



SMOOTHIE COOKBOOK

*10 refreshingly
simple recipes*

+

*tips for
better blending*

savor

MEALS • MOMENTS • WHAT MATTERS

FRUIT & OATMEAL SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

1/2 cup old fashioned oats
1/2 cup milk
1 cup vanilla kefir
1 cup mixed berries, fresh or frozen
Ice cubes
Garnish: Mixed Berries

PREPARATION

1. In a blender, grind oats to a fine powder.
2. Add milk, kefir, berries, and ice to ground oats. Blend over high speed until smooth. Serve immediately with mixed berry garnish.

DID YOU KNOW?

Old fashion oats are processed by steaming and rolling oat groats for faster cooking. Steel cut oats are oat groats that have been cut into two or three pieces. Both are a great source of protein and fiber, with a slightly higher nutrient profile in steel cut oaks.

A smoothie is a perfect beverage to start mornings off right. When building your smoothie, make sure to include at least 3 food groups to complete your meal. In this recipe you can incorporate ground oats for an extra fiber and B-vitamins to jump start your day.



Adding powders to your smoothies may sound strange but can really pack a powerful punch to enhance any smoothie. In this case, Acai is an antioxidant powerhouse which help combat free radicals associated with disease and aging. So, cheers to a youthful glow!



STRAWBERRY ACAI SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

1/2 cup milk
6 ounces strawberry yogurt
1 cup sliced strawberries, fresh or frozen
1-inch piece of ginger, peeled
2 small beets, cooked and cooled
1 teaspoon Acai Powder

PREPARATION

1. In a blender, combine milk, yogurt, strawberries, ginger, and beets. Blend over high speed until smooth. Serve Immediately.

COOKING TIP:

To prep beets, first peel the beets and place in aluminum foil. Drizzle the beets with olive oil and cover with another piece of aluminum. Place in a preheated 350F oven and cook until knife pierces through the beets, about 1 hour. You can also buy pre-cooked beets.

Pear Date SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

1 cup milk
1/2 cup vanilla yogurt
2 pears
4 dates
2 tablespoons almond butter
Pinch ground cloves

PREPARATION

1. In a blender, combine milk, yogurt, pears, dates, almond butter, cloves. Blend over high speed until smooth. Serve Immediately.

Looking for a sweet smoothie without adding additional honey's and syrups? Try using dried fruit! Dried fruit is an excellent source of potassium but are higher in calories – so a few will do.



When creating smoothies, it can be fun to pair similar colors together to make a vibrant smoothie. In this case, combining carrots and oranges can make a bright orange smoothie topped off with the golden hues of turmeric can make your smoothie stand out.



CARROT ORANGE TURMERIC SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

1 cup milk
2 medium carrots steamed and chopped
2 oranges (navel, tangerine, mandarin)
1 cup chopped pineapple
1-inch fresh Turmeric, peeled and chopped
(or 1 teaspoon dried turmeric)
1/8 teaspoon cayenne pepper
Pinch of black pepper
Ice cubes

PREPARATION

1. In a blender, combine milk, carrots, oranges, pineapple, turmeric, cayenne pepper, and ice cubes. Blend over high speed until smooth. Serve Immediately.

DID YOU KNOW?

Turmeric contains compounds called curcumin. Curcumin is a powerful anti-inflammatory and strong antioxidant. Used in India for thousands of years, fresh turmeric is now hitting local farmers markets as the next big trend. To ensure proper absorption, eat with black pepper and some fat (whole milk does the job).



SMOOTHIE BOWLS

Not a smoothie fan? No problem! Turn your smoothie creation into a smoothie bowl. By cutting back the amount of liquid in your smoothie and adding more frozen fruits or ice cubes, you create a thicker smoothie consistency. Once you pour into a bowl, you can top with creative topping like fresh fruits, nuts and seeds, and mini chocolate chips. You can also drizzle honey or agave nectar to give it a sweet touch. A smoothie bowl makes a great start to the morning and even fun to make with the little ones in your family.

