# Toogood Nutrition



## Smoothie Recipe Pack

Discover 30 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies

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### Contents & Key

- 6 The Power Breaky Smoothie
- 8 The Strawberry Burst Breakfast Smoothie
- 10 The 'Wake Me Up' Protein Smoothie
- 12 The Morning Energizer Smoothie
- 14 The Green Fuel Smoothie
- 16 The Greenology Smoothie
- **18** The Mango-Licious Protein Smoothie
- 20 The Black Forest Smoothie
- 22 The Banana Twist Protein Smoothie
- 24 The Superfood Protein Smoothie
- 26 The Strawberry Post Workout Smoothie

- **28** The Golden Protein Smoothie
- 30 The Triple Berry Protein Smoothie
- 32 The Cinnamon Roll Smoothie
- 34 The Anti-Inflammatory Green Smoothie
- 36 The Pick Me Up Smoothie
- 38 The Golden Citrus Smoothie
- 40 The Pineapple Lassi
- 42 The All Green Smoothie
- 44 The Summer Dream Smoothie
- 46 The Black Beauty Smoothie
- 48 The Kiwi Boost Smoothie



### Contents & Key

- 50 The Purple Smoothie
- 52 The Mocha Smoothie
- 54 The Pina Colada Smoothie
- 56 The Carrot Cake Smoothie
- 58 The Simple Banana Smoothie
- 60 The Apple Pie Smoothie
- 62 The Sweet Potato Pie Smoothie
- 64 The Reset Smoothie

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)
Ν	Contains Nuts





### The Power Breaky Smoothie

#### Serves 2

- 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

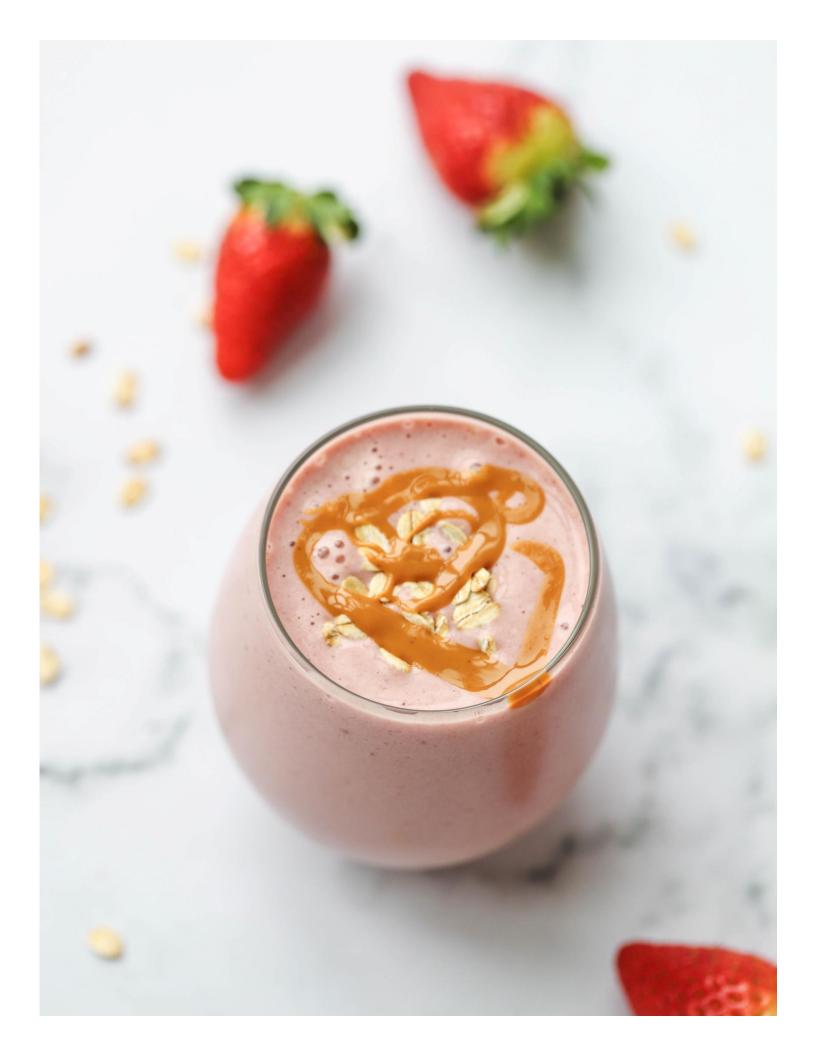
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2 scoops (50g) vanilla protein powder

#### What you need to do

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





### The Strawberry Burst Breakfast Smoothie

#### Serves 2

#### What you need to do

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

1 medium banana, sliced & frozen

1 cup (145g) strawberries, frozen

2 tbsp. rolled oats

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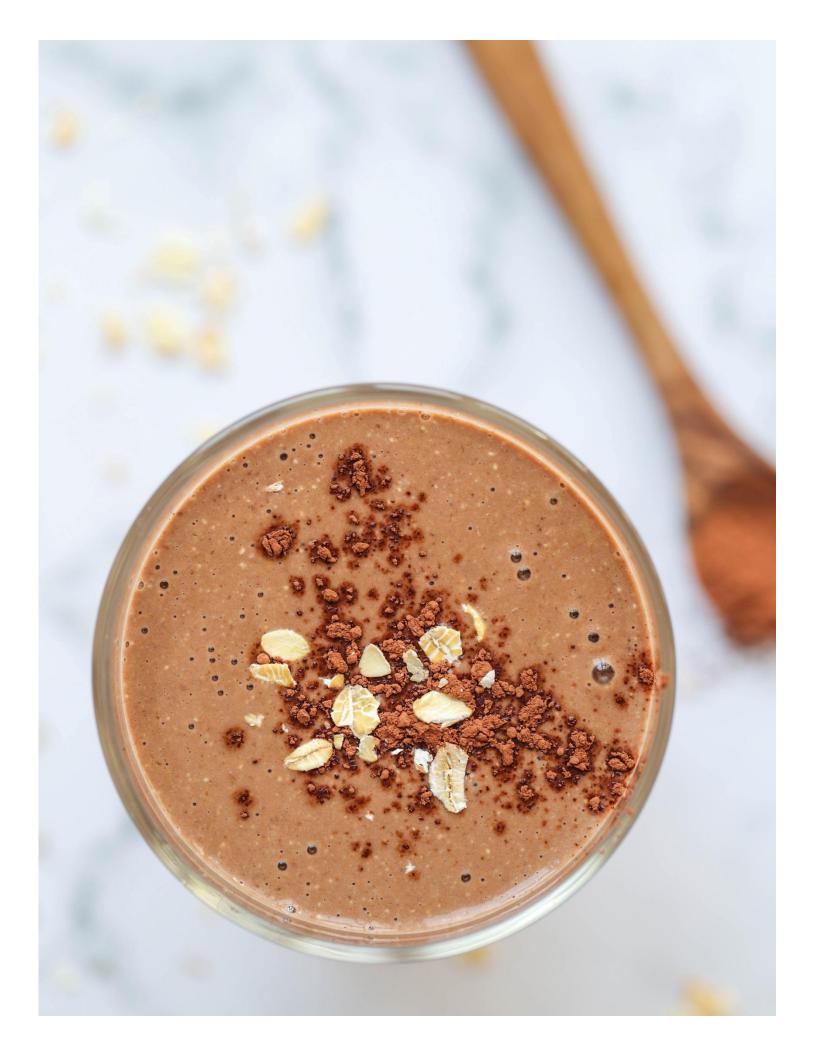
2 scoops (50g) vanilla protein powder

