

PACK'D

SMOOTHIE RECIPES



For more nutritious
recipes please visit
www.packd.co.uk

HEY, WE'RE PACK'D

We're on a mission to simplify nutrition.

We're here to make it quicker and easier than ever to make good food, fast.

Faff free, smoothie making at home couldn't be simpler with this handy PACK'D recipe booklet. We've created a delicious selection of recipes featuring your favourite frozen fruits and veggies, all available on our website, that can be delivered directly to your door.

Enjoy the delicious PACK'D goodness.

Happy blitzing!



CREAMY GREEN SMOOTHIE

You will need

- ¼ cup (30g) PACK'D frozen Avocado
- ½ cup (70g) PACK'D frozen Banana
- ⅓ cup (30g) PACK'D frozen Organic Spinach
- 2 tsp almond butter
- 1 PACK'D frozen Date
- 1 PACK'D frozen Supergreen Smoothie Booster
- 300ml cashew or almond milk

Method

Place all the ingredients in a high speed blender and blitz until smooth.



ANTIOXIDANT BOOSTING BERRY SMOOTHIE

You will need

- 9 slices (60g) PACK'D frozen Banana
- ¼ cup (30g) PACK'D frozen Organic Strawberries
- ¼ cup (30g) PACK'D frozen Organic Blueberries
- ¼ cup (25g) PACK'D frozen Organic Raspberries
- 1 tbsp nut or seed butter of choice
- 280ml cashew or almond milk

Method

Place all the ingredients in a high speed blender and blitz until smooth.



QUICK BLUEBERRY SMOOTHIE

You will need

- ½ cup (70g) PACK'D frozen Banana
- ½ cup (70g) PACK'D frozen Organic Blueberries
- 1 tbsp peanut butter
- 250ml cashew or almond milk

Method

Place all the ingredients in a high speed blender and blitz until smooth.





HEALTHY MORNING COFFEE SMOOTHIE

You will need

- 1 shot espresso
- 2 PACK'D frozen Dates
- 1 tbsp almond butter
- ¼ cup (45g) PACK'D frozen Banana
- ¼ tsp ground cinnamon
- 1 tbsp cacao powder
- 150ml almond milk

Method

Place all the ingredients in a high speed blender and blitz until smooth.



BREAKFAST STRAWBERRY YOGHURT SMOOTHIE

You will need

- ½ cup (70g) PACK'D frozen Organic Strawberries
- 2 tbsp plant based yoghurt
- 2 tbsp jumbo oats
- 1 PACK'D frozen Date
- 5 slices (30g) PACK'D frozen Banana
- ½ tsp cinnamon
- 250ml almond milk

Method

Place all the ingredients in a high speed blender and blitz until smooth.





CREAMY BLACKBERRY AND AVOCADO SMOOTHIE

You will need

- 2 tbsp (15g) PACK'D frozen Avocado
- ½ cup (60g) PACK'D frozen Organic Blackberries
- 250ml cashew or almond milk
- 2 tbsp (15g) PACK'D frozen Organic Apple
- 2 tbsp (10g) PACK'D frozen Organic Spinach
- ½ tbsp maple syrup

Method

Place all the ingredients in a high speed blender and blitz until smooth.



TROPICAL SMOOTHIE

You will need

- ¼ cup (40g) PACK'D frozen Organic Mango
- ¼ cup (30g) PACK'D frozen Organic Pineapple
- 3 cubes (35g) PACK'D frozen Organic Passionfruit
- 1 tsp ground ginger
- 1 PACK'D frozen Coconut Milk Smoothie Booster
- ⅛ tsp ground turmeric
- 300ml coconut, cashew or almond milk

Method

Place all the ingredients in a high speed blender and blitz until smooth.



APPLE SPICE SMOOTHIE

You will need

- 2 tbsp jumbo porridge oats
- 1 cup (150g) PACK'D frozen Organic Apple
- 1 tbsp peanut butter
- ¼ tsp ground cinnamon
- 300ml almond milk

Method

Place all the ingredients in a high speed blender and blitz until smooth.



BERRY SMOOTHIE BOWL

You will need

- 1 cup oat milk
- 1½ cups (210g) PACK'D frozen Organic Strawberries
- ½ cup (60g) PACK'D frozen Organic Blueberries
- ½ cup (45g) PACK'D frozen Banana
- A few chunks of PACK'D frozen Avocado
- 1 PACK'D frozen Açai Smoothie Booster
- 1 tsp peanut butter

Method

Place all the ingredients in a high speed blender and blitz until smooth.

Serving suggestion

Top with granola, shredded coconut, seeds, strawberries and blueberries.



MANGO AND COCONUT SMOOTHIE BOWL

You will need

- 1½ cups (240g) PACK'D frozen Organic Mango
- 1 cup (90g) PACK'D frozen Banana
- ½ cup (50g) PACK'D frozen Organic Peaches
- 1 cup unsweetened coconut milk
- 1 tsp chia seeds
- 1-2 PACK'D frozen Dates

Method


Place all the ingredients in a high speed blender and blitz until smooth.


Serving suggestion


Top with granola, fresh mango, strawberries, raspberries and shredded coconut.



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