KIWI LIME SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

1 cup milk
4 kiwis, peeled and chopped
1 apple (golden delicious, pink lady)
1 cup spinach
1 lime, juiced
Ice cubes

PREPARATION

1. In a blender, combine milk, kiwis, apple, spinach, lime juice, and ice cubes. Blend over high speed until smooth. Serve Immediately.



Adding spinach to a smoothie is a great way to get a serving of vegetables that pack a fiber punch. Try incorporating different dark leafy green vegetables like dandelion greens, arugula, or swiss chard in your next smoothie.

Adding chocolate to your smoothies can turn a health beverage into an indulgent desert, but what if a chocolate smoothie could be healthy? Using chocolate milk turns the smoothie into an athlete's dream recovery beverage due to its great 3:1 ratio of carb to protein.



CHOCOLATE CHERRY SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

- 1 cup chocolate milk
- 1 1/2 cups frozen pitted dark cherries
(can use cranberries)
- 2 tablespoons Almond Butter
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1 tablespoon hemp seeds

PREPARATION

1. In a blender, combine milk, cherries, almond butter, ginger, cinnamon, hemp seeds. Blend over high speed until smooth. Serve Immediately.

DID YOU KNOW?

Hemp Seeds have a mild, nutty flavored. They are a great source of high-quality protein as well as containing essential fatty acids, which can help reduce inflammation biomarkers.

PEANUT BUTTER SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

1 cup milk
1 cup vanilla yogurt
1 banana, frozen
2 tablespoons smooth peanut butter
Garnish: mini chocolate chips and chia seeds