2 tbsp. natural peanut butter

1 ½ cups (360ml) almond milk, unsweetened

DF	LC	HP	V	Q	Ν			
Prep			Kcal		Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min			305		11	27	29	5

### 5 min 305 11 27 29 5 Toogood Nutrition



### The Wake Me Up Protein Smoothie

#### Serves 2

4 tbsp. rolled oats

1 ½ cups (360ml) almond milk, unsweetened

1/2 cup (120ml) water

1 scoop (25g) chocolate protein powder

2 tsp. instant coffee powder

2 tsp. cocoa powder, natural

1 banana

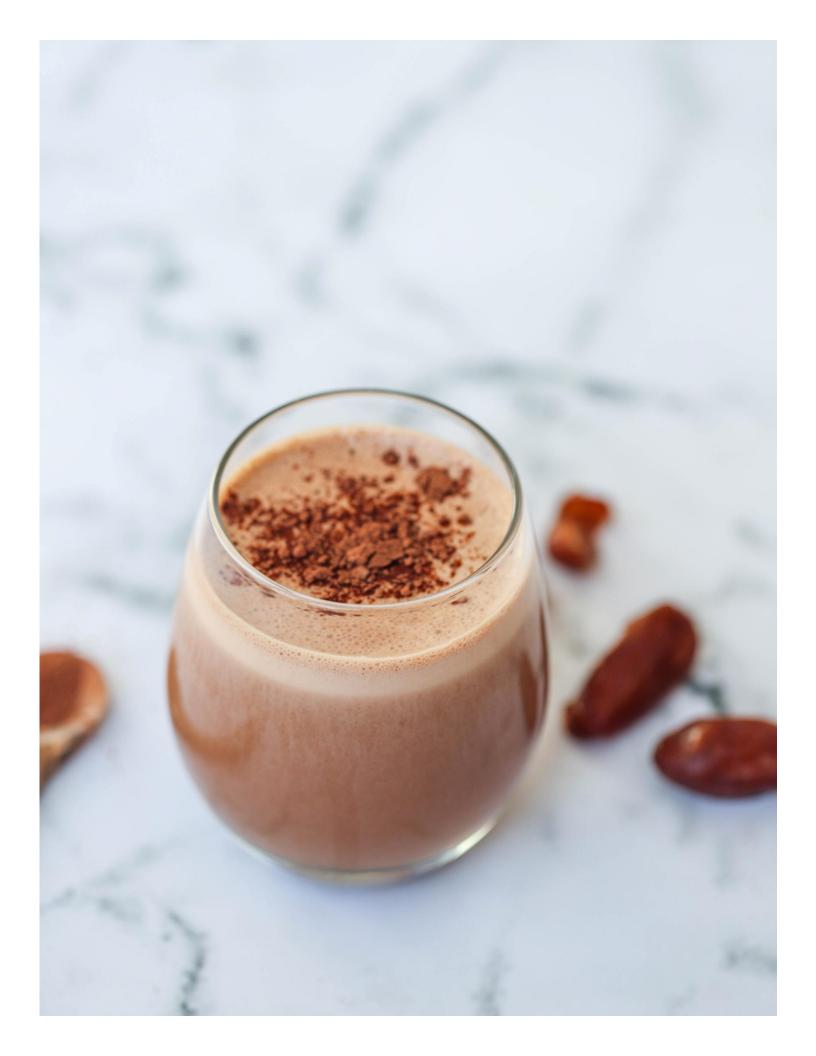
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1/4 cup (30g) pecans

#### What you need to do

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





### The Morning **Energizer Smoothie**

#### Serves 2

#### What you need to do

1 cup (240ml) coconut milk, from carton

1 cup (240ml) coffee, chilled

<sup>2</sup>∕₃ 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.

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



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GF DF



### The Green Fuel Smoothie

#### Serves 2

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4 tbsp. rolled oats

1/2 tsp. matcha green tea powder

2 cups (480ml) almond milk, unsweetened

1 banana, chopped & frozen

2 scoops (50g) vanilla protein powder

#### What you need to do

	HP V Q	N			
Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	209	4	23	23	4





### The Greenology Smoothie

#### Serves 2

- 1 cup (240ml) almond milk, unsweetened
- 1 medium banana, frozen

1/2 mango, frozen

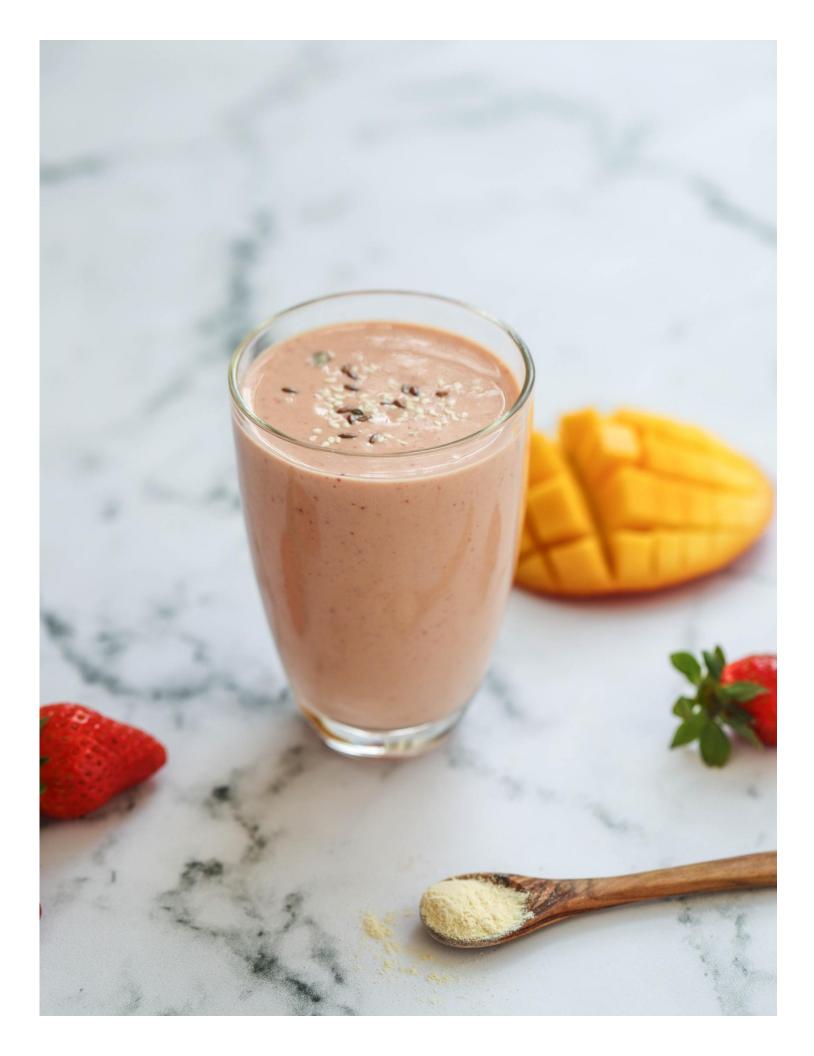
- 2 cups (60g) spinach
- 1/4 cup (15g) pumpkin seeds
- 2 tbsp. hemp seeds hearts
- 1 scoop (25g) vanilla protein powder
- 1/4 cup (60ml) water

