

SMOOTHIE SOCIAL

RECIPE IDEAS

Bursting with berries or packed with superfoods, here's a variety of smoothie recipes designed to be as healthy as they are delicious. Enjoy!



TROPICAL GREEN SMOOTHIE

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|------------------------------------|---------------------------------|
| 1 cup ice | 1 cup unsweetened coconut water |
| 1 large banana | ½ cup low-fat plain yogurt |
| 1 cup chopped dino (lacinato) kale | |
| 1 cup unsweetened frozen pineapple | |

Blend together on high for 1 minute or until smooth.

Nutrition Facts (per 8 oz. serving):

90 calories; 0.5g fat; 0.5g saturated fat; 0mg cholesterol; 45mg sodium; 20g carbohydrates; 9g sugar; 3g protein



PB & BANANA SMOOTHIE

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|---|----------------------------------|
| 1 cup ice | ½ cup low-fat plain Greek yogurt |
| 1 large frozen banana | 1 tablespoon peanut butter |
| 1 cup unsweetened almond milk or non-fat milk | ½ teaspoon cinnamon |
| | ½ teaspoon vanilla extract |

Blend together on high for 1 minute or until smooth.

Nutrition Facts (per 8 oz. serving):

120 calories; 4.5g fat; 1g saturated fat; 5mg cholesterol; 95mg sodium; 14g carbohydrates; 7g sugar; 5g protein



BERRY BLAST SMOOTHIE (v)

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|---------------------------|--|
| 1 cup frozen strawberries | 2 cups unsweetened coconut milk beverage |
| 1 cup frozen raspberries | 1 teaspoon vanilla extract |
| 1 cup silken tofu | 10 drops stevia extract (optional) |
| 2 cups ice | |

Blend together on high for 1 minute or until smooth.

Nutrition Facts (per 8 oz. serving):

100 calories; 4.5g fat; 2.5g saturated fat; 0mg cholesterol; 20mg sodium; 9g carbohydrates; 3g sugar; 4g protein



FROZEN COFFEE BREEZE

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|---|----------------------------|
| 1 cup cold/iced coffee | ½ cup dry pitted dates |
| 2 cups ice | ½ teaspoon cinnamon |
| 1 cup unsweetened almond milk or non-fat milk | ½ teaspoon vanilla extract |

Blend together on high for 1 minute or until smooth.

Nutrition Facts (per 8 oz. serving):

90 calories; 1g fat; 0g saturated fat; 0mg cholesterol; 65mg sodium; 21g carbohydrates; 14g sugar; 1g protein

* Serving Size = 1 cup (8 oz.) (v) = Vegan

SMOOTHIE SOCIAL

RECIPE IDEAS *continued*



PEACH MANGO SMOOTHIE

- 1 cup unsweetened frozen peaches
- 1 cup frozen mango
- 1 cup plain low-fat yogurt
- 1 teaspoon vanilla extract
- 1 cup unsweetened almond milk or non-fat milk

Blend together on high for 1 minute or until smooth.

Nutrition Facts (per 8 oz. serving):

130 calories; 2.5g fat; 1g saturated fat; 5mg cholesterol; 115mg sodium; 22g carbohydrates; 19g sugar; 5g protein



CHOCO-AVO SMOOTHIE (v)

- 2 cups ice
- 1½ cups unsweetened coconut milk beverage
- ½ cup dried pitted dates
- 1 medium avocado
- 1 teaspoon cinnamon
- 2 tablespoons unsweetened cocoa powder

Blend together on high for 1 minute or until smooth.

Nutrition Facts (per 8 oz. serving):

150 calories; 9g fat; 3.5g saturated fat; 0mg cholesterol; 5mg sodium; 21g carbohydrates; 11g sugar; 3g protein



SUPERFOOD SMOOTHIE

- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup chopped dino (lacinato) kale
- 1 cup unsweetened vanilla almond milk
- 1 cup low-fat plain Greek yogurt
- 2 tablespoons ground flax or chia seeds
- 8 drops stevia extract (optional)

Blend together on high for 1 minute or until smooth.

Nutrition Facts (per 8 oz. serving):

100 calories; 3.5g fat; 1g saturated fat; 55mg cholesterol; 65mg sodium; 12g carbohydrates; 7g sugar; 6g protein



STRAWBERRY PINEAPPLE GRANITA (v)

- 2 cups honeydew chunks
- 1 cup frozen strawberries
- 1 cup frozen pineapple
- 1 cup ice
- ½ cup water
- Juice of 2 limes

Blend together on high for 1 minute or until smooth.

Nutrition Facts (per 8 oz. serving):

70 calories; 0g fat; 0g saturated fat; 0mg cholesterol; 20mg sodium; 18g carbohydrates; 10g sugar; 1g protein

* Serving Size = 1 cup (8 oz.) (v) = Vegan

Looking for more inspiration? Watch this KP recipe video for a [Mixed Berry and Beet Smoothie](#). Find even more smoothie recipes on [Go KP](#) and KP's [Food for Health blog](#).