



RECIPES + MORE





START
blending

Check out some favorite recipes of our members plus tips, tricks, and more from our partners!

We even included easy one-click ordering 

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PB&J Berry Smoothie Bowl



Ingredients

- 1 [SmoothieBox Berry Pouch](#)
- 6-8 ounces nut milk
- 2 tablespoons nut butter
- Crushed almonds, cashews, or peanuts
- Fresh berries; washed and chopped
- Handful of granola
- 1 extra tablespoon of nut butter

BLENDING TIP:

The consistency will be thicker than normal, like ice cream. Start with 6 ounces of nut milk, adding a little more at a time if needed.

- ✓ **Blend:** Mix your smoothie pouch, nut milk, and 2 tablespoons of nut butter in your blender.
- ✓ **Pour:** Once you get your desired consistency, pour into bowl.
- ✓ **Melt:** 1 tablespoon nut butter in microwave for about 20 seconds.
- ✓ **Top:** with granola, fresh berries, and crushed nuts. Add drizzle of melted nut butter and enjoy.





OUR MEMBERS' FAVORITES...



- Berry
- 1 teaspoon almond butter
- 1 scoop chocolate protein
- almond milk

"I find this combo has a smooth consistency and the almond butter just adds a healthy fat and a nice taste." - Jon H.



"Straight *Berry* is my favorite!" - Joy S.



PARTNER SPOTLIGHT: KELLY, EAT THE GAINS

I love adding a tablespoon (sometimes 2 for my husband) of peanut butter, a cup of cauliflower rice for some more veggies, and then a scoop of plant based chocolate protein powder or 1-2 tablespoons of cacao powder to the mix. Kind of tastes like a PB & J with a little chocolate.

Super Green Smoothie

Ingredients

- 1 [SmoothieBox Green Pouch](#)
- ¼ cup rolled oats
- 1 cup fresh kale, washed
- 1 tablespoon honey
- 8oz coconut water



✓ **Blend:** Add ¼ cup rolled oats to blender and pulse 2-3 times. Add Green smoothie pouch, fresh kale, honey and coconut water to blender. Blend for 2 minutes or until smooth.

✓ **Top:** with shredded coconut or chia seeds, optional.

BENEFITS OF OATS: Oats are loaded with vitamins, minerals, and antioxidants that may help lower your blood pressure. In addition, they're rich in soluble fiber that can help reduce cholesterol, blood sugar and support a healthy gut.

WHY ADD KALE: Adding one additional cup of kale not only gives you an extra serving of vegetables, but it also a great source of Vitamin C and Vitamin K. Kale may also help lower cholesterol, reducing the risk of heart disease.





OUR MEMBERS' FAVORITES...



❤️ Ryker + Landrie H. ...

- Green
- 1 tablespoon honey
- 1 banana
- 4oz apple juice
- 4oz coconut water

Ryker H. age 3: "Because it's yummy and makes me grow big!"

Landrie H. age 2: "It's so yummy!"



❤️ Ann M.

"I love adding a little extra pineapple and using coconut water in the Green with Apple smoothie. It's my favorite flavor, and I have one daily!" - Ann M.

**MAKE IT KID FRIENDLY
WITH THESE
INGREDIENTS:**

- 1 Green Super Smoothie pouch
- 4 ounces organic apple juice
- 4 ounces water
- 1 tablespoon honey
- Granola, as optional topping

PARTNER SPOTLIGHT:

NOURISH BY NANCY

-Nancy Chen



Immunity-Boosting Matcha Superfood Green Smoothie



Ingredients

- 1 SmoothieBox Green smoothie pouch
- 10 oz dairy free milk (unsweetened or vanilla)
- 1 scoop unflavored grass-fed collagen
- 1 tbsp organic hemp hearts
- 1 tbsp flaxseed meal
- 1 tbsp raw honey (optional)
- 1 tsp matcha powder
- ½ avocado
- Goji berries and more honey, for topping

✓ **Blend:** Blend all ingredients together in a high-speed blender until smooth.

✓ **Pour:** Everything into a cup and top with goji berries and honey.