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#### What you need to do

Gi		ľ	3				
Prep			Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5	min		266	10	30	19	5





### The Mango-Licious Protein Smoothie

#### Serves 2

#### What you need to do

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

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





### The Black Forest Smoothie

#### Serves 2

#### What you need to do

1 ½ cups (360ml) almond milk, unsweetened

1 avocado

1 1/2 (230g) cup cherries, frozen

2 scoops (50g) protein powder, chocolate

2 tsp. vanilla extract

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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



### The Banana Twist Protein Smoothie

#### Serves 2

#### 4 tbsp. rolled oats

2 cups (480ml) almond milk, unsweetened

1 banana

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1 apple

1 tsp. ground cardamom

2 scoops (50g) vanilla protein powder

#### What you need to do

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





### The Superfood Protein Smoothie

#### Serves 2

#### What you need to do

- 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

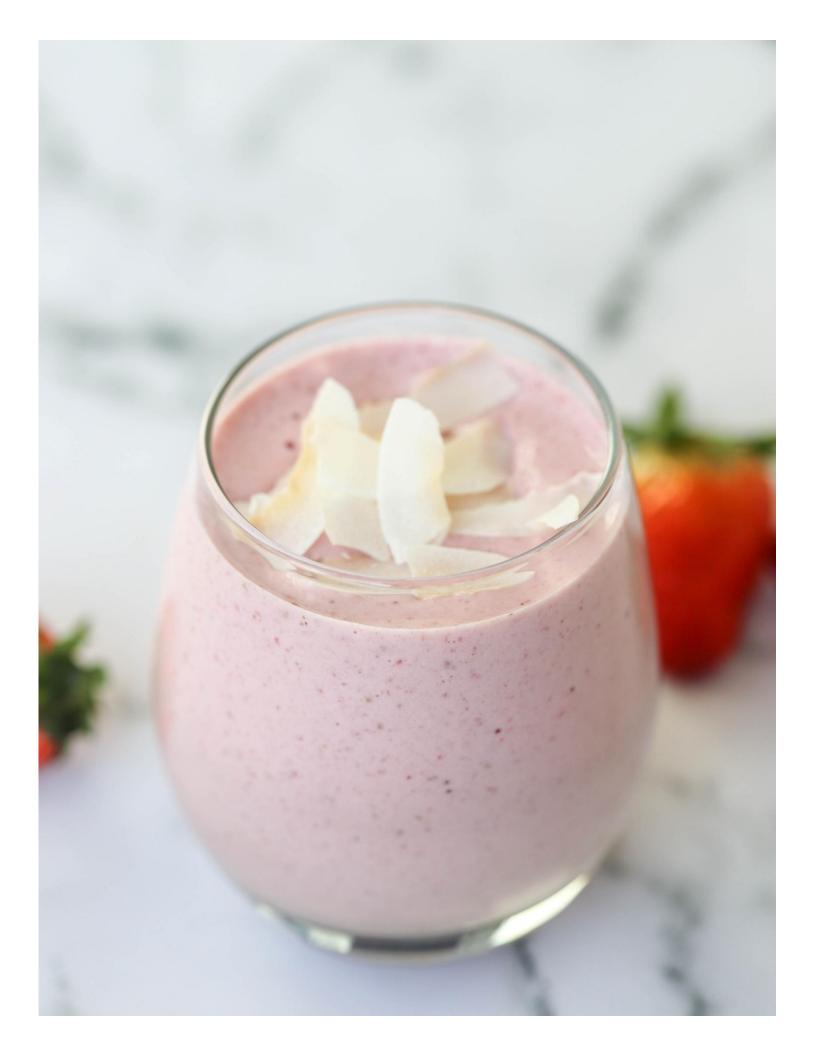
1 ½ tbsp. cocoa powder, natural

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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





### The Strawberry Post Workout Smoothie

#### Serves 2

#### What you need to do

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

1 cup (145g) strawberries, frozen

1 cup (240ml) coconut milk, cartoned

2 scoops (50g) protein powder, vanilla

2 tsp. honey

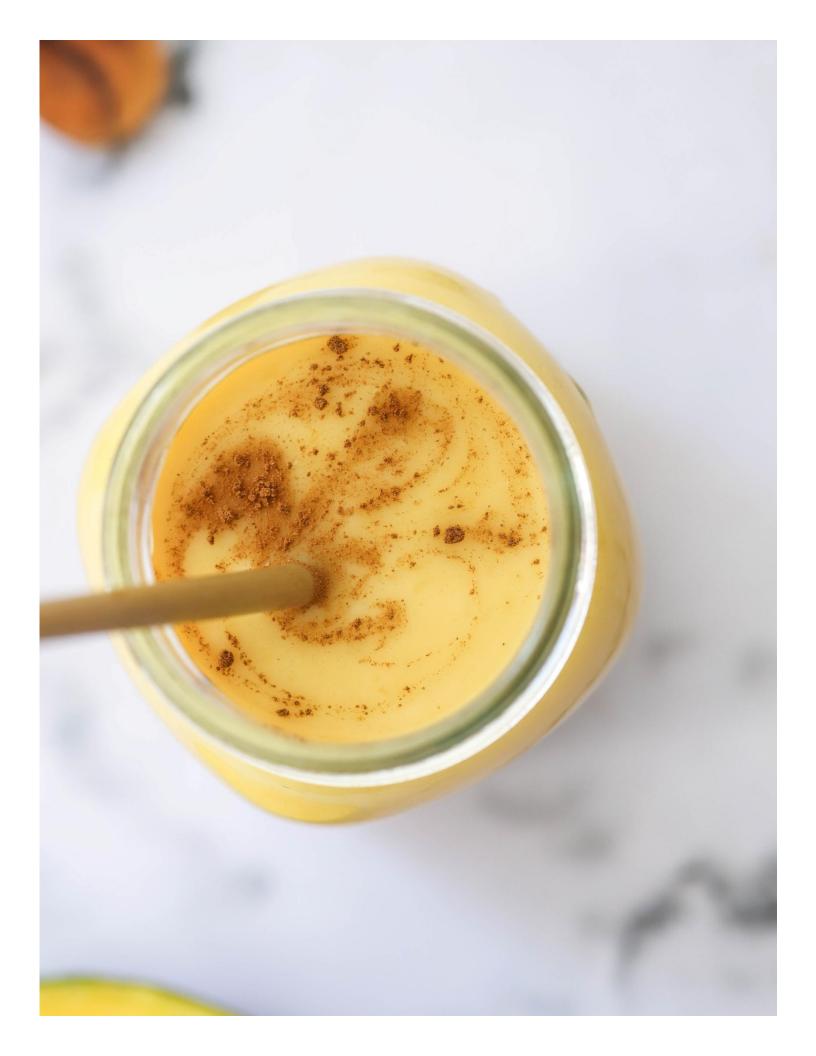
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2 tsp. vanilla extract

