

Smoothie Recipes

The whey to start your day!

Starting your day with a healthy smoothie is another great way to eat yourself better with Be Fit Food.

Inside this booklet, you'll find ten delicious new breakfast smoothie recipes that have been developed by our dietitians to give your body the nutrition it needs to start the day off right. Every recipe includes our Be Fit Food Protein Booster, a naturally sweetened low lactose whey protein isolate that comes in both vanilla and chocolate flavours.

A lot of smoothies lack sufficient protein content. Our Be Fit Food Protein Booster provides 22.8g of protein in every 30g serve, containing branched-chain amino acids to promote muscle maintenance and optimise muscle recovery. On top of this, our Be Fit Food Protein Booster has also been specifically formulated to assist with weight loss and keep you feeling fuller for longer.

As you'd expect, all the recipes in this booklet are fully compatible with our weight loss programs. They make the perfect breakfast substitute and are the ideal whey to start your day!





Mango Matcha Smoothie

- 30g Be Fit Blend Vanilla Protein Booster
- 100g Frozen mango
- 30g Fresh spinach
- 1 Tsp Matcha powder
- 250ml Unsweetened coconut milk
- + Ice

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 533g		
	Per serving	Per 100g
Energy	1090kJ (260Cal)	204kJ (49Cal)
Protein	27.9g	5.2g
Fat, Total	6.6g	1.2g
- Saturated	5.3g	1.0g
Carbohydrate	20.1g	3.8g
- Sugars	13.0g	2.4g
Sodium	174mg	33mg

Did you know?

2 x BFF scoops equates to 30g of Be Fit Blend Protein Booster



Lamington Smoothie

- 30g Be Fit Blend Chocolate Protein Booster
- 50g Frozen banana
- 100g Frozen strawberries
- 1 Tsp Desiccated coconut
- 1 Tsp Cacao
- 300ml Unsweetened almond milk
- 50ml Water

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 498g		
	Per serving	Per 100g
Energy	1170kJ (278Cal)	234kJ (56Cal)
Protein	27.8g	5.6g
Fat, Total	6.6g	1.3g
- Saturated	1.6g	0.3g
Carbohydrate	25.3g	5.1g
- Sugars	19.8g	4.0g
Sodium	216mg	43mg



Breakfast Smoothie

30g Be Fit Blend Vanilla Protein Booster
100g Frozen banana
½ Tsp Cinnamon
2 Tsp Instant coffee (dissolved in water)
300ml Unsweetened almond milk
+ Ice

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 560g		
	Per serving	Per 100g
Energy	1270kJ (304Cal)	227kJ (54Cal)
Protein	28.3g	5.1g
Fat, Total	5.4g	1.0g
- Saturated	0.6g	0.1g
Carbohydrate	33.3g	5.9g
- Sugars	24.4g	4.4g
Sodium	216mg	39mg



Berry Chia Smoothie

30g Be Fit Blend Vanilla Protein Booster
100g Frozen raspberries
50g Frozen strawberries
1 Tsp Chia seeds (4g)
250ml Unsweetened almond milk
+ Ice

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 557g		
	Per serving	Per 100g
Energy	1090kJ (261Cal)	196kJ (47Cal)
Protein	28.2g	5.1g
Fat, Total	5.8g	1.0g
- Saturated	0.7g	0.1g
Carbohydrate	20.0g	3.6g
- Sugars	18.0g	3.2g
Sodium	199mg	36mg



Tropical Smoothie

30g Be Fit Blend Vanilla Protein Booster
100g Pineapple
80g Mango
½ Tsp Turmeric
1 Tsp Chia seeds
300ml Water
+ Ice

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 625g		
	Per serving	Per 100g
Energy	909kJ (217Cal)	145kJ (35Cal)
Protein	26.6g	4.3g
Fat, Total	2.3g	0.4g
- Saturated	0.5g	less than 0.1g
Carbohydrate	20.0g	3.2g
- Sugars	18.1g	2.9g
Sodium	115mg	18mg



Peanutty Banana Smoothie

30g Be Fit Blend Chocolate Protein Booster
80g Banana
10g Peanut butter
1 Tsp Cacao
250ml Unsweetened almond milk
+ Ice

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 492g		
	Per serving	Per 100g
Energy	1270kJ (303Cal)	258kJ (62Cal)
Protein	27.5g	5.6g
Fat, Total	8.6g	1.8g
- Saturated	1.6g	0.3g
Carbohydrate	27.0g	5.5g
- Sugars	22.5g	4.6g
Sodium	153mg	31mg



Green Splice Smoothie

- 30g Be Fit Blend Vanilla Protein Booster
- 120g Frozen mango
- 60g Frozen banana
- 30g Fresh spinach
- 60g Cucumber
- 1 Tsp Desiccated coconut
- 300ml Unsweetened coconut milk

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 561g		
	Per serving	Per 100g
Energy	1260kJ (301Cal)	225kJ (54Cal)
Protein	27.6g	4.9g
Fat, Total	8.5g	1.5g
- Saturated	7.1g	1.3g
Carbohydrate	25.2g	4.5g
- Sugars	19.4g	3.5g
Sodium	187mg	33mg



Choc Smoothie

30g Be Fit Blend Chocolate Protein Booster
80g Banana
20g Avocado
1 Tsp Cacao
1 Tsp Psyllium
200ml Unsweetened almond milk
+ Ice

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 345g		
	Per serving	Per 100g
Energy	1160kJ (277Cal)	336kJ (80Cal)
Protein	26.9g	7.8g
Fat, Total	9.9g	2.9g
- Saturated	2.3g	0.7g
Carbohydrate	18.2g	5.3g
- Sugars	13.3g	3.9g
Sodium	146mg	42mg



Coco-Berry Smoothie

30g Be Fit Blend Vanilla Protein Booster
100g Frozen blueberries
100g Strawberries
1 Tsp LSA
1 Tsp Desiccated coconut
300ml Unsweetened coconut milk
+ Ice

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 543g		
	Per serving	Per 100g
Energy	1200kJ (286Cal)	220kJ (53Cal)
Protein	27.1g	5.0g
Fat, Total	9.8g	1.8g
- Saturated	7.1g	1.3g
Carbohydrate	18.3g	3.4g
- Sugars	16.6g	3.1g
Sodium	174mg	32mg



Green Kiwi Smoothie

- 30g Be Fit Blend Vanilla Protein Booster
- 100g Kiwi fruit
- 100g Frozen mango
- 40g Fresh kale
- 50g Fresh zucchini
- 1 Tsp LSA
- 300ml Unsweetened almond milk

Combine all ingredients in a blender and blitz until smooth.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 661g		
	Per serving	Per 100g
Energy	1480kJ (354Cal)	224kJ (54Cal)
Protein	30.9g	4.7g
Fat, Total	10.0g	1.5g
- Saturated	1.3g	0.2g
Carbohydrate	32.1g	4.9g
- Sugars	25.5g	3.9g
Sodium	241mg	36mg