



## 20 SMOOTHIES VEGAN RECIPES

Created by PURPLECLAY





# Detox Green Smoothie

8 ingredients · 10 minutes · 1 serving



## Directions

1. Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

## Notes

### No Kale

Use spinach.

### No Pear

Use apples.

### Metabolism Boost

Add 1/4 tsp cayenne pepper.

### Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

### More Protein

Add a scoop of protein powder or hemp seeds.

## Ingredients

- 2 cups Kale Leaves
- 1/2 Cucumber (chopped)
- 1/2 Lemon (juiced)
- 1 Pear (peeled and chopped)
- 1 1/2 tsps Ginger (grated)
- 1 1/2 tsps Ground Flax Seed
- 3/4 cup Water
- 2 1/2 Ice Cubes

## Nutrition

Amount per serving

Calories	164	Vitamin A	2225IU
Fat	2g	Calcium	171mg
Carbs	38g	Iron	2mg
Fiber	9g	Vitamin B6	0.2mg
Protein	4g	Vitamin B12	0µg

# Mango Oat Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

### Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours.

### More Protein

Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

### More Fiber

Add ground flax seed.

### More Like Mango Lassi

Reduce almond milk and add greek yogurt.

## Ingredients

- 2 cups** Frozen Mango
- 1** Banana
- 1/4 cup** Oats
- 2 cups** Unsweetened Almond Milk
- 2 tbsps** Hemp Seeds
- 1/4** Lemon (juiced)

## Nutrition

Amount per serving

<b>Calories</b>	275	Vitamin A	2324IU
<b>Fat</b>	9g	Calcium	485mg
<b>Carbs</b>	47g	Iron	2mg
Fiber	7g	Vitamin B6	0.5mg
<b>Protein</b>	8g	Vitamin B12	0µg

# Orange Immunity Booster Smoothie

9 ingredients · 10 minutes · 1 serving



## Directions

1. Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

## Notes

### No Pureed Pumpkin

Use steamed sweet potato instead.

### More Protein

Add protein powder, hemp seeds or nut butter.

### No Maple Syrup

Sweeten with raw honey or soaked dates instead.

## Ingredients

- 1/2 cup Pureed Pumpkin
- 1/2 Banana (frozen)
- 1/4 tsp Turmeric
- 1/8 tsp Cinnamon
- 3/4 tsp Ginger
- 1 1/2 tsps Ground Flax Seed
- 1/3 cup Unsweetened Almond Milk
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 tsps Maple Syrup

## Nutrition

Amount per serving

<b>Calories</b>	221	Vitamin A	19636IU
<b>Fat</b>	3g	Calcium	284mg
<b>Carbs</b>	50g	Iron	3mg
Fiber	10g	Vitamin B6	0.4mg
<b>Protein</b>	5g	Vitamin B12	0µg



# Tahini Green Smoothie

8 ingredients · 10 minutes · 1 serving



## Directions

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

## Notes

### More Protein

Add a scoop of protein powder or collagen.

### Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

### No Frozen Zucchini

Use fresh zucchini.

### No Fresh Ginger

Use a pinch of dried ginger instead.

### No Chia Seeds

Omit or use flax seeds instead.

### Extra Creamy

Replace the fresh avocado with cubed, frozen avocado.

## Ingredients

- 1 cup Water
- 1 1/2 cups Baby Spinach
- 1/4 Avocado
- 1/4 Zucchini (diced, frozen)
- 1/2 Banana (frozen)
- 1 tbsp Tahini
- 1 tsp Ginger (fresh)
- 1 tbsp Chia Seeds

## Nutrition

Amount per serving

Calories	302	Vitamin A	4439IU
Fat	20g	Calcium	216mg
Carbs	29g	Iron	4µg
Fiber	11g	Vitamin B6	0.5mg
Protein	8g	Vitamin B12	0µg

# Kiwi Green Smoothie

7 ingredients · 5 minutes · 2 servings



## 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.

### No Protein Powder

Use hemp seeds instead.

## Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	249	Vitamin A	3614IU
<b>Fat</b>	5g	Calcium	268mg
<b>Carbs</b>	31g	Iron	3mg
Fiber	8g	Vitamin B6	0.5mg
<b>Protein</b>	23g	Vitamin B12	0.6µg

# Winter Berry Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

1. Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

## Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	168	Vitamin A	3361IU
<b>Fat</b>	6g	Calcium	426mg
<b>Carbs</b>	27g	Iron	3mg
Fiber	8g	Vitamin B6	0.1mg
<b>Protein</b>	6g	Vitamin B12	0µg



# Peach Cobbler Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### Dairy-Free

Use coconut yogurt instead of cottage cheese.

