

Easy & Delicious Smoothie Recipe

25+ GUT LOVIN' RECIPES



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Mango & Turmeric Smoothie

Serves: 1

Nutrition per serving: 417 kcal

18g Fats | 52g Carbs | 18g Protein

INGREDIENTS

1 cup (240ml) almond milk

**½ cup (125g) Greek yoghurt
(or plant-based)**

1 cup (160g) frozen mango

½ avocado

½ banana

2.5 cm fresh ginger, peeled

1 tsp. ground turmeric

METHOD

Add all ingredients to a blender and blend until smooth. Pour into a glass and serve.



Chocolate Protein Smoothie

Serves: 1

Nutrition per serving: 391 kcal

7.4g Fats | 24g Carbs | 23g Protein

INGREDIENTS

1 banana

¼ avocado

1 tbsp. almond butter

1 tbsp. raw cacao powder

2 tbsp. vegan chocolate protein powder

1 cup (240ml) almond milk, unsweetened

METHOD

Add all ingredients to a blender and blend until smooth. Pour into a glass and serve.



Strawberry Protein Smoothie

Serves: 1

Nutrition per serving: 193 kcal

7.4g Fats | 24g Carbs | 23g Protein

INGREDIENTS

1 cup (200g) frozen strawberries

1 cup (240ml) coconut milk

¼ cup (25g) vanilla protein powder

1 tsp. vanilla extract

1 tsp. ground flax seed

METHOD

Add all ingredients to a blender and blend until smooth. Pour into a glass and serve.



Peanut Butter & Jelly Smoothie

Serves: 1

Nutrition per serving: 290 kcal

11g Fats | 47g Carbs | 7g Protein

INGREDIENTS

1 small banana

1 tbsp. peanut butter

$\frac{3}{4}$ cup (100g) frozen raspberries

$\frac{7}{8}$ cup (200ml) almond milk, unsweetened

METHOD

Add all ingredients to a blender and blend until smooth. Pour into a glass and serve.



Banana Coffee Smoothie

Serves: 1

Nutrition per serving: 397 kcal

15g Fats | 61g Carbs | 11g Protein

INGREDIENTS

¼ cup (30g) rolled oats

1 cup (240ml) unsweetened almond milk

¼ cup (60ml) espresso

1 tbsp. cacao powder

1 banana

⅓ cup (15g) walnuts, chopped

METHOD

Add all ingredients to a blender and blend until smooth. Pour into a glass and serve.



Carrot Banana Smoothie

Serves: 1

Nutrition per serving: 224 kcal

2.9g Fats | 44g Carbs | 24g Protein

INGREDIENTS

½ cup (120ml) carrot juice

1 banana, frozen, chunks

¾ cup (180ml) almond milk

1 scoop (25g) vanilla protein powder

¼ teaspoon cinnamon

METHOD

Add all ingredients to a blender and blend until smooth. Pour into a glass and serve.



Green Smoothies

SMOOTHIE 1 INGREDIENTS

Nutrition per serving: 252 kcal | 8.7 Fats | 42g Carbs | 6.4g Protein

- 1 ½ cups dairy-free milk
 - 1 cup kale
 - ½ cup parsley leaves (flat leaf)
 - 1 green apple, chopped
 - 1 tablespoon flax meal or chia seeds
 - 1 teaspoon maca powder
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SMOOTHIE 2 INGREDIENTS

Nutrition per serving: 308 kcal | 17g Fats | 44g Carbs | 8.7g Protein

- 1 ½ cups of dairy-free milk
 - 4 kale leaves
 - 1 cup blueberries
 - ½ avocado
 - 2 tablespoons raw cacao
 - Dash of cinnamon
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SMOOTHIE 3 INGREDIENTS

Nutrition per serving: 373 kcal | 20 Fats | 49g Carbs | 7.8g Protein

- 1 ½ cups dairy-free milk
 - 1 cup blueberries
 - 1 kiwi
 - 1 cup spinach
 - 1 tablespoon flax seeds
 - ½ avocado
 - Dash of cayenne
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METHOD

Blend all smoothies in a high-speed blender and feel free to add any of the following ingredients:

- Pineapple
- Banana
- Kiwi
- Plums
- Tomatoes
- Walnuts



Banana, Oat, and Chia Smoothie

Serves: 1

Nutrition per serving: 352 kcal

8.2g Fats | 56.7g Carbs | 17.4g Protein

INGREDIENTS

1 medium banana (118g)

1 cup coconut yoghurt (245g)

½ tsp. Stevia sweetener (0.5g)

2 tbsp. oatmeal (10g)

1 tbsp. chia seeds (12g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Enjoy!



