

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Smoothies

Created by Healthy Free Life



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Kickstart your day with our protein-rich smoothie recipes! Each blend is crafted to energize and nourish, offering a perfect balance of flavors and nutrients. These smoothies are more than just a refreshing beverage; they're a wholesome way to fuel your body for the day ahead. Whether you're craving something fruity or a creamy delight, our recipes are designed to cater to your taste buds and health goals.

NOTE ABOUT PROTEIN AND PROTEIN POWDER: All smoothie recipes include 1 scoop of protein powder that yields 20 grams of protein, with very little to no other macronutrients present. Please read the label of your protein powder to achieve the desired protein amount for the smoothie. We recommend 30-40 grams of protein for a meal, at minimum 25. Most of these smoothie recipes are approximately 25 grams of protein. Feel free to add more protein powder to reach your protein goals.



SMOOTHIE FORMULA

Add an ingredient from each category to blender. Blend. Enjoy!

LIQUID: 8+ OUNCES

- water
 - coconut milk
 - oat milk
 - almond milk
 - hemp milk
 - flax milk
- (milks are unflavored, no sugar added. Note: coconut milk is carton, not canned.)

POWERFUL PROTEIN: 30-40 GRAMS OF PROTEIN

- 1-2 serving protein powder
- (1/2 of protein can be plain greek yogurt if desired)

GLORIOUS GREENS: 1-2 CUPS/HANDFULS

- baby spinach
 - baby kale
 - kale
 - "power" or "super" greens
 - romaine
 - collards
 - other non-starchy veggies are great too! Like frozen or raw cauliflower.
- Make it last!
Can freeze fresh
kale or spinach!*

FAVORITE FRUIT: 1/4 - 1/3 CUP (OR 1/2 PIECE OF FRUIT)

- blueberries
 - raspberries
 - strawberries
 - blackberries
 - cherries
 - pear
 - apple
 - citrus fruit
 - nectarine, peach
 - pear
 - kiwi
 - mango
- Tip!
Buy frozen fruit
if available.*

FABULOUS FAT: SERVING SIZE VARIES

1 to 2 TBSP Seeds:

- chia seeds
- ground flax seeds
- hemp seeds

1 TBSP Nut Butters or Oils:

- almond butter
- peanut butter (organic)
- coconut or MCT oil

Other:

- 1/4 to 1/2 avocado

SWEETENER: IF NEEDED

- 1/4 banana
- stevia drops or powder, to taste
- monk fruit drops or powder, to taste

EXTRAS & SUPERFOODS: IF DESIRED

- ice to thicken
 - greens powders
 - 1-2 TBSP raw cacao
 - spices, like cinnamon
- For Starch/Carb meal, add more fruit &/or 1/4-1/3 cup dry oats

YUMMY SMOOTHIE COMBOS

Use measurement amounts from smoothie formula unless otherwise noted below.

Chocolate Covered Cherry

water
chocolate protein powder
spinach
frozen cherries
seed of choice
banana
1 TBSP raw cacao for extra chocolate (optional)

The Standard Berry

water
vanilla protein powder
spinach or other green
frozen blueberries (or other berry)
fat of choice
banana or stevia
1 TBSP raw cacao (optional)

PB&J

water
vanilla protein powder
spinach
frozen mixed berries
1 TBSP peanut butter
stevia (optional)

Strawberry Almond

water
vanilla protein powder
spinach or other green
strawberries
1 TBSP almond butter
banana

Island Vacay

coconut milk (from carton)
vanilla protein powder
1 cup frozen or raw cauliflower
mango
1 lime, zest and juice
fat of choice (avocado would be great!)
sweetener of choice

Peachy Green

water or almond milk
vanilla protein powder
kale
2/3 cup frozen peaches
fat of choice (avocado would be great!)
stevia if desired

Pumpkin Pie

almond milk (from carton)
vanilla protein powder
1/2 cup pumpkin puree
seed of choice
1/4 - 1/2 banana
1/2 tsp pumpkin pie spice (or more to taste)
tiny splash of vanilla extract (optional)

Apple Pie Delight

water or almond milk (from carton)
vanilla protein powder
1/2 large or 1 small apple, peeled & chopped
1/4 banana
2 TBSP oats (optional)
1 TBSP almond butter
3/4 tsp cinnamon

PROTEIN POWDER

What are our favorite Protein Powders for smoothies, you ask?