### No Cashew Milk

Use almond, rice, coconut or your choice of alternative milk instead.

### No Dates

Sweeten with maple syrup, honey or banana instead.

### Storage

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

### More Protein

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

### More Fiber

Add ground flax seed.

## Ingredients

**1 1/2 cups** Unsweetened Cashew Milk

**2** Peach (pitted)

**1/4 cup** Oats (quick or rolled)

**1 cup** Cottage Cheese

**2 tbsps** Pitted Dates

**1 tsp** Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	256	Vitamin A	1015IU
<b>Fat</b>	8g	Calcium	194mg
<b>Carbs</b>	33g	Iron	1mg
Fiber	5g	Vitamin B6	0.1mg
<b>Protein</b>	15g	Vitamin B12	3.2µg



# Berry Avocado 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 seeds instead.

### No Avocado

Use almond butter or sunflower seed butter instead.

### Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

### Protein Powder

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

## Ingredients

**1 cup** Plain Coconut Milk (unsweetened, from the box)

**1/2** Zucchini (chopped, frozen)

**1/4 cup** Frozen Cauliflower

**1/2 cup** Frozen Berries

**1/4** Avocado

**1 tbsp** Chia Seeds

**1/4 cup** Vanilla Protein Powder

## Nutrition

Amount per serving

<b>Calories</b>	370	Vitamin A	773IU
<b>Fat</b>	17g	Calcium	674mg
<b>Carbs</b>	33g	Iron	3mg
Fiber	12g	Vitamin B6	0.5mg
<b>Protein</b>	25g	Vitamin B12	3.6µg

# Strawberry Banana Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

### Storage

Refrigerate in a sealed mason jar up to 48 hours.

### More Protein

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

### More Fibre

Add ground flax seeds.

## Ingredients

- 2 cups Strawberries
- 1 Banana
- 1/4 cup Oats (quick or rolled)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Hemp Seeds

## Nutrition

Amount per serving

Calories	221	Vitamin A	555IU
Fat	9g	Calcium	489mg
Carbs	33g	Iron	2mg
Fiber	7g	Vitamin B6	0.4mg
Protein	7g	Vitamin B12	0µg

# Strawberry Almond Protein 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

### Nut-Free

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

### No Almond Milk

Use coconut milk or cashew milk instead.

### Smoothie Consistency

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

### More Fiber

Add in some chopped leafy greens like spinach or kale.

### Protein Powder

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

## Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	474	Vitamin A	726IU
<b>Fat</b>	20g	Calcium	809mg
<b>Carbs</b>	53g	Iron	3mg
Fiber	13g	Vitamin B6	0.7mg
<b>Protein</b>	29g	Vitamin B12	0.6µg



# Creamy Apple Pie Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### Apple Type

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

### No Almond Milk

Use any other type of milk instead.

## Ingredients

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	358	Vitamin A	641IU
<b>Fat</b>	13g	Calcium	601mg
<b>Carbs</b>	52g	Iron	2mg
Fiber	11g	Vitamin B6	0.4mg
<b>Protein</b>	16g	Vitamin B12	0.3µg

# 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!

## Notes

### No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

## Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	312	Vitamin A	873IU
<b>Fat</b>	10g	Calcium	925mg
<b>Carbs</b>	36g	Iron	4mg
Fiber	16g	Vitamin B6	0.4mg
<b>Protein</b>	27g	Vitamin B12	0.6µg

# Mango Coconut Green Smoothie

7 ingredients · 10 minutes · 1 serving



## Directions

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

## Notes

### Coconut Butter

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

### No Protein Powder

Use hemp seeds instead.

## Ingredients

**1/4 cup** Frozen Cauliflower

**1/4 cup** Frozen Broccoli

**1/2 cup** Frozen Mango

**1 cup** Unsweetened Almond Milk

**1/4 cup** Canned Coconut Milk (full fat)

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Coconut Butter

## Nutrition

Amount per serving

<b>Calories</b>	391	Vitamin A	1538IU
<b>Fat</b>	24g	Calcium	595mg
<b>Carbs</b>	24g	Iron	2mg
Fiber	7g	Vitamin B6	0.3mg
<b>Protein</b>	24g	Vitamin B12	0.6µg



# Blueberry Protein Smoothie

5 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 Blueberries

Use any type of frozen berry instead.

