

Smoothie Recipe Bundle





Chocolate Peanut Butter Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 1 large ripe banana, frozen
- 1 Tbsp peanut butter
- Small pinch of salt
- 1 Tbsp unsweetened cocoa powder
- 1 1/2 cups unsweetened plant milk
- 1 scoop protein powder (e.g. Orgain)
- 1 handful of ice

Directions

1. Put all ingredients into a high-speed blender and blend for 30-60 seconds, or until smooth.

Chocolate Peanut Butter Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	417.7	
	% Daily Value*	
Total Fat	16.9 g	22 %
Saturated Fat	2.8 g	14 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	444.2 mg	19 %
Total Carbohydrate	53.4 g	19 %
Dietary Fiber	11.6 g	41 %
Total Sugars	19.1 g	
Added Sugars	1.3 g	3 %
Protein	28.4 g	
Vitamin D	3.7 mcg	18 %
Calcium	783.1 mg	60 %
Iron	5.9 mg	33 %
Potassium	895.5 mg	19 %



Basic Green Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1/2 cups strawberries, fresh or frozen
- 1 banana
- 1 cup dairy-free milk, unsweetened, you can add more milk if you like
- 1 cup spinach
- 1 Tbsp almond butter
- 2 Tbsp oats
- Small handful of ice

Directions

1. Add all ingredients into a high-speed blender and blend 30-60 seconds, until smooth.

*Think of this recipe as a template- sub in your favorite fruit, greens, and healthy fat source.

Basic Green Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	306.5	
	% Daily Value*	
Total Fat	12.4 g	16 %
Saturated Fat	1.1 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	200.1 mg	9 %
Total Carbohydrate	46.8 g	17 %
Dietary Fiber	8.4 g	30 %
Total Sugars	21 g	
Added Sugars	0 g	0 %
Protein	8.2 g	
Vitamin D	2.5 mcg	12 %
Calcium	548.8 mg	42 %
Iron	3.1 mg	17 %
Potassium	1020.4 mg	22 %



Almond Joy Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 3/4 cup unsweetened plant milk
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp almond butter
- 1 Tbsp unsweetened, shredded coconut (or flaked coconut)
- 1/8 tsp vanilla extract
- 1/2 frozen banana
- 1 tsp maple syrup (optional)