Berry Soymilk Smoothie

Serves: 1

Nutrition per serving: 372 kcal

9.2g Fats | 69.3g Carbs | 11.9g Protein

INGREDIENTS

1 cup soy milk unsweetened (243g)

⅓ cup muesli (28g)

⅓ cup blueberries (49g)

⅓ cup cranberries (40g)

1 tbsp. ground flaxseed (7g)

2 leaf outer lettuce (34g)

METHOD

Combine all ingredients in a blender and pulse until smooth.



Blueberry Smoothie

Serves: 1

Nutrition per serving: 382 kcal

25g Fats | 42.4g Carbs | 6.1g Protein

INGREDIENTS

¼ cup frozen blueberries (39g)

½ medium banana (59g)

1 date, pitted (24g)

½ cup coconut milk (113g)

¼ package spinach (71g)

2 ice cubes (44g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Enjoy!



Coconut Pineapple Orange Smoothie

Serves: 1

Nutrition per serving: 476 kcal

21.8g Fats | 71.8g Carbs | 8g Protein

INGREDIENTS

⅓ cup coconut milk (80g)

2 fruit oranges (262g)

1 medium banana (118g)

⅓ cup, crushed, sliced, or chunks pineapple (82g)

¼ cup coconut yoghurt (61g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Enjoy!



Dark Chocolate Banana Smoothie

Serves: 1

Nutrition per serving: 510 kcal

9.2g Fats | 49.7g Carbs | 59.4g Protein

INGREDIENTS

2 scoop pea protein powder (60g)

1 medium banana (118g)

½ tsp. cinnamon (1.3g)

2 tbsp. unsweetened cocoa powder (10g)

1 cup plant-based milk (244g)

METHOD

Combine all ingredients together in a blender and pulse until smooth. Enjoy!



Ginger and Greens Smoothie

Serves: 1

Nutrition per serving: 510 kcal

9.2g Fats | 49.7g Carbs | 59.4g Protein

INGREDIENTS

¼ cup slices ginger root (24g)

1 cup, chopped kale (67g)

¼ cup coriander (4g)

¼ avocado (50g)

2 kiwi (138g)

1 tsp lime juice (5g)

½ cup coconut water (120g)

⅓ cup ice cubes (78g)

METHOD

Combine all ingredients together in a blender and pulse until smooth. Enjoy!



Piña Colada Smoothie

Serves: 2

Nutrition per serving: 294 kcal

8.2g Fats | 55.3g Carbs | 4.5g Protein

INGREDIENTS

½ cup coconut water (120g)

2 tbsp. coconut milk (28g)

½ tbsp. ground flaxseed (3.5g)

½ medium banana (59g)

½ cup, chunks pineapple (123g)

¼ orange (35g)

1 cup spinach (30g)

1 ½ leaf rocket (3g)

1 ½ ice cubes (33g)

⅓ cup cherries (10g)

METHOD

Combine all ingredients in a blender (excluding cherries) and pulse until smooth. Garnish with cherry and enjoy!



Honey Avocado Smoothie

Serves: 1

Nutrition per serving: 269 kcal

13.4g Fats | 24.9g Carbs | 14.3g Protein

INGREDIENTS

½ scoop pea protein powder (15g)

1 cup almond milk (240g)

½ fruit avocados (68g)

5 ice cubes (111g)

½ tbsp honey (10g)

METHOD

Place all ingredients in a blender and purée until smooth. Add more milk to thin if desired.



Mango Smoothie

Serves: 1

Nutrition per serving: 170 kcal

1.2g Fats | 39.9g Carbs | 3.4g Protein

INGREDIENTS

1 mango (207g)

1 cup coconut water (240g)

1 cup ice cubes (237g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Enjoy!



Oatmeal Smoothie

Serves: 1

Nutrition per serving: 393 kcal

3.1g Fats | 63.5g Carbs | 33.2g Protein

INGREDIENTS

1 cup water (237g)

½ tsp. cinnamon (1.3g)

1 scoop pea protein powder (30g)

½ tsp. turmeric (1.1g)

1 cup rolled oats (80g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Enjoy!



Orange Spinach Smoothie

Serves: 1

Nutrition per serving: 296 kcal

8.9g Fats | 48.4g Carbs | 10.7g Protein

INGREDIENTS

1 orange (141g)

½ large banana (68g)

1 cup, halves strawberries (152g)

2 cup spinach (60g)

5 tbsp. coconut yoghurt (76g)

METHOD

Toss orange pieces, banana, strawberries, spinach, yoghurt, and ice into a blender.

Store any leftovers in the freezer.

(Pro tip: Pour the leftovers in ice cube trays for easy blending the next.)