Plant Based Protein Powders:

Truvani is Katrina's personal favorite. It is the most expensive of the bunch.
<https://amzn.to/2RpyoHh>

Genuine Health Fermented Vegan Proteins+ <https://amzn.to/3AEkiH5>

Plant Fusion Complete Protein Powder is a great middle-of-the-road option. It won the taste and texture test with my students. <https://amzn.to/2SQPGdN>

Orgain Organic Plant-Based Protein Powder. My students easily find this one at grocery stores, Walmart, etc. <https://amzn.to/2F9XsKy>

Unflavored/Non-sweetened Pea Protein by **Sprout Living:**
<https://amzn.to/3LhzCyj>

Whey protein powder Here are my three requirements for whey protein:
1) grass-fed cows, 2) whey concentrate (NOT isolate), 3) no unnecessary, harmful ingredients.

Only recommended brands:

1. Truefit <https://amzn.to/2JqIVkx>
2. Naked Whey <https://amzn.to/3kKiT8f>
3. Grass-Fed Whey <https://amzn.to/2TH03mJ>

Oatmeal Cookie Smoothie *

7 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Almond Milk

Use another type of milk such as oat, coconut, or dairy milk.

Nut-Free

Use tahini.

Ingredients

3/4 cup Unsweetened Almond Milk

1/2 cup Frozen Banana

3 tbsps Oats

1 1/2 tsps Almond Butter

1/8 tsp Vanilla Extract

1/4 tsp Cinnamon

1 scoop Vanilla Protein Powder

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 331 | Sugar | 16g |
| Fat | 8g | Protein | 27g |
| Carbs | 42g | Sodium | 273mg |
| Fiber | 7g | | |

Kiwi Green Smoothie *

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seed instead.

Ingredients

- 1 Kiwi (small, peeled)
- 1/2 Banana (frozen)
- 1 scoop Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 cup Baby Spinach
- 1 cup Water
- 1/3 Avocado

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 422 | Sugar | 16g |
| Fat | 18g | Protein | 29g |
| Carbs | 43g | Sodium | 189mg |
| Fiber | 18g | | |

Chocolate Cauliflower Shake *

6 ingredients · 5 minutes · 1 serving



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Ingredients

- 1 cup** Frozen Cauliflower
- 1/2** Banana
- 1 tbsp** Almond Butter
- 1 cup** Cacao Powder (or 2 TBSP for more chocolate flavor)
- 1 scoop** Chocolate Protein Powder
- 1 cup** Unsweetened Almond Milk

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 874 | Sugar | 12g |
| Fat | 44g | Protein | 45g |
| Carbs | 67g | Sodium | 361mg |
| Fiber | 42g | | |

Hormone Detox Smoothie *

9 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients, except chia seeds, in the order listed. Then blend until smooth.

Notes

Seeds

Use flax or hemp instead.

Ingredients

3/4 cup Unsweetened Almond Milk (or other dairy-free milk)

1/2 Kiwi (without skin)

1/2 Apple (without skin unless organic)

2 tbsps Cilantro

1 cup Baby Spinach

1 1/2 Mint Leaves (or a drop of peppermint essential oil)

1 1/2 tsps Coconut Oil

1 scoop Protein Powder

2 tbsps Chia Seeds

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 377 | Sugar | 15g |
| Fat | 17g | Protein | 27g |
| Carbs | 33g | Sodium | 297mg |
| Fiber | 12g | | |

Raspberry Zinger Smoothie *

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Ingredients

- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 1** Lemon (juiced)
- 1 scoop** Vanilla Protein Powder
- 2 tbsps** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 380 | Sugar | 14g |
| Fat | 13g | Protein | 31g |
| Carbs | 42g | Sodium | 433mg |
| Fiber | 21g | | |

Chocolate Zucchini Bread Smoothie *

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a high-speed blender and blend until smooth. Pour into glass. Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1 scoop Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder

Nutrition

Amount per serving

| | | | |
|----------|-----|---------|-------|
| Calories | 388 | Sugar | 12g |
| Fat | 18g | Protein | 30g |
| Carbs | 31g | Sodium | 323mg |
| Fiber | 12g | | |

Lemon Ginger 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

No Frozen Mango

Use frozen peaches or frozen pineapple instead.

Lemon Juice

One lemon yields three to four tablespoons of lemon juice.

Ginger

No fresh? Use 1/2 tsp ground/powdered ginger instead.