Orange Oat Smoothie

Ingredients

- 1 [SmoothieBox Orange Smoothie Mix](#)
- 4 ounces nut milk (we like cashew or almond)
- 4 ounces pineapple juice
- 1/4 cup rolled oats
- 1 tablespoon agave nectar
- 1/2 teaspoon vanilla extract



✓ **Blend:** Add all ingredients to your blender and blend until smooth.

WHAT IT TASTE LIKE:

A refreshing citrus treat, not too sweet, not too tangy. Just right!

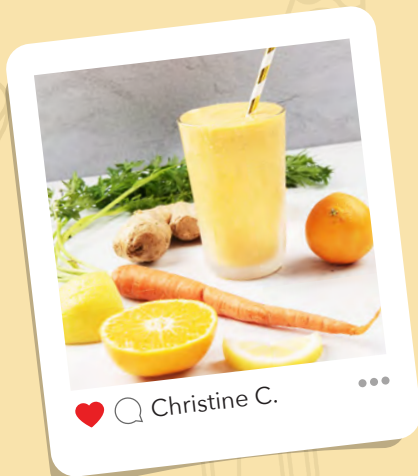
TASTE TIP:

To give it a different taste add fresh fruit of your choice.





OUR MEMBERS' FAVORITES...



♥ Q Christine C.

- 1 Orange Smoothie Mix
- ½ Cup Maine wild Blueberries.
- 1 Tablespoon dark cacao
- 1 teaspoon Saigon Cinnamon
- 1 teaspoon Vanilla
- Cashew Milk



♥ Q Amanda G.

BLEND: Orange smoothie pouch + 1/4 cup pumpkin purée + 1tsp organic maple syrup + 1-2 cups almond milk + pinch of pumpkin spice



PARTNER SPOTLIGHT: KELLI, HUNGRY HOBBY

WHAT I LOVE ABOUT THEM:

As a Dietitian, I love that SmoothieBox smoothies all have balanced macros and the option to use collagen or use your preferred protein.

We usually drink our smoothies “as-is”—that’s the brilliance of them! I will sometimes add extra spinach for a veggie boost, and I do add stevia drops for some added sweetness. They aren’t overly sweet, which is to be expected with no added sugars, so a few drops of stevia is the perfect balance!

Fiber Boost Smoothie

Ingredients

- 1 [SmoothieBox Chocolate Smoothie Mix](#)
- 1 tablespoon flax seed
- 2 tablespoons cacao nibs
- 1 tablespoon nut butter
- 8 ounces nut milk



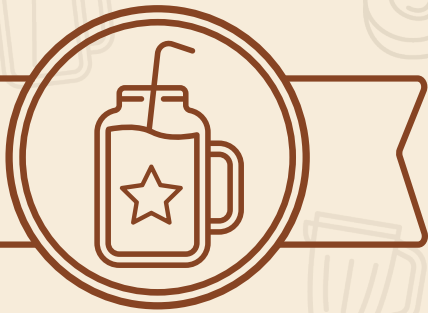
- ✓ **Blend:** Add SmoothieBox Chocolate Smoothie Mix, flax seeds, and cacao nibs to your blender. Add one to two tablespoons of nut butter, depending on your taste preference. Add nut milk of choice. Blend until smooth, adding more nut milk if necessary for your desired consistency.



WHAT IT TASTE LIKE:

Our SmoothieBox Chocolate pouches taste like a guilt-free, rich & velvety chocolate milkshake!





OUR MEMBERS' FAVORITES...



- Chocolate Smoothie Mix
- 1 banana
- 2 tbs nut butter
- nut milk

"It's legit delicious, I haven't tired of it and I could have it every day happily. In fact, I probably had it this morning." - Vinny M.



PARTNER SPOTLIGHT: LIZ, CLEAN EATING COUPLE

I always blend my smoothies with almond milk + egg white protein powder. To be totally honest, I love how the smoothies don't need much to be added to them! The convenience factor is what I love most.

PRO TIP:

Add 2-3 drops of peppermint extract to Chocolate for delicious mint-chocolate !





SHARE YOUR SMOOTHIE

Join the smoothie party with us and our friends!
We love seeing your smoothie creations and
swag, so make sure you tag us using:
@smoothiebox + #smoothiebox



Excited about SmoothieBox?
Click here to order:



Have an issue or just want to say hello?
Drop us a note at **hello@smoothiebox.com**