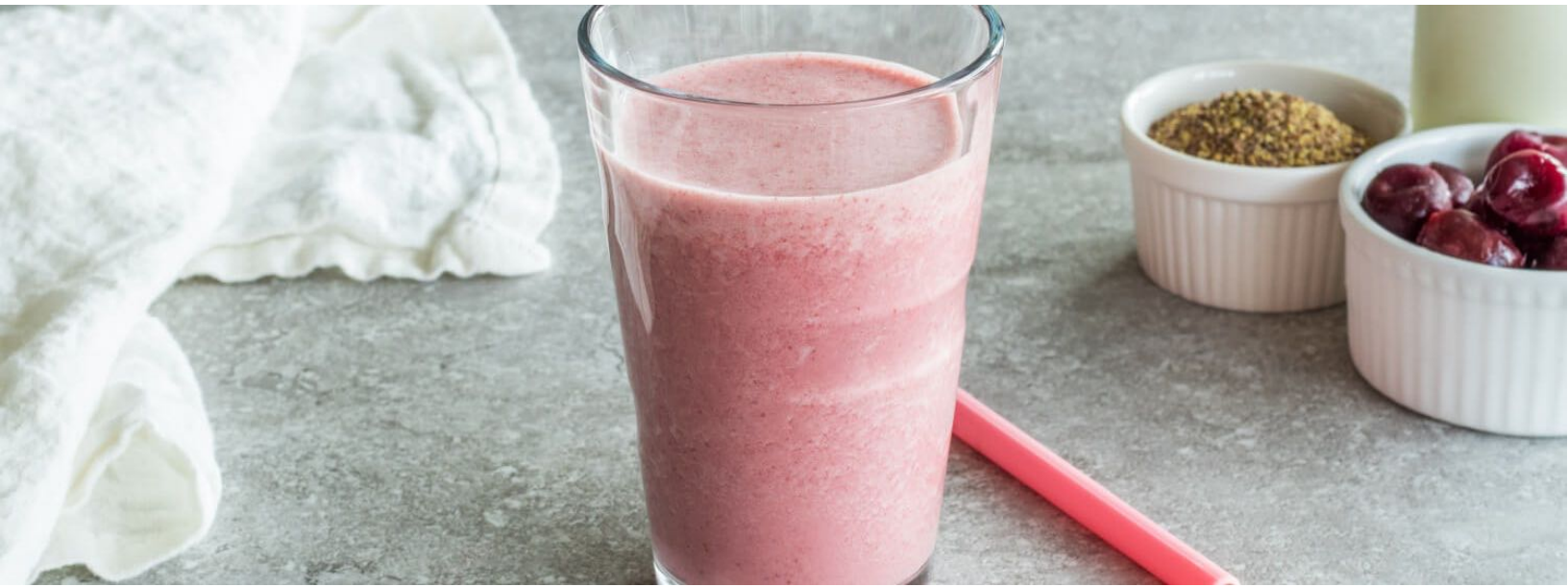
Directions

1. Put all ingredients into a high-speed blender and blend for 30-60 seconds, or until smooth.

Almond Joy Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	222.3	
	% Daily Value*	
Total Fat	14.6 g	19 %
Saturated Fat	4.2 g	21 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	134.3 mg	6 %
Total Carbohydrate	23.1 g	8 %
Dietary Fiber	6.3 g	23 %
Total Sugars	9.9 g	
Added Sugars	0 g	0 %
Protein	6 g	
Vitamin D	1.8 mcg	9 %
Calcium	396.6 mg	31 %
Iron	2.1 mg	12 %
Potassium	558.6 mg	12 %

Cherry Kefir Smoothie

2 ingredients · 5 minutes · 1 serving



Directions

1. Add all the ingredients to a blender and blend until smooth. Enjoy!

Ingredients

- 1 cup Plain Kefir, Low Fat
- 1 cup Cherries (frozen)

Cherry Kefir Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	190	
% Daily Value*		
Total Fat	2.4 g	3 %
Saturated Fat	1.6 g	8 %
Trans Fat	0.1 g	
Cholesterol	11.3 mg	4 %
Sodium	90.7 mg	4 %
Total Carbohydrate	35 g	13 %
Dietary Fiber	3.2 g	12 %
Total Sugars	32.7 g	
Added Sugars	0 g	0 %
Protein	10.2 g	

Pineapple Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

Nut-Free

Use nut-free milk such as oat milk or coconut milk.

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 4 Ice Cubes
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder (or 1 serving protein, see label)
- 1 tbsp Ground Flax Seed

Pineapple Protein Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	272.1	
% Daily Value*		
Total Fat	5.8 g	7 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
Cholesterol	1.6 mg	1 %
Sodium	256.4 mg	11 %
Total Carbohydrate	29 g	11 %
Dietary Fiber	5.3 g	19 %
Total Sugars	19.7 g	
Added Sugars	0 g	0 %
Protein	28.4 g	

Cherry & Blueberry Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Add more liquid for a thinner consistency, if desired. Enjoy!

Ingredients

- 1/2 cup Oat Milk
- 1/4 cup Plain Greek Yogurt
- 1/2 cup Frozen Blueberries
- 1/2 cup Frozen Cherries
- 1/4 cup Vanilla Protein Powder
- 1/4 tsp Cinnamon

Cherry & Blueberry Smoothie

Nutrition Facts

Serving Size **1 full recipe**

Amount Per Serving

Calories 337.1

% Daily Value*

Total Fat	8.7 g	11 %
Saturated Fat	2.9 g	15 %
Trans Fat	0.1 g	
Cholesterol	15.2 mg	5 %
Sodium	192.9 mg	8 %
Total Carbohydrate	37.8 g	14 %
Dietary Fiber	6 g	21 %
Total Sugars	28.2 g	
Added Sugars	2.8 g	6 %
Protein	28.7 g	