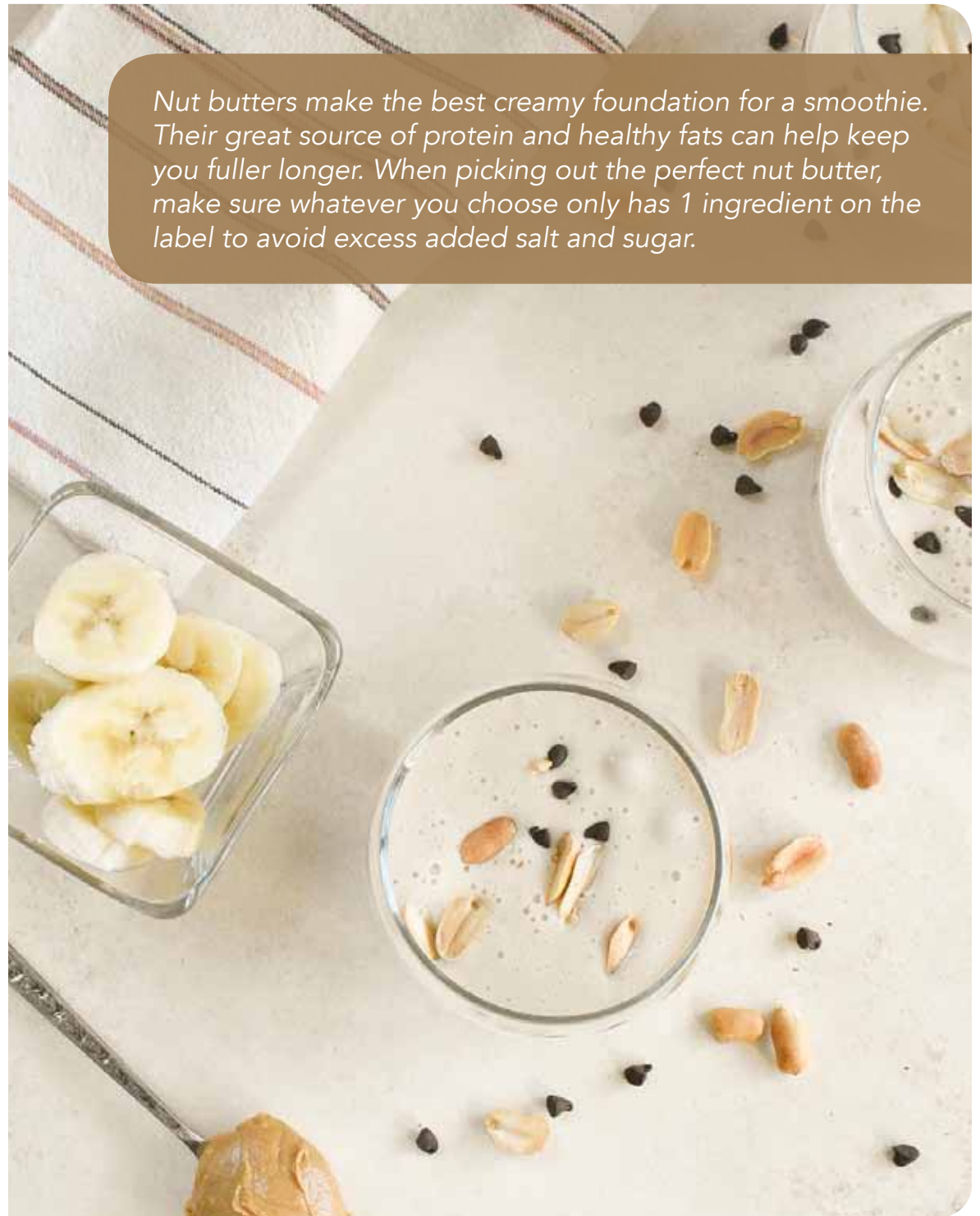
PREPARATION

1. In a blender, combine milk, yogurt, banana, and peanut butter. Pour into glasses and top with chocolate chips. Serve immediately.

DID YOU KNOW?

Chia seeds are indigenous to the Aztecs and Mayans. In fact, "Chia" is the ancient Mayan word for "strength" Due to their popularity, they are known as a superfood. They are an excellent source of fiber and become gel-like in your stomach, which can increase fullness and slow the absorption of food.

Nut butters make the best creamy foundation for a smoothie. Their great source of protein and healthy fats can help keep you fuller longer. When picking out the perfect nut butter, make sure whatever you choose only has 1 ingredient on the label to avoid excess added salt and sugar.



Pumpkin Spice is not for the basic – it's a ongoing fall trend that ushers in the fall time. This recipe is an example of how a smoothie can go fruitless, but remains its charm by sprinkling on the spices.



PUMPKIN SPICE SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

1 cup milk
1/2 cup cottage cheese
1 cup canned unsweetened pumpkin puree
3 tablespoons pure maple syrup
1/2 teaspoon pumpkin pie spice
1/4 teaspoon vanilla extract
Optional Garnish: whipped cream

PREPARATION

1. In a blender, combine milk, cottage cheese, pumpkin puree, maple syrup, pumpkin pie spice, and vanilla extract. Pour into tall glasses and serve immediately.

COOKING TIP:

To make your own pumpkin spice blend cinnamon, ground ginger, nutmeg, allspice, and cloves. Go more liberal on the cinnamon and cautious with allspice and clove.

POPSICLES

When its hot out, cool down with homemade smoothie popsicles. You can use the leftover smoothie mixture to fill empty popsicle molds. Place molds in the freezer for a cold delicious and healthy treat.



MANGO LASSI SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

1 cup plain yogurt
1 cup mango pulp
1/4 teaspoon cardamom powder
Optional garnish: saffron strands

PREPARATION

1. In a blender, combine yogurt, mango, cardamom powder. Blend over high speed until smooth. Serve immediately with saffron strand garnish.

This smoothie is inspired by a popular Indian beverage. Cardamom gives this smoothie a dynamic savory profile.



A smoothie can also be a good way to quench your thirst. Watermelon is about 92 percent water – hence the name. Drinking this refreshing beverage is not only good for hydration, but also heart health due to lycopene.



WATERMELON ROSE SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

- 1 cup milk
- 2 cups chopped seedless watermelon
- 3-4 mint leaves
- 1 teaspoon rose water
- Honey, to taste
- Ice cubes
- Optional Garnish: Dried rose pedals

PREPARATION

1. In a blender, combine milk, watermelon, mint, rose water, honey, and ice. Blend over high speed until smooth. Serve Immediately with rose pedal garnish.

DID YOU KNOW?

Rose Water is a unique flavor used in many middle eastern cuisines. It's made by steeping rose petals in water. Its pungent essence requires minimum additions to any drinks, so pour cautiously.