### No Protein Powder

Use hemp seeds instead

## Ingredients

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Ground Flax Seed

**1 cup** Frozen Blueberries

**1 cup** Baby Spinach

**1 cup** Water (cold)

## Nutrition

Amount per serving

<b>Calories</b>	206	Vitamin A	2884IU
<b>Fat</b>	4g	Calcium	190mg
<b>Carbs</b>	23g	Iron	2mg
Fiber	7g	Vitamin B6	0.3mg
<b>Protein</b>	22g	Vitamin B12	0.6µg

# Pear Blackberry Smoothie

7 ingredients · 10 minutes · 1 serving



## Directions

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

## Notes

### No Ground Flax Seed

Use chia seeds instead.

### No Blackberries

Use blueberries instead.

## Ingredients

- 1 Pear
- 1 cup Blackberries
- 2 tbsps Ground Flax Seed
- 1/2 tsp Cinnamon
- 1 cup Baby Spinach
- 1 cup Water
- 6 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	243	Vitamin A	3170IU
<b>Fat</b>	6g	Calcium	144mg
<b>Carbs</b>	47g	Iron	3mg
Fiber	18g	Vitamin B6	0.2mg
<b>Protein</b>	7g	Vitamin B12	0µg

# Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### No Protein Powder

Use hemp seeds with vanilla extract instead.

### Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### Make it Green

Add spinach.

## Ingredients

**1/2 cup** Vanilla Protein Powder

**2 tbsps** Ground Flax Seed

**2 tbsps** Chia Seeds

**2** Banana (frozen)

**4** Ice Cubes

**2 cups** Water

**1/2 tsp** Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	287	Vitamin A	77IU
<b>Fat</b>	7g	Calcium	227mg
<b>Carbs</b>	36g	Iron	2mg
Fiber	9g	Vitamin B6	0.6mg
<b>Protein</b>	24g	Vitamin B12	0.6µg



# Green Smoothie Bowl

8 ingredients · 10 minutes · 2 servings



## Directions

1. Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

## Ingredients

- 2 Banana (chopped and frozen)
- 4 cups Baby Spinach
- 1 1/2 cups Water
- 2 Ice Cubes
- 2 Kiwi (peeled and chopped)
- 2 tbsps Unsweetened Coconut Flakes
- 2 tbsps Slivered Almonds
- 2 tbsps Hemp Seeds

## Nutrition

Amount per serving

Calories	302	Vitamin A	5763IU
Fat	14g	Calcium	136mg
Carbs	43g	Iron	3mg
Fiber	9g	Vitamin B6	0.7mg
Protein	9g	Vitamin B12	0µg

# Berry Beet Smoothie Bowl

6 ingredients · 10 minutes · 2 servings



## Directions

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings. Enjoy!

## Notes

### Topping Ideas

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

### No Schisandra Berry Powder

Leave it out, or use acai powder instead.

## Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tbsp Pitted Dates
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	136	Vitamin A	1208IU
<b>Fat</b>	2g	Calcium	263mg
<b>Carbs</b>	29g	Iron	1mg
Fiber	6g	Vitamin B6	0.2mg
<b>Protein</b>	3g	Vitamin B12	0µg



# Mango Green Smoothie Bowl

8 ingredients · 5 minutes · 1 serving



## Directions

1. Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
2. Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

## Notes

### Topping Ideas

Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

### Turn It Into a Smoothie

Add more almond milk for a thinner consistency.

## Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	436	Vitamin A	5119IU
<b>Fat</b>	9g	Calcium	529mg
<b>Carbs</b>	72g	Iron	3mg
Fiber	11g	Vitamin B6	1.0mg
<b>Protein</b>	27g	Vitamin B12	0.6µg



# Chocolate Almond Butter Smoothie Bowl

10 ingredients · 5 minutes · 1 serving



## Directions

1. Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
2. Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

## Notes

### Nut-Free

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

### More Flavor

Add cinnamon to your smoothie base.

### Protein Powder

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

### No Smoothie Bowl

Drink as a regular smoothie instead.

### Smoothie Consistency

For a creamier texture, use a frozen banana.

## Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

## Nutrition

Amount per serving

<b>Calories</b>	561	Vitamin A	788IU
<b>Fat</b>	24g	Calcium	755mg
<b>Carbs</b>	59g	Iron	6mg
Fiber	19g	Vitamin B6	0.9mg
<b>Protein</b>	33g	Vitamin B12	0.6µg