Ingredients

3/4 cup Frozen Mango

1/2 cup Canned Coconut Milk

1 1/2 tsp Ginger (fresh, grated or minced)

1 tsp Honey

1 scoop Protein Powder

1 Lemon (juiced and zested)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 419 | Sugar | 27g |
| Fat | 22g | Protein | 24g |
| Carbs | 34g | Sodium | 182mg |
| Fiber | 3g | | |

Banana Orange Green Smoothie *

8 ingredients · 5 minutes · 1 serving



Directions

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

Notes

No Spinach

Use kale instead.

No Frozen Cauliflower

Omit or use zucchini.

Orange Juice

Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.

Ingredients

1/2 Banana (medium, frozen)

1/2 Apple (medium, peeled and chopped)

1 cup Baby Spinach

1/2 cup Frozen Cauliflower

1/2 Navel Orange (or 1/2 cup orange juice)

1 cup Water

2 tbsps Hemp Seeds

1 scoop Protein Powder

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 369 | Sugar | 26g |
| Fat | 11g | Protein | 31g |
| Carbs | 44g | Sodium | 198mg |
| Fiber | 10g | | |

Banana Chocolate Protein Smoothie *

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Gluten-Free

Use Gluten-Free oats.

Dairy-Free

Use coconut yogurt instead.

Nut-Free

Use coconut or oat milk instead of almond milk.

More Flavor

Add a pinch of cinnamon.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/4 cup** Plain Greek Yogurt
- 2 tbsps** Hemp Seeds
- 1/4 cup** Oats
- 1 tbsp** Cacao Powder
- 1 scoop** Chocolate Protein Powder
- 1/2** Banana (frozen)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 449 | Sugar | 11g |
| Fat | 17g | Protein | 38g |
| Carbs | 38g | Sodium | 350mg |
| Fiber | 8g | | |

Peach Strawberry Smoothie *

5 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Make it Green

Add spinach or kale.

Likes it Sweet

Sweeten with honey or maple syrup.

Consistency

Adjust consistency to your liking by adding water to the blender.

Ingredients

- 1 Peach (large, ripe and chopped)
- 1 cup Frozen Strawberries
- 1/2 cup Unsweetened Coconut Yogurt
- 1 scoop Vanilla Protein Powder
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 402 | Sugar | 25g |
| Fat | 14g | Protein | 30g |
| Carbs | 45g | Sodium | 180mg |
| Fiber | 10g | | |

Coconut Melon Smoothie *

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Make it Green

Add spinach or kale.

No Honey

Use maple syrup or other sweetener of choice instead. Or omit.

Cantaloupe

One-quarter of a small cantaloupe is approximately 1 cup.

Ingredients

1/4 Cantaloupe (small, chopped)

1 cup Frozen Cauliflower

1/2 cup Canned Coconut Milk

2 tsps Lime Juice

1 tsp Honey

1 scoop Protein Powder

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 416 | Sugar | 22g |
| Fat | 22g | Protein | 27g |
| Carbs | 31g | Sodium | 235mg |
| Fiber | 7g | | |

Mango Coconut Smoothie *

8 ingredients · 10 minutes · 1 serving



Directions

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

Notes

More Flavor

Add cinnamon.

Coconut

Can use canned coconut milk instead of coconut water. May need more water.

Ingredients

1/2 cup Coconut Water (or water)

1/2 cup Water

1/2 cup Banana (medium)

2 cups Baby Spinach

1/2 cup Frozen Mango

1/2 cup Frozen Pineapple

2 tbsps Chia Seeds

1 scoop Vanilla Protein Powder

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 392 | Sugar | 34g |
| Fat | 8g | Protein | 29g |
| Carbs | 57g | Sodium | 237mg |
| Fiber | 14g | | |

Golden Smoothie *

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini

Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger

Use powdered ginger instead, reduce to 1/2 tsp per serving.

Ingredients

- 1 cup** Lite Coconut Milk
- 1/2 cup** Frozen Pineapple (or 1 cup if desired)
- 1/2** Banana (frozen)
- 1/2** Zucchini (chopped and peeled, frozen)
- 1 1/2 tsp** Ginger (fresh, minced. Or 1/2 tsp powdered.)
- 1 tsp** Turmeric
- 1 scoop** Protein Powder

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 372 | Sugar | 23g |
| Fat | 16g | Protein | 24g |
| Carbs | 36g | Sodium | 221mg |
| Fiber | 5g | | |

Hot Chocolate Smoothie *

7 ingredients · 5 minutes · 1 serving



Directions

1. In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
2. Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free

Use coconut milk or another nut-free milk instead.