2 tsp. desiccated coconut

GF	DF	LC	HP	V	Q			
F	rep		Kcal		Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5	min		193		4	16	23	2





### The Golden Protein Smoothie

#### Serves 2

- 1 mango, chopped, frozen
- 1 banana, sliced, frozen
- 1/2 cup (120g) Greek yogurt
- 1 tsp. ground cinnamon
- 1 tsp. ground turmeric
- 1/2 tsp. ground ginger
- pinch black pepper

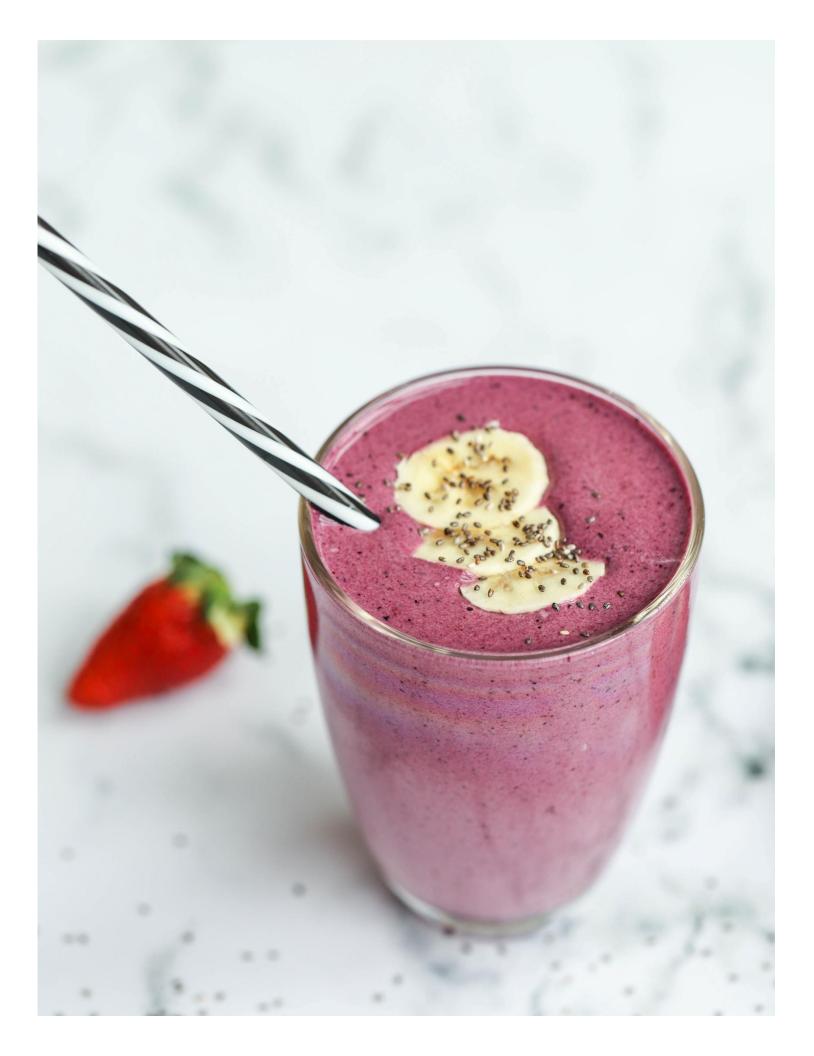
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- 1 cup (240ml) almond milk, unsweetened
- 2 scoops (50g) vanilla protein powder

#### What you need to do

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





### The Triple Berry Protein Smoothie

#### Serves 2

#### What you need to do

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

1 ½ cups (220g) berry mix, frozen

1 banana, chopped & frozen

2 tsp. chia seeds

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2 scoops (50g) vanilla protein powder

2 cups (480ml) almond milk, unsweetened

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





### The Cinnamon Roll Smoothie

#### Serves 2

1 cup (240ml) almond milk, unsweetened

1/2 cup (120g) Greek yogurt

2 scoops (50g) vanilla protein powder

4 tbsp. rolled oats

1 tbsp. honey

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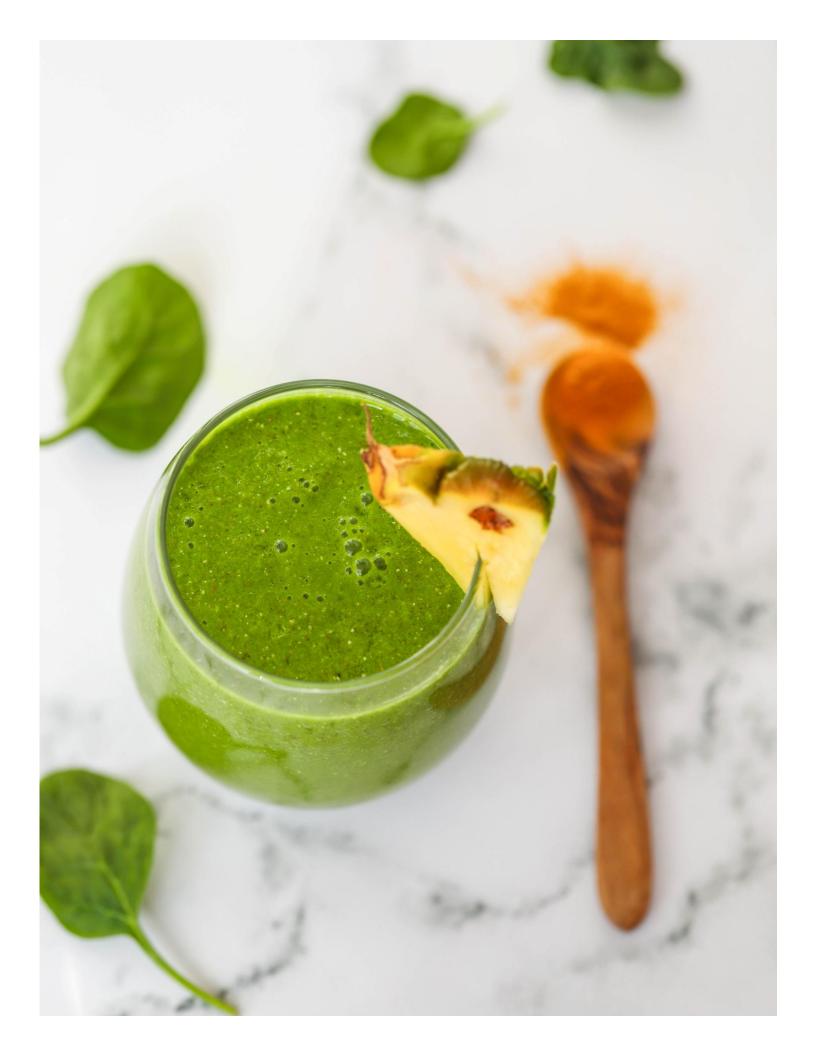
1 tsp. ground cinnamon

1 banana, chopped & frozen

#### What you need to do

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





### The Anti-Inflammatory Green Smoothie

#### Serves 2

unsweetened

#### What you need to do

1. Place all the ingredients into a high-speed blender and 2 cups (480ml) almond milk, blend until smooth. Serve straight away.