Blueberry Muffin Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 cup frozen blueberries
- 1/4 cup old fashioned oats
- 1 Tbsp almond butter
- 1 cup unsweetened almond milk

Directions

1. Combine all ingredients together in a blender.
2. Blend very well until smooth.

Notes

- *If using fresh instead of frozen fruit, add a handful of ice cubes*
- *Blueberry can be substituted with any other berry.*
- *Almond milk can be substituted with any other unsweetened milk.*

RENEW Blueberry Muffin Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	324.2	
% Daily Value*		
Total Fat	13.9 g	18 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	210.6 mg	9 %
Total Carbohydrate	47.6 g	17 %
Dietary Fiber	10.3 g	37 %
Total Sugars	22.6 g	
Added Sugars	0 g	0 %
Protein	7.7 g	
Vitamin D	2.5 mcg	12 %
Calcium	524.2 mg	40 %
Iron	2.4 mg	13 %
Potassium	476.9 mg	10 %



Ginger & Greens Immunity Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 green Granny Smith apple
- 1/2 cup frozen pineapple
- 2 cups spinach
- Juice of 1 lemon
- 1 inch of fresh ginger, peeled
- 1 tsp turmeric powder
- Pinch black pepper
- 1 cup filtered water

Directions

1. Combine all ingredients together in a blender.
2. Blend very well until smooth.

Notes

- *If your blender is not very strong, grate the ginger before adding it.*
- *If using fresh pineapple (or omitting) add 1 cup ice.*
- *If you can't find fresh ginger, substitute 2 tsp ground ginger.*

RENEW Ginger & Greens Immunity Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	169.8	
	% Daily Value*	
Total Fat	0.8 g	1 %
Saturated Fat	0.1 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	53.4 mg	2 %
Total Carbohydrate	40.2 g	15 %
Dietary Fiber	8 g	28 %
Total Sugars	24.7 g	
Added Sugars	0 g	0 %
Protein	3.3 g	
Vitamin D	0 mcg	0 %
Calcium	89.4 mg	7 %
Iron	3.9 mg	22 %
Potassium	744.4 mg	16 %



Raspberry Cheesecake Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 cup frozen raspberries
- 1/2 medium banana
- 1/2 cup lowfat cottage cheese
- 1/2 tsp vanilla extract
- 1 cup unsweetened almond milk

Directions

1. Combine all ingredients together in a blender.
2. Blend very well until smooth.

Notes

- *Raspberries can be substituted with any frozen berry.*
- *Cottage cheese can be substituted for plain yogurt or vanilla protein powder.*
- *Almond milk can be substituted with any other unsweetened milk.*

RENEW Raspberry Cheesecake Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	326.3	
	% Daily Value*	
Total Fat	7.1 g	9 %
Saturated Fat	1.8 g	9 %
Trans Fat	0.1 g	
Cholesterol	13.6 mg	5 %
Sodium	531.6 mg	23 %
Total Carbohydrate	53.6 g	20 %
Dietary Fiber	12.8 g	46 %
Total Sugars	30.3 g	
Added Sugars	0 g	0 %
Protein	16.3 g	
Vitamin D	2.5 mcg	12 %
Calcium	630.2 mg	48 %
Iron	2.9 mg	16 %
Potassium	976.5 mg	21 %



Heart Healthy Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 cup blueberries, frozen
- 5 oz (1/3 package) silken tofu
- 1 cup vanilla almond milk, unsweetened
- 1/2 banana
- 1 Tbsp chia or flax seeds
- 1/2 tsp vanilla extract
- Vanilla protein powder, 1 scoop (optional)

