



# Smoothie Recipe Pack

Discover 30 easy, healthy and tasty recipes & smoothie ideas

[birchandwilde.co.uk](http://birchandwilde.co.uk)



# Contents & Key

6	Power Breaky Smoothie	28	Golden Protein Smoothie
8	Strawberry Burst Breakfast Smoothie 'Wake	30	Triple Berry Protein Smoothie
10	Me Up' Protein Smoothie	32	Cinnamon Roll Smoothie
12	Morning Energiser Smoothie	34	Anti-Inflammatory Green Smoothie The Pick
14	Green Fuel Smoothie	36	Me Up Smoothie
16	Greenology Smoothie	38	Golden Citrus Smoothie
18	Mango-Licious Protein Smoothie	40	Pineapple Lassi
20	Black Forest Smoothie	42	All Green Smoothie
22	Banana Twist Protein Smoothie	44	Summer Dream Smoothie
24	Superfood Protein Smoothie	46	Black Beauty Smoothie
26	Strawberry Post Workout Smoothie	48	Kiwi Boost Smoothie



# Contents & Key

50	Purple Smoothie	GF	Gluten Free
52	Mocha Medjool Smoothie	DF	Dairy Free
54	Pina Colada Smoothie	LC	Low Carb (under 30g per serve)
56	Carrot Cake Smoothie	MP	Meal Prep/Freezer Friendly
58	Simple Banana Smoothie	HP	High Protein (20g+ per serve)
60	Apple Pie Smoothie	V	Vegetarian
62	Sweet Potato Pie Smoothie	Q	Quick (under 30 mins)
64	Reset Smoothie	N	Contains Nuts





# Power Breaky Smoothie

Serves 2

1 cup (150g) blueberries, frozen

1 medium bananas, ripe

4 tbsp. rolled oats

2 tbsp. almond butter

2 cups (480ml) almond milk,  
unsweetened

2 medjool dates

2 scoops (50g) vanilla protein  
powder

What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



DF HP V Q N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	395	14	45	26	8



# Strawberry Burst Breakfast Smoothie

## Serves 2

1 medium banana, sliced & frozen

1 cup (145g) strawberries, frozen

2 tbsp. rolled oats

2 scoops (50g) vanilla protein powder

2 tbsp. natural peanut butter

1 ½ cups (360ml) almond milk, unsweetened

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



DF

HP

LC

V

Q

N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	305	11	27	29	5





# Wake Me Up Protein Smoothie

Serves 2

4 tbsp. rolled oats

1 ½ cups (360ml) almond milk,  
unsweetened

½ cup (120ml) water

1 scoop (25g) chocolate protein  
powder

2 tsp. instant coffee powder

2 tsp. cocoa powder

1 banana

¼ cup (30g) pecans

What you need to do

Place all the ingredients into a high-speed  
blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



DF	LC	V	Q	N
----	----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	267	14	25	14	6



# Morning Energiser Smoothie

## Serves 2

1 cup (240ml) coconut milk

1 cup (240ml) coffee, chilled

$\frac{3}{4}$  cup (165g) coconut yogurt,  
unsweetened

2 Medjool dates

1 scoop (25g) protein powder,  
chocolate

1 tbsp. cacao powder

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	DF	LC	V	Q
----	----	----	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	212	6	28	11	4



# Green Fuel Smoothie

## Serves 2

4 tbsp. rolled oats

½ tsp. matcha green tea powder

2 cups (480ml) almond milk,  
unsweetened

1 banana, chopped & frozen

2 scoops (50g) vanilla protein  
powder

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	LC	HP	V	Q	N
----	----	----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	209	4	23	23	4



# Greenology Smoothie

## Serves 2

1 cup (240ml) almond milk, unsweetened

1 medium banana, sliced & frozen

½ mango, chopped & frozen

2 cups (60g) spinach

¼ cup (15g) pumpkin seeds

2 tbsp. hemp seeds hearts

1 scoop (25g) vanilla protein powder

¼ cup (60ml) water

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

DF