2 cups (60g) spinach, packed

1/2 tsp. ground turmeric

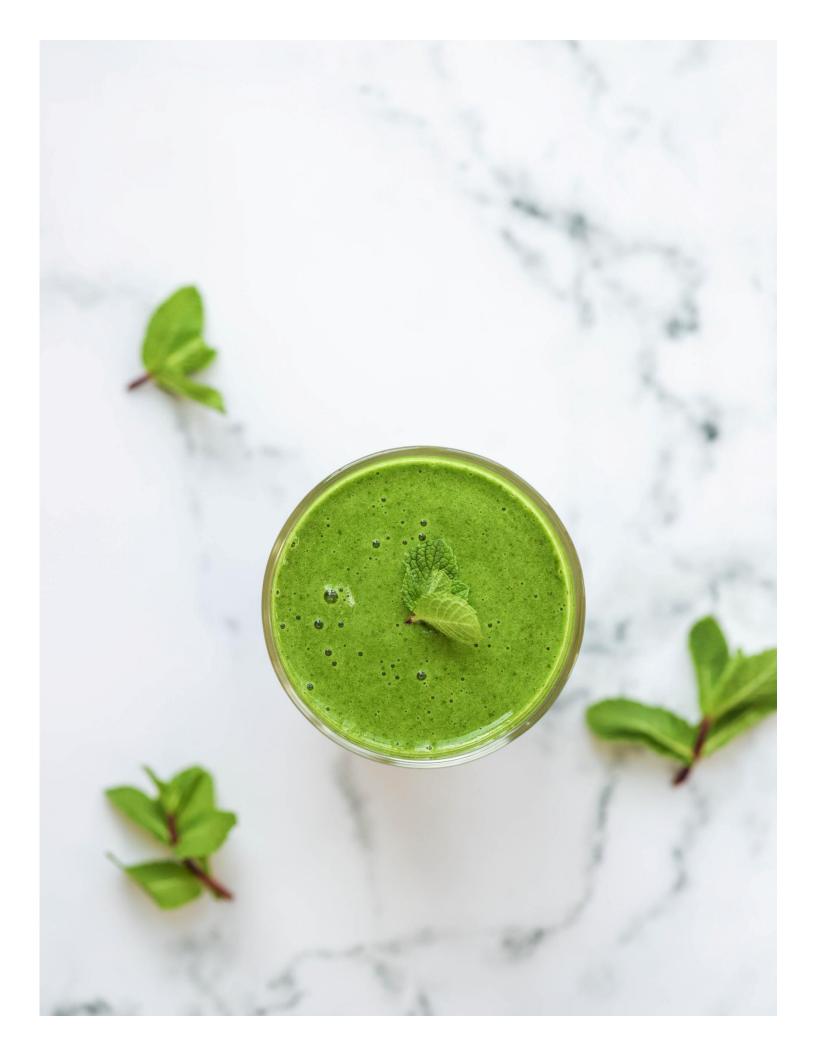
pinch black pepper

2 tbsp. chia seeds

2 cups (330g) pineapple chunks, frozen

GF	DF	V	Q	Ν				
F	rep		Kcal		Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5	min		183		7	30	5	7

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### The Pick Me Up Smoothie

#### Serves 2

#### 2 medium banana, frozen

1 ½ cups (360ml) almond milk, unsweetened

2 cups (60g) baby spinach

24 leaves mint

10 ice cubes

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#### What you need to do

	DF	LC	V	Q	Ν				
F	rep		Kcal		Fat	s(g)	Carbs(g)	Protein(g)	Fibre(g)





## The Golden Citrus Smoothie

### Serves 2

### What you need to do

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

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	GF V	Q				
I	Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
	5 min	298	4	53	17	6
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# The Pineapple Lassi