Directions

1. Combine all ingredients together in a blender.
2. Blend very well until smooth.

Notes

- *If using fresh instead of frozen fruit, add a handful of ice cubes.*
- *Blueberry can be substituted with any other berry.*
- *Low-fat or non-fat milk or another unsweetened non-dairy option can be substituted.*

Heart Healthy Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	417.7	
% Daily Value*		
Total Fat	13.1 g	17 %
Saturated Fat	1.4 g	7 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	305.7 mg	13 %
Total Carbohydrate	57.8 g	21 %
Dietary Fiber	11.8 g	42 %
Total Sugars	28.8 g	
Added Sugars	0 g	0 %
Protein	24.5 g	
Vitamin D	2.5 mcg	13 %
Calcium	615 mg	47 %
Iron	7.3 mg	40 %
Potassium	864.3 mg	18 %



Peaches and Cream Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1/2 banana
- 1/2 cup frozen peaches
- 1 Tbsp almond butter
- 1 1/2 cups unsweetened almond milk
- 1/2 cup plain Greek yogurt, 2%

Directions

1. Combine all ingredients together in a blender.
2. Blend very well until smooth.

Notes

- *Almond butter can be substituted for cashew butter or ground flax seeds*
- *If using frozen instead of fresh fruit, omit handful of ice cubes*
- *Almond milk can be substituted with any other unsweetened milk.*

RENEW Peaches and Cream Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	325.7	
	% Daily Value*	
Total Fat	14.9 g	19 %
Saturated Fat	2.6 g	13 %
Trans Fat	0.1 g	
Cholesterol	9.8 mg	3 %
Sodium	305.4 mg	13 %
Total Carbohydrate	33.9 g	12 %
Dietary Fiber	5.8 g	21 %
Total Sugars	21.8 g	
Added Sugars	0 g	0 %
Protein	18.1 g	
Vitamin D	3.7 mcg	19 %
Calcium	875.7 mg	67 %
Iron	2.2 mg	12 %
Potassium	891.7 mg	19 %



Banana Chai Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 1 frozen banana, peeled and sliced
- 1/2 cup unsweetened plant milk
- 1 cup chai tea
- 1 teaspoon vanilla extract
- 1/16 teaspoon ground cinnamon
- 2 Tbsp cashews
- Small handful ice
- Optional: 1/2 teaspoon maple syrup
- Optional: add a scoop of plant-based vanilla protein powder

Directions

1. Brew chai tea by adding 3 tea bags and 3 cups hot water into a container. Let brew 3-5 minutes, then remove tea bags. Refrigerate until ready to make smoothie.

2. Put all ingredients into a high-speed blender and blend for 30-60 seconds, or until smooth.

Chai Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	226.2	
	% Daily Value*	
Total Fat	8.7 g	11 %
Saturated Fat	1.5 g	8 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	90 mg	4 %
Total Carbohydrate	34.2 g	12 %
Dietary Fiber	4 g	14 %
Total Sugars	16.9 g	
Added Sugars	0 g	0 %
Protein	4.7 g	
Vitamin D	1.2 mcg	6 %
Calcium	236.4 mg	18 %
Iron	1.8 mg	10 %
Potassium	617.9 mg	13 %



Creamy Avocado Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 1/2 cup cubed frozen pineapple
- 1 cup packed spinach
- 1/3 ripe avocado
- 1 cup unsweetened plant milk
- Scoop plant-based protein powder
- 1 Tbsp fresh lime juice
- 1 tsp maple syrup (optional)
- Small handful of ice (if needed)

Directions

1. Put all ingredients into a high-speed blender and blend for 30-60 seconds, or until smooth.

Creamy Avocado Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	328.9	
	% Daily Value*	
Total Fat	13.4 g	17 %
Saturated Fat	1.5 g	7 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	296.2 mg	13 %
Total Carbohydrate	39.5 g	14 %
Dietary Fiber	11.3 g	41 %
Total Sugars	13.6 g	
Added Sugars	4 g	8 %
Protein	24.3 g	
Vitamin D	1.2 mcg	6 %
Calcium	397 mg	31 %
Iron	5.8 mg	32 %
Potassium	672.7 mg	14 %