Paleo Tropical Breakfast Smoothie

Serves: 1

Nutrition per serving: 277 kcal

1.1g Fats | 69.4g Carbs | 3.7g Protein

INGREDIENTS

½ medium banana (59g)

½ cup orange juice (125g)

¾ cup, sliced mangos (124g)

¼ cup water (59g)

½ medium banana (59g)

¾ cup, frozen strawberries (112g)

½ cup water (118g)

¾ cup ice cubes (178g)

METHOD

Combine banana, orange juice, mango, half the ice, and water in a blender, pulse until smooth and transfer to a glass.

Combine remaining banana, strawberry, water, and ice cubes in a blender and pulse until smooth. Pour into glass with the other smoothie until you get a layered mixture. Enjoy!



Rise and Shine Smoothie

Serves: 5

Nutrition per serving: 174 kcal

3.4g Fats | 36.8g Carbs | 2.5g Protein

INGREDIENTS

0.6 cup almond milk (144g)

¼ medium banana (47g)

**¼ cup sections, without membranes
oranges (66g)**

½ cup, sliced mangos (82g)

1 tbsp. shredded coconut meat (4g)

METHOD

Place all ingredients in a blender in the order listed above, excluding shredded coconut. Blend on high until smooth and there are no more mango chunks. Pour into glasses and garnish with shredded coconut, if desired.



Spinach Avocado & Strawberry Smoothie

Serves: 1

Nutrition per serving: 453 kcal

16.5g Fats | 81.4g Carbs | 4.7g Protein

INGREDIENTS

½ cup almond milk (120g)

½ cup frozen strawberries (74g)

½ cup spinach (15g)

1 medium banana (118g)

½ fruit avocados (100g)

2 tbsp honey (42g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Enjoy!



Strawberry Smoothie

Serves: 1

Nutrition per serving: 273 kcal

1.1g Fats | 44.1g Carbs | 23.3g Protein

INGREDIENTS

1 ½ cup water (355g)

8 large strawberries (144g)

1 cup plant-based yoghurt (245g)

1 cup plant-based milk (245g)

2 tbsp. lemon juice (30g)

METHOD

Mix all ingredients, add 6 ice cubes, and blend for 30 seconds.



Strawberry & Peach Smoothie

Serves: 2

Nutrition per serving: 153 kcal

3.0g Fats | 30.1g Carbs | 3.9g Protein

INGREDIENTS

½ cup raw baby bok choy (35g)

½ cup almond milk (120g)

¼ cup whole strawberries (36g)

½ cup slices peaches (77g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Add ice if desired.



Sunrise Smoothie

Serves: 1

Nutrition per serving: 404 kcal

12g Fats | 47.1g Carbs | 30.6g Protein

INGREDIENTS

1 medium banana (118g)

½ cup halves strawberries (76g)

1 tbsp. peanut butter (16g)

1 scoop pea protein powder (30g)

1 cup almond milk (240g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Enjoy!



The “Fill-Me-Up-’Til-Lunch” Alkaline Smoothie

Serves: 2

Nutrition per serving: 462 kcal

39.4g Fats | 21.2g Carbs | 13.9g Protein

INGREDIENTS

¼ fruit avocados (50g)

1 ½ cup spinach (45g)

1 ¼ cup, chopped watercress (42g)

¼ cup, whole almonds (36g)

½ tbsp. coconut oil (6.8g)

½ tbsp. chia seeds (6g)

½ tbsp. almond butter (8g)

⅜ cup almond milk (90g)

½ cup water (118g)

METHOD

Soak the almonds overnight or for at least 4 hours (unless you’ve got a Vitamix or other high powered blender, and then this step is optional).

Simply blend the ingredients together, starting with the avocado, greens, and liquids to form a base, before putting everything else in – except the chia.

Once it’s all blended, stir through the chia seeds and then wait for 2 minutes for the chia to thicken the liquid. Enjoy!



Tropical Green Smoothie

Serves: 1

Nutrition per serving: 270 kcal

3.4g Fats | 60/9g Carbs | 4.6g Protein

INGREDIENTS

1 cup spinach (30g)

1 cup, crushed, sliced, or chunks pineapple (246g)

5 medium strawberries (60g)

1 medium banana (118g)

1 cup almond milk (240g)

METHOD

Add spinach, fresh pineapple, strawberries, banana, and almond milk to the blender. Pulse until smoothie. Enjoy!



Tropical Smoothie

Serves: 2

Nutrition per serving: 192 kcal

1.1g Fats | 48.3g Carbs | 2.8g Protein

INGREDIENTS

½ cup water (118g)

½ medium banana (59g)

½ cup, chunks pineapple (82g)

½ cup, sliced mangos (82g)

1 cup, halves strawberries (152g)

2 ice cubes (44g)

METHOD

Combine all ingredients in a blender and pulse until smooth. Add more water if necessary. Enjoy!