#### Serves 2

plant based

### What you need to do

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

pineapple with juice 1/2 (120ml) cup canned light

2 cups (330g) canned

1 <sup>1</sup>/<sub>2</sub> cups (360g) vanilla yogurt,

coconut milk

1/2 tsp. root ginger, grated

10 ice cubes

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





# The All Green Smoothie

### Serves 2

1/2 avocado, pitted

2 cups (330g) pineapple, chunks

2 cups (60g) baby spinach

1 cup (240ml) coconut milk, from carton

4 tbsp. lime juice

1/4 cup (12g) fresh coriander, chopped

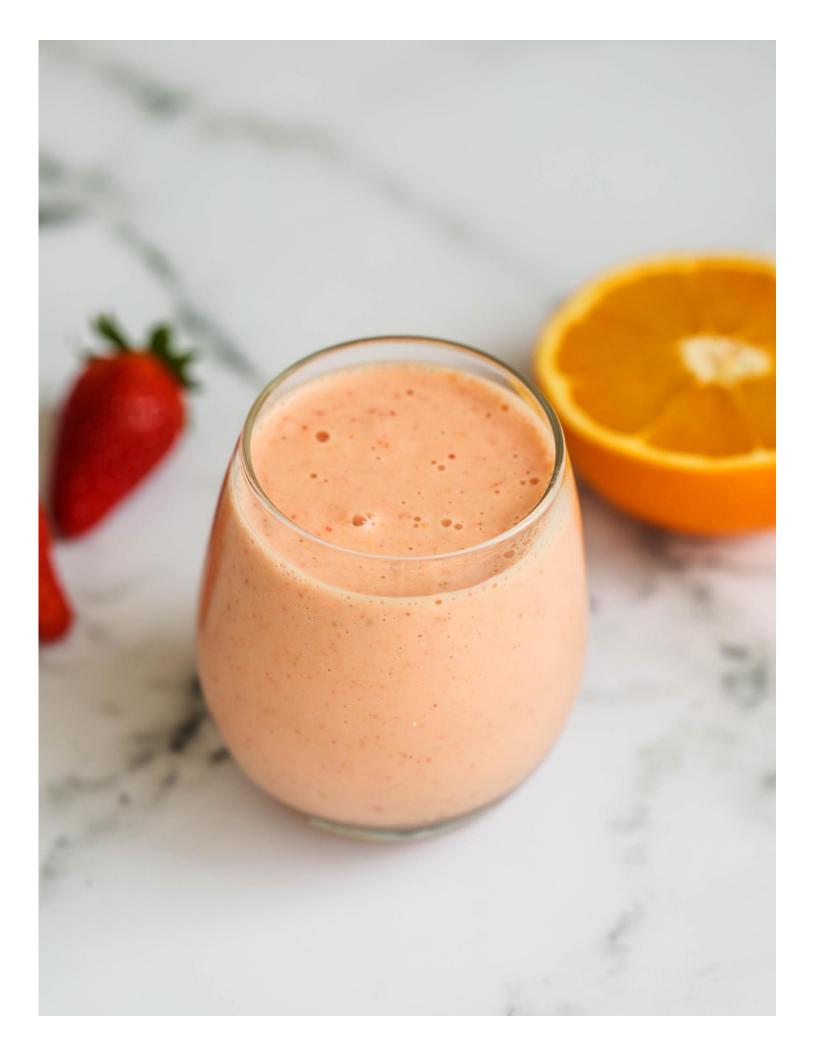
2 tsp. ground ginger

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### What you need to do

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





## The Summer Dream Smoothie

### Serves 2

1/2 cup (120g) Greek yogurt

1/4 cup (60ml) coconut milk, from carton

1/4 cup (60ml) orange juice

1 cup (145g) strawberries, frozen

1 orange, peeled

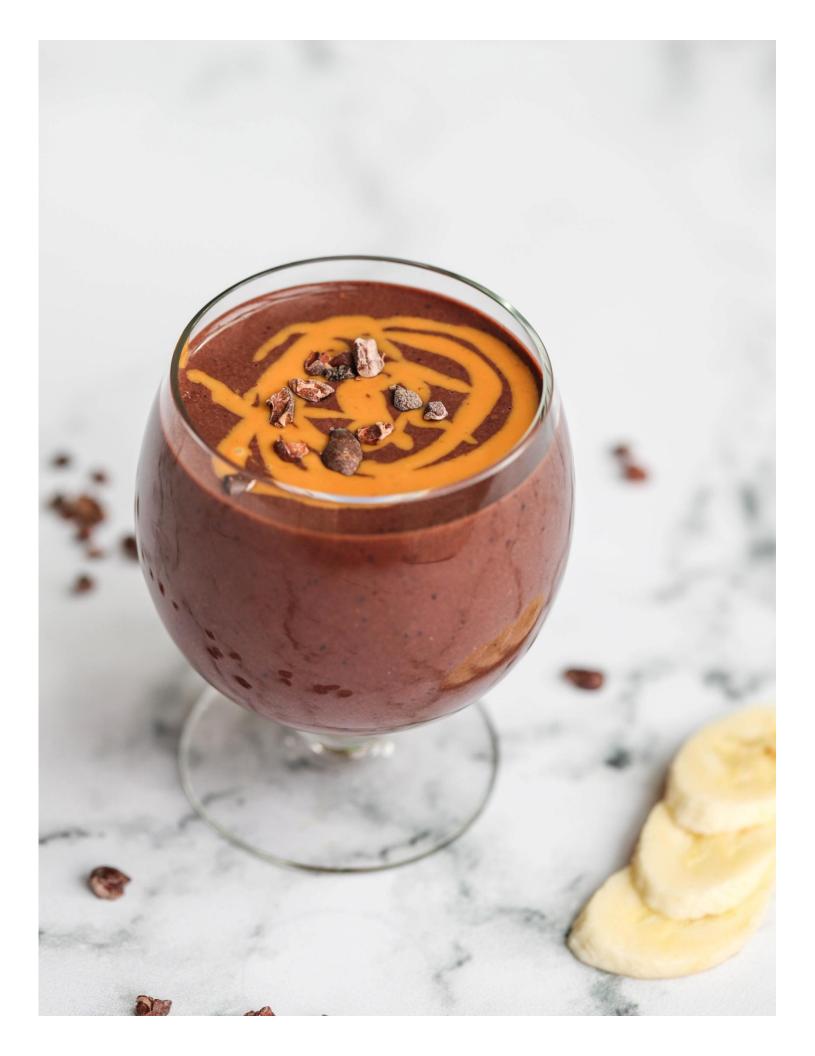
1 tbsp. honey

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### What you need to do

PrepKcalFats(g)Carbs(g)Protein(g)Fibre(g)5 min16223173						
5 min 162 2 31 7 3	Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
	5 min	162	2	31	7	





# The Black Beauty Smoothie

### Serves 2

<sup>2</sup>∕₃ cup (160ml) almond milk, unsweetened

1/2 cup (120g) Greek yogurt

1 tbsp. ground flax seed

1 tbsp. natural cocoa powder, unsweetened

2 tbsp. peanut butter

1/2 tsp. vanilla extract

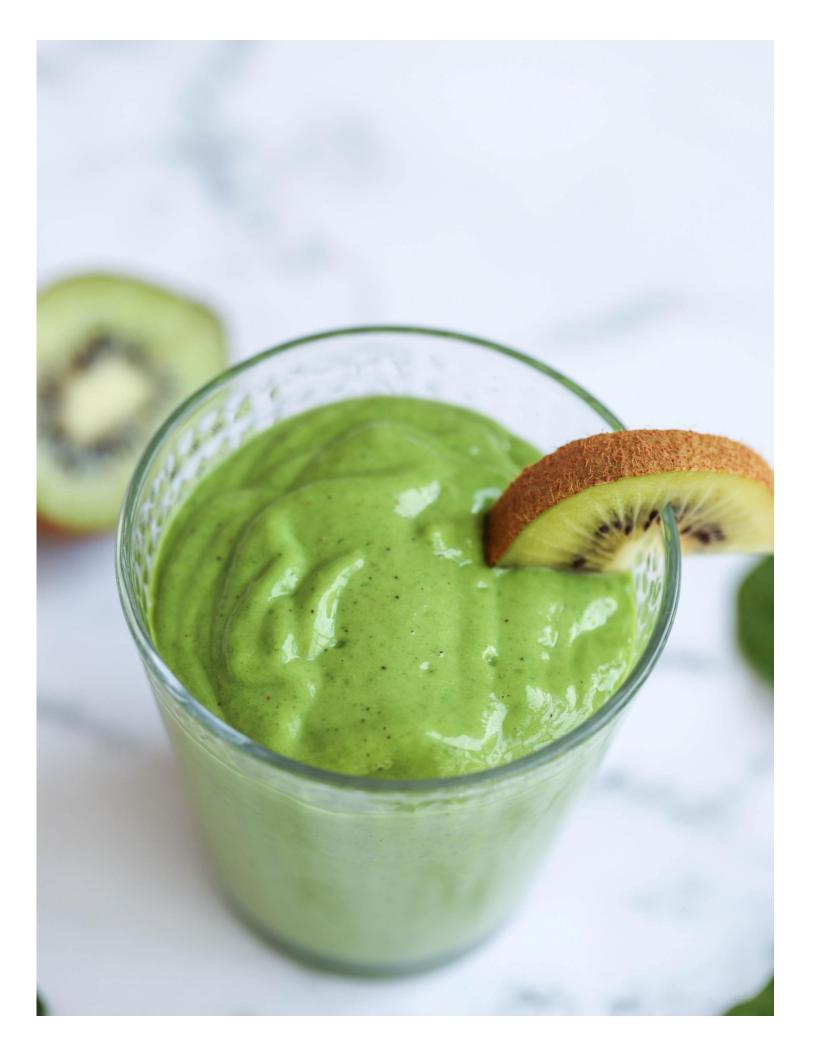
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1 medium banana, chopped & frozen

