*Nutrition per serving.





# The Morning Energizer Smoothie

Serves 2

## METHOD

1 cup (240ml) coconut milk, from carton  
1 cup (240ml) coffee, chilled  
 $\frac{3}{4}$  cup (165g) coconut yogurt, unsweetened  
2 medjool dates  
1 scoop (25g) protein powder, chocolate  
1 tbsp. cacao powder, natural

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF DF LC V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	212	6	28	11	4

\*Nutrition per serving





# The Green Fuel Smoothie

Serves 2

## METHOD

4 tbsp. rolled oats  
½ tsp. matcha green tea powder  
2 cups (480ml) almond milk, unsweetened  
1 banana, chopped & frozen  
2 scoops (50g) vanilla protein powder

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF LC HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	209	4	23	23	4

\*Nutrition per serving.





# The Greenology Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

1 cup (240ml) almond milk, unsweetened  
1 medium banana, frozen  
½ mango, frozen  
2 cups (60g) spinach  
¼ cup (15g) pumpkin seeds  
2 tbsp. hemp seeds hearts  
1 scoop (25g) vanilla protein powder  
¼ cup (60ml) water

GF DF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	266	10	30	19	5

\*Nutrition per serving.





# The Mango-Licious Protein Smoothie

Serves 2

## METHOD

1 cup (145g) strawberries, frozen  
1 mango, chopped, and frozen  
½ cup (120g) Greek yogurt  
2 scoops (50g) vanilla protein powder, vanilla  
2 cups (480ml) almond milk, unsweetened  
6 ice cubes

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	294	5	36	31	5

\*Nutrition per serving.





# The Black Forest Smoothie

Serves 2

## METHOD

1 ½ cups (360ml) almond milk, unsweetened  
1 avocado  
1 ½ (230g) cup cherries, frozen  
2 scoops (50g) protein powder, chocolate  
2 tsp. vanilla extract

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF	DF	LC	HP	V	Q	N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	335	18	24	23	10

\*Nutrition per serving.





# The Banana Twist Protein Smoothie

Serves 2

## METHOD

4 tbsp. rolled oats  
2 cups (480ml) almond milk, unsweetened  
1 banana  
1 apple  
1 tsp. ground cardamom  
2 scoops (50g) vanilla protein powder

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	259	4	35	23	7

\*Nutrition per serving





# The Superfood Protein Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

1 medium banana, sliced and frozen  
1 cup (150g) blueberries, frozen  
1 cup (70g) kale  
2 medjool dates  
1 tbsp. ground flax seeds  
3 cauliflower florets (40g), frozen  
2 scoops (50g) protein powder, chocolate  
1 ½ tbsp. cocoa powder, natural  
2 cups (480ml) almond milk, unsweetened

GF DF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	328	6	50	25	11

\*Nutrition per serving





# The Strawberry Post Workout Smoothie

Serves 2

## METHOD

1 cup (145g) strawberries, frozen  
1 cup (240ml) coconut milk, cartoned  
2 scoops (50g) protein powder, vanilla  
2 tsp. honey  
2 tsp. vanilla extract  
2 tsp. desiccated coconut

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF DF LC HP V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	193	4	16	23	2

\*Nutrition per serving.





# The Golden Protein Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

1 mango, chopped, frozen  
1 banana, sliced, frozen  
½ cup (120g) Greek yogurt  
1 tsp. ground cinnamon  
1 tsp. ground turmeric  
½ tsp. ground ginger  
pinch black pepper  
1 cup (240ml) almond milk,  
unsweetened  
2 scoops (50g) vanilla  
protein powder

GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	317	4	45	31	6

\*Nutrition per serving





# The Triple Berry Protein Smoothie

Serves 2

## METHOD

1 ½ cups (220g) berry mix, frozen  
1 banana, chopped & frozen  
2 tsp. chia seeds  
2 scoops (50g) vanilla protein powder  
2 cups (480ml) almond milk, unsweetened

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF	DF	LC	HP	V	Q	N
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Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	242	4	29	26	7

\*Nutrition per serving.





# The Cinnamon Roll Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

1 cup (240ml) almond milk, unsweetened  
½ cup (120g) Greek yogurt  
2 scoops (50g) vanilla protein powder  
4 tbsp. rolled oats  
1 tbsp. honey  
1 tsp. ground cinnamon  
1 banana, chopped & frozen

GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	274	4	35	28	4

\*Nutrition per serving.





# The Anti-Inflammatory Green Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

2 cups (480ml) almond milk, unsweetened  
2 cups (60g) spinach, packed  
½ tsp. ground turmeric  
pinch black pepper  
2 tbsp. chia seeds  
2 cups (330g) pineapple chunks, frozen

GF DF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	183	7	30	5	7

\*Nutrition per serving.





# The Pick Me Up Smoothie

Serves 2

## METHOD

2 medium banana, frozen  
1 ½ cups (360ml) almond  
milk, unsweetened  
2 cups (60g) baby spinach  
24 leaves mint  
10 ice cubes

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF DF LC V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	135	2	29	3	5

\*Nutrition per serving





# The Golden Citrus Smoothie

Serves 2

## METHOD

1 mango, peeled, chopped & frozen  
1 ¼ cups (300g) Greek yogurt  
1 tbsp. turmeric root, chopped  
4 clementines, peeled

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.



Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	4	53	17	6

\*Nutrition per serving.





# The Pineapple Lassi

Serves 2

## METHOD

1 ½ cups (360g) vanilla yogurt, plant based  
2 cups (330g) canned pineapple with juice  
½ (120ml) cup canned light coconut milk  
½ tsp. root ginger, grated  
10 ice cubes

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF DF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	298	9	46	10	3

\*Nutrition per serving.





# The All Green Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

½ avocado, pitted  
2 cups (330g) pineapple, chunks  
2 cups (60g) baby spinach  
1 cup (240ml) coconut milk, from carton  
4 tbsp. lime juice  
¼ cup (12g) fresh coriander, chopped  
2 tsp. ground ginger

GF DF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	36	3	8

\*Nutrition per serving





# The Summer Dream Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

½ cup (120g) Greek yogurt  
¼ cup (60ml) coconut milk,  
from carton  
¼ cup (60ml) orange juice  
1 cup (145g) strawberries,  
frozen  
1 orange, peeled  
1 tbsp. honey

GF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	162	2	31	7	3

\*Nutrition per serving.





# The Black Beauty Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

$\frac{2}{3}$  cup (160ml) almond milk, unsweetened  
 $\frac{1}{2}$  cup (120g) Greek yogurt  
1 tbsp. ground flax seed  
1 tbsp. natural cocoa powder, unsweetened  
2 tbsp. peanut butter  
 $\frac{1}{2}$  tsp. vanilla extract  
1 medium banana, chopped & frozen

GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	473	24	45	23	9

\*Nutrition per serving.





# The Kiwi Boost Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

$\frac{2}{3}$  cup (160g) coconut yogurt  
 $\frac{1}{2}$  cup (120ml) coconut milk, from cartoned  
 $\frac{1}{4}$  tsp. root ginger, grated  
2 kiwis, peeled & quartered  
2 tbsp. quinoa flakes  
2 cups (60g) baby spinach

GF DF LC V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	148	5	24	4	5

\*Nutrition per serving.





# The Purple Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

1 ½ cup (360ml) water  
½ small red cabbage (285g), shredded & frozen  
1 cup (150g) blueberries, frozen  
1 banana, chopped & frozen  
¾ cup (165g) vanilla yogurt

GF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	216	3	44	7	7

\*Nutrition per serving.





# The Mocha Smoothie

Serves 2

## METHOD

1 ½ cups (315ml) cold brew coffee  
½ cup (120g) Greek yogurt  
2 medjool dates  
1 ½ tbsp. cocoa powder, natural  
½ tsp. vanilla extract

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF LC V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	150	2	26	7	3

\*Nutrition per serving.





# The Pina Colada Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

4 tbsp. oats  
2 cups (480ml) almond milk, unsweetened  
1 cup (200g) pineapple chunks  
4 tbsp. desiccated coconut  
¼ cup (30g) walnuts

DF LC V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	275	19	25	6	5

\*Nutrition per serving.





# The Carrot Cake Smoothie

Serves 2

## METHOD

1 banana, chopped, frozen  
1 carrot, peeled & grated  
2 tbsp. rolled oats  
2 tbsp. almond butter  
¼ tsp. ground cinnamon  
⅓ tsp. ground ginger  
1 tbsp. honey  
1 cup (240ml) almond milk,  
unsweetened

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

DF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	233	11	33	6	6

\*Nutrition per serving





# The Simple Banana Smoothie

Serves 2

## METHOD

2 medium bananas, sliced,  
frozen  
½ cup (120g) Greek yogurt  
1 tbsp. ground flax seeds  
1 cup (240ml) almond milk,  
unsweetened  
1 tsp. vanilla extract

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

GF HP V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	191	4	32	8	4

\*Nutrition per serving.





# The Apple Pie Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

½ cup (120ml) almond milk, unsweetened  
½ cup (120g) Greek yogurt  
4 tbsp. rolled oats  
1 apple, peeled, cored and chopped  
1 medium banana, sliced & frozen  
1 tbsp. honey  
1 tbsp. almond butter  
1 tsp. vanilla extract  
1 ½ tsp. ground cinnamon

V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	284	7	48	10	7

\*Nutrition per serving.





# The Sweet Potato Pie Smoothie

Serves 2

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

2 cups (270g) sweet potatoes, peeled & chopped  
1 medium banana, sliced & frozen  
1 cup (240ml) almond milk, unsweetened  
½ cup (120g) Greek yogurt  
2 tbsp. almond butter  
2 tsp. vanilla extract  
1 tsp. ground cinnamon  
pinch of nutmeg

GF V Q N

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	346	12	50	13	5

\*Nutrition per serving





# The Reset Smoothie

Serves 1

## METHOD

1. Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

1 cucumber, chopped  
2 cups (185g) green grapes  
2 carrots, peeled & chopped  
2 slices lemon  
1 cup water  
5 ice cubes

GF DF V Q

Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	222	1	55	4	7

\*Nutrition per serving.