More Flavor

Add ground cinnamon.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/2 cup** Frozen Cauliflower
- 1/2** Banana
- 1 scoop** Chocolate Protein Powder
- 1 tbsp** Cacao Powder (or 2 TBSP for more chocolate)
- 2 tbsps** Chia Seeds
- 1/16 tsp** Sea Salt (optional, just a pinch for topping)

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 347 | Sugar | 10g |
| Fat | 12g | Protein | 29g |
| Carbs | 33g | Sodium | 480mg |
| Fiber | 16g | | |

Strawberry Kiwi Tropical Smoothie *

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds

Use ground flax seeds instead.

No Zucchini

Use frozen cauliflower, spinach or kale instead.

Ingredients

1 1/4 cups Unsweetened Almond Milk

1 cup Frozen Strawberries

1 Kiwi (peeled, chopped)

1/4 cup Pineapple (fresh or frozen)

1/2 Zucchini (chopped)

2 tbsps Chia Seeds

1 scoop Vanilla Protein Powder

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 406 | Sugar | 25g |
| Fat | 11g | Protein | 29g |
| Carbs | 53g | Sodium | 369mg |
| Fiber | 18g | | |

Strawberry Coconut Smoothie *

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day or freeze into popsicles to enjoy later.

More Flavor

Add honey or maple syrup to taste. Garnish with more shredded coconut.

Make it Vegan

Omit the collagen powder.

More Veggies

Add spinach, kale, frozen cauliflower or zucchini.

No Collagen

Use protein powder instead.

Ingredients

1/2 cup Canned Coconut Milk (full fat)

1/2 cup Water

1/2 Banana (frozen)

1/2 cup Frozen Strawberries

1 scoop Vanilla Protein Powder

1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 437 | Sugar | 16g |
| Fat | 25g | Protein | 24g |
| Carbs | 31g | Sodium | 187mg |
| Fiber | 6g | | |

Tropical Matcha Smoothie *

8 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Likes it Sweet

Add honey or pitted dates.

More Protein

Add vanilla protein powder.

Ingredients

- 1/2 Zucchini (chopped and frozen)
- 1/2 cup Pineapple (fresh or frozen)
- 1 1/2 cups Baby Spinach
- 1 tsp Green Tea Powder (aka Matcha)
- 2 tbsps Hemp Seeds
- 1 cup Unsweetened Almond Milk
- 1 scoop Protein Powder
- 1/3 Avocado

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 455 | Sugar | 20g |
| Fat | 24g | Protein | 32g |
| Carbs | 36g | Sodium | 266mg |
| Fiber | 10g | | |

Gingerbread Smoothie *

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seeds instead.

No Blackstrap Molasses

Use maple syrup instead.

Nut-Free

Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies

Add frozen cauliflower.

Ingredients

1 cup Unsweetened Almond Milk

1 scoop Vanilla Protein Powder

1/2 Banana (frozen)

1 tbsp Chia Seeds

1 tbsp Almond Butter

1 1/2 tsp Blackstrap Molasses

1/2 tsp Ginger (fresh, minced)

1/4 tsp Cinnamon (ground)

1/8 tsp Ground Cloves

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 369 | Sugar | 15g |
| Fat | 15g | Protein | 29g |
| Carbs | 33g | Sodium | 323mg |
| Fiber | 10g | | |

Pumpkin Spice Warm Smoothie *

10 ingredients · 5 minutes · 1 serving



Directions

1. Add the water and oats to a saucepan over medium-low heat. Bring to a simmer and cook for 4 minutes. Add the pumpkin and pumpkin pie spice and stir.
2. Add the pumpkin and oat mixture to a blender along with the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free

Use another dairy free milk such as coconut.

Ingredients

1/2 cup Water
1/4 cup Oats (rolled)
1/2 cup Pureed Pumpkin
1/4 tsp Pumpkin Pie Spice
1 tbsp Almond Butter
1 tbsp Chia Seeds
1/3 cup Unsweetened Almond Milk
1/2 Banana
1 tsp Maple Syrup
1 scoop Vanilla Protein Powder

Nutrition

Amount per serving

| | | | |
|-----------------|-----|----------------|-------|
| Calories | 454 | Sugar | 18g |
| Fat | 15g | Protein | 31g |
| Carbs | 53g | Sodium | 218mg |
| Fiber | 14g | | |