### What you need to do

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





## The Kiwi Boost Smoothie

### Serves 2

<sup>2</sup>∕₃ cup (160g) coconut yogurt

1/2 cup (120ml) coconut milk, from carton

1/4 tsp. root ginger, grated

2 kiwis, peeled & quartered

2 tbsp. quinoa flakes

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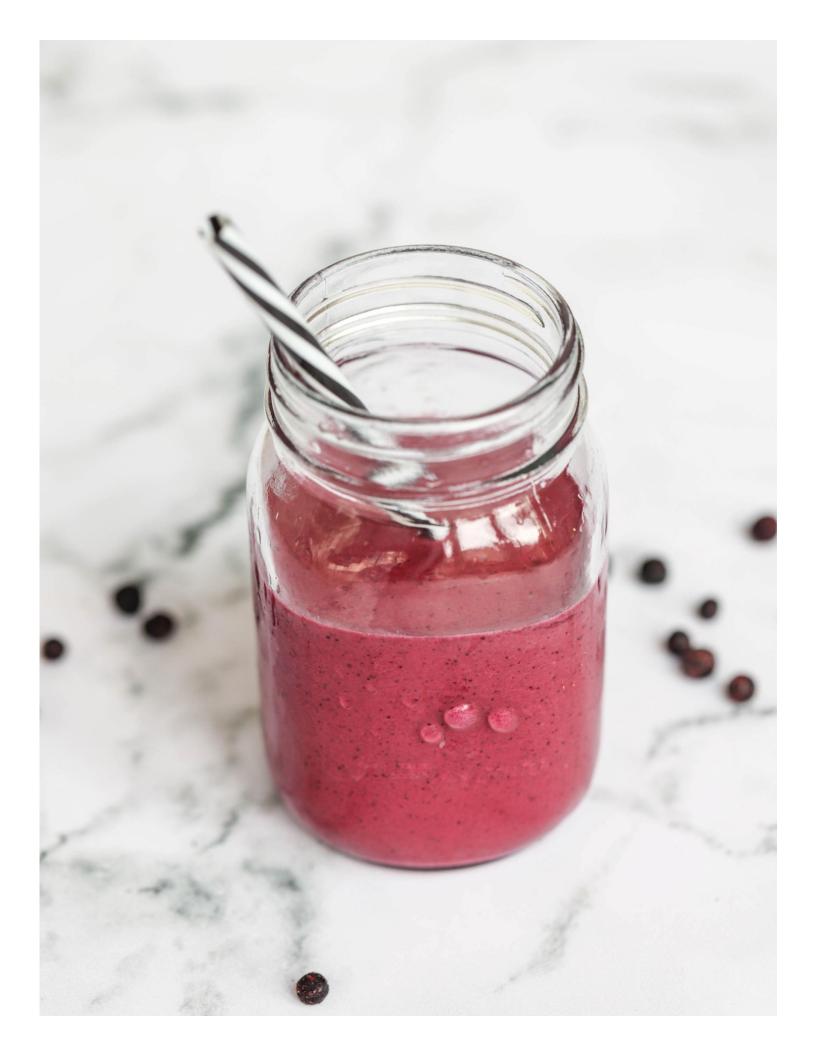
2 cups (60g) baby spinach

### What you need to do

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

		20		9				
F	Prep		Kcal		Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5	min		148		5	24	4	5





# The Purple Smoothie

### Serves 2

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1 ½ cup (360ml) water

1/2 small red cabbage (285g), shredded & frozen

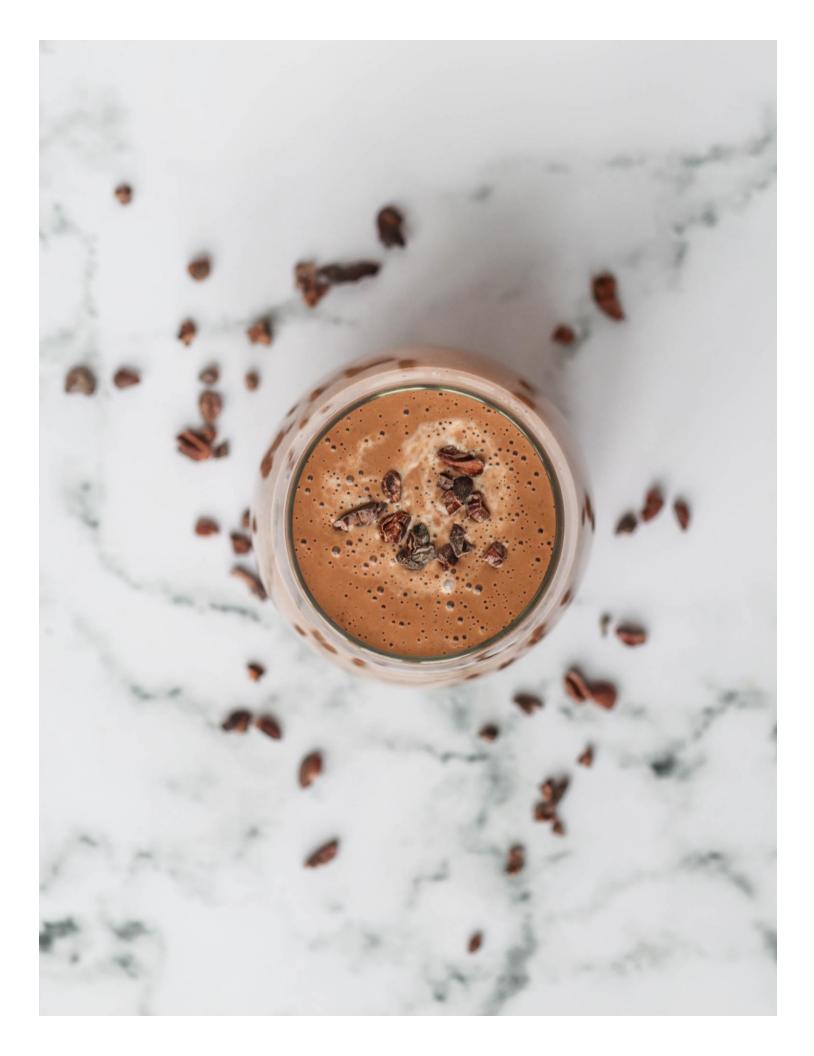
1 cup (150g) blueberries, frozen

1 banana, chopped & frozen

⅔ cup (165g) vanilla yogurt

### What you need to do

	GF V O	Q				
	Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
	5 min	216	3	44	7	7
			-	_		
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you						