Funky Beet Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 1 cup of plant-based milk
- 1/2 banana
- 1 beet, peeled and chopped
- 1/2 cup blueberries
- 1/2 cup strawberries
- Scoop protein powder
- Small handful of ice

Directions

1. Put all ingredients into a high-speed blender and blend for 30-60 seconds, or until smooth.

Funky Beet Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	340.3	
	% Daily Value*	
Total Fat	7.1 g	9 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	418.8 mg	18 %
Total Carbohydrate	56 g	20 %
Dietary Fiber	12.6 g	45 %
Total Sugars	25.8 g	
Added Sugars	0 g	0 %
Protein	25 g	
Vitamin D	2.5 mcg	12 %
Calcium	574.3 mg	44 %
Iron	5.6 mg	31 %
Potassium	871.8 mg	19 %



PB&J Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 cup frozen raspberries
- 1 Tbsp peanut butter
- 1/4 cup old fashioned oats
- 1 cup unsweetened almond milk (or water)
- Tiny pinch of sea salt (optional)

Directions

1. Combine all ingredients together in a blender.
2. Blend very well until smooth.

Notes

- *Raspberries can be substituted with any other berry.*
- *If using fresh instead of frozen fruit, add a handful of ice cubes*
- *Almond milk can be substituted with any other unsweetened milk.*

RENEW PB&J Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	347.4	
	% Daily Value*	
Total Fat	14.1 g	18 %
Saturated Fat	2.3 g	11 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	251.5 mg	11 %
Total Carbohydrate	51.6 g	19 %
Dietary Fiber	14 g	50 %
Total Sugars	20.5 g	
Added Sugars	1.3 g	3 %
Protein	9.9 g	
Vitamin D	2.5 mcg	12 %
Calcium	519.5 mg	40 %
Iron	3.6 mg	20 %
Potassium	785.8 mg	17 %



Peanut Butter Banana Berry Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOK TIME: 0 MIN

Ingredients

- 1 cup water or almond milk
- 2 tablespoons peanut butter, unsweet
- 1 frozen banana
- 1/4 cup raspberries or strawberries
- Handful of ice

Directions

1. Put all ingredients into a high-speed blender and blend for 30-60 seconds, or until smooth.

PB&J Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	349.9	
	% Daily Value*	
Total Fat	19.5 g	25 %
Saturated Fat	3.7 g	18 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	179.8 mg	8 %
Total Carbohydrate	41 g	15 %
Dietary Fiber	7.2 g	26 %
Total Sugars	21.1 g	
Added Sugars	2.5 g	5 %
Protein	9.8 g	
Vitamin D	2.5 mcg	12 %
Calcium	471 mg	36 %
Iron	1.8 mg	10 %
Potassium	809.6 mg	17 %



Shine On Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 large carrot
- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1/2 cup Greek yogurt, 2%
- 1 tsp ginger root (peeled)
- 1 cup unsweetened almond milk

Directions

1. Combine all ingredients together in a blender.
2. Blend very well until smooth.

Notes

- *Mango & pineapple can be substituted with any other tropical fruit.*
- *Greek yogurt can be substituted for vegan yogurt or vanilla protein powder.*
- *Almond milk can be substituted with any other unsweetened milk.*

RENEW Shine On Smoothie		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	240.6	
	% Daily Value*	
Total Fat	5.3 g	7 %
Saturated Fat	1.9 g	9 %
Trans Fat	0.1 g	
Cholesterol	9.8 mg	3 %
Sodium	264.9 mg	12 %
Total Carbohydrate	35.9 g	13 %
Dietary Fiber	4.9 g	17 %
Total Sugars	26.9 g	
Added Sugars	0 g	0 %
Protein	14.9 g	
Vitamin D	2.5 mcg	13 %
Calcium	637.6 mg	49 %
Iron	1.3 mg	7 %
Potassium	800.9 mg	17 %