## The Mocha Smoothie

### Serves 2

### 1 ⅓ cups (315ml) cold brew coffee

1/2 cup (120g) Greek yogurt

2 medjool dates

1 ½ tbsp. cocoa powder, natural

1/2 tsp. vanilla extract

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### What you need to do

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





## The Pina Colada Smoothie

### Serves 2

4 tbsp. oats

2 cups (480ml) almond milk, unsweetened

1 cup (200g) pineapple chunks

4 tbsp. desiccated coconut

1/4 cup (30g) walnuts

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### What you need to do

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

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



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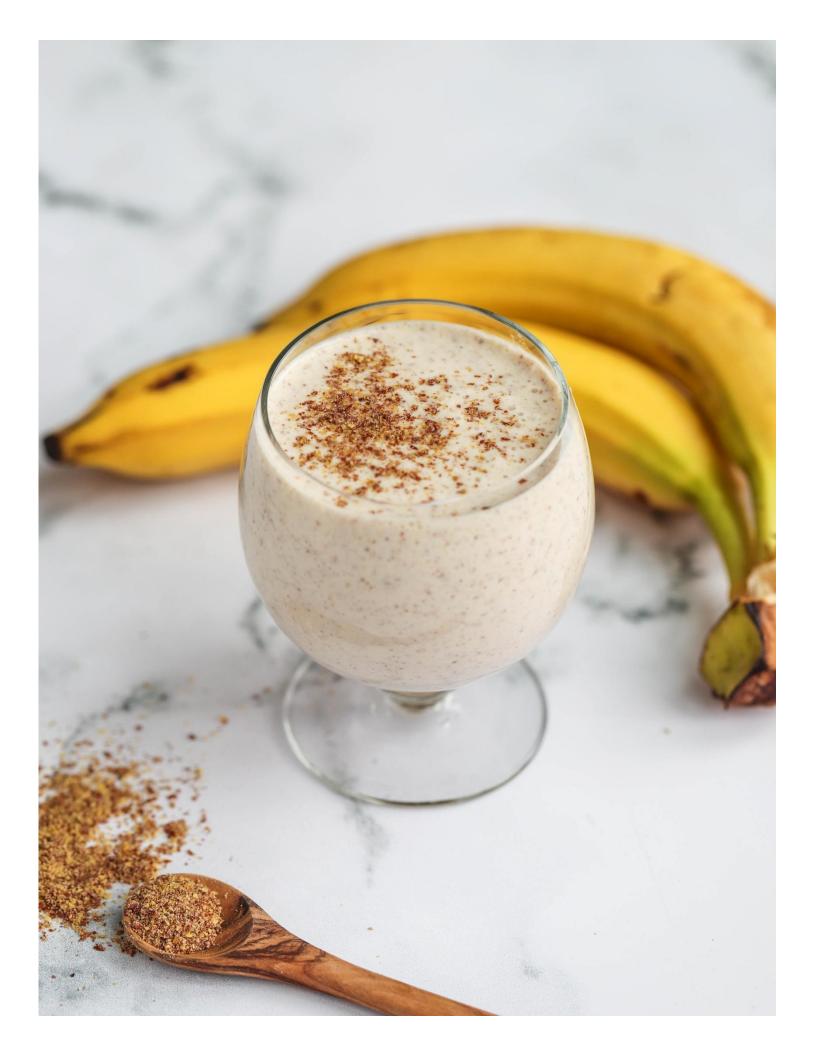
## The Carrot Cake Smoothie

### Serves 2

- 1 banana, chopped, frozen
- 1 carrot, peeled & grated
- 2 tbsp. rolled oats
- 2 tbsp. almond butter
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground ginger
- 1 tbsp. honey
- 1 cup (240ml) almond milk, unsweetened

### What you need to do

	DF V	Q N				
myfitnesspal ⅢⅡⅠⅢⅡⅡⅡ	Prep	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
05625642	5 min	233	11	33	6	6
				-	• - •	
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# The Simple Banana Smoothie

### Serves 2

2 medium bananas, sliced, frozen

1/2 cup (120g) Greek yogurt

1 tbsp. ground flax seeds

1 cup (240ml) almond milk, unsweetened

1 tsp. vanilla extract

myfitnesspal

### What you need to do

GF	ΗΡ	V	Q	IN				
F	rep		Kcal		Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5	min		191		4	32	8	4





# The Apple Pie Smoothie

### Serves 2

<sup>1</sup>/<sub>2</sub> cup (120ml) almond milk, unsweetened

1/2 cup (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored and chopped

1 medium banana, sliced & frozen

1 tbsp. honey

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1 tbsp. almond butter

1 tsp. vanilla extract

1 1/2 tsp. ground cinnamon

### What you need to do

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





# The Sweet Potato Pie Smoothie

### Serves 2

### What you need to do

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

2 cups (270g) cooked sweet potatoes, peeled & chopped

1 medium banana, sliced & frozen

1 cup (240ml) almond milk, unsweetened

1/2 cup (120g) Greek yogurt

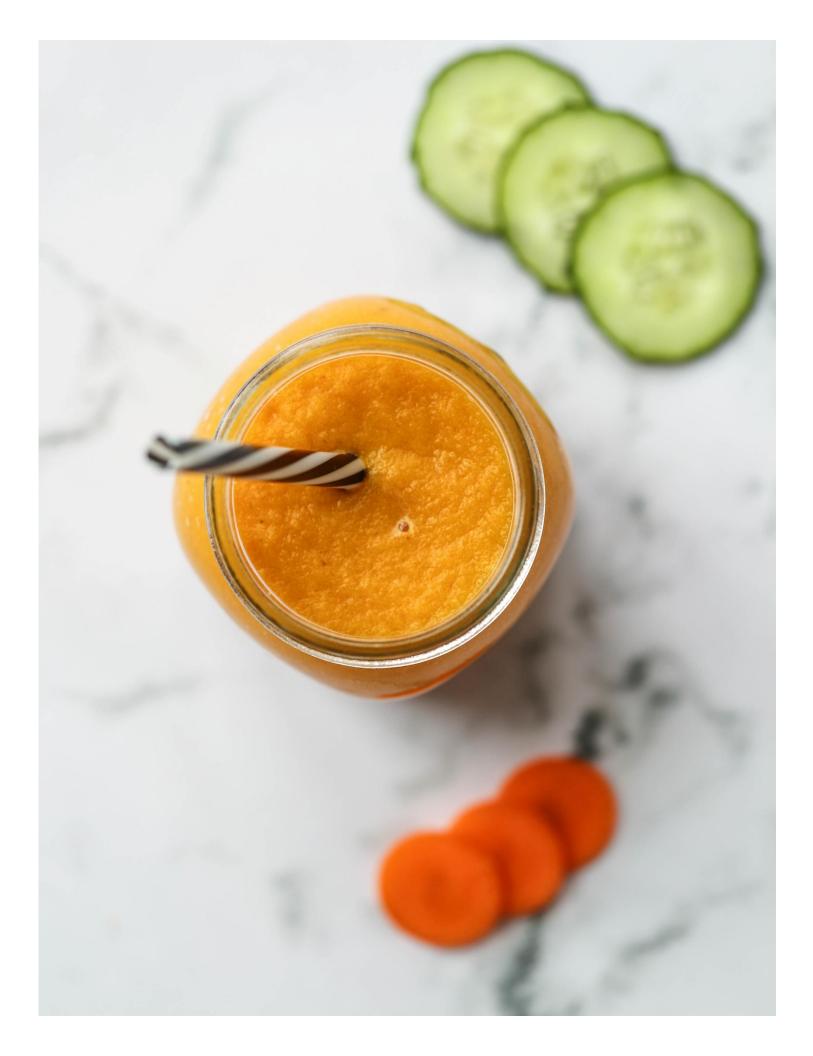
2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

Prep	Kcal	Fats(g)	$O_{2}$ where $(x)$		
	1	1 ato(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	346	12	50	13	5
				• . •	
			<b>L</b> r	UU	0



## The Reset Smoothie

### Serves 2

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

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### What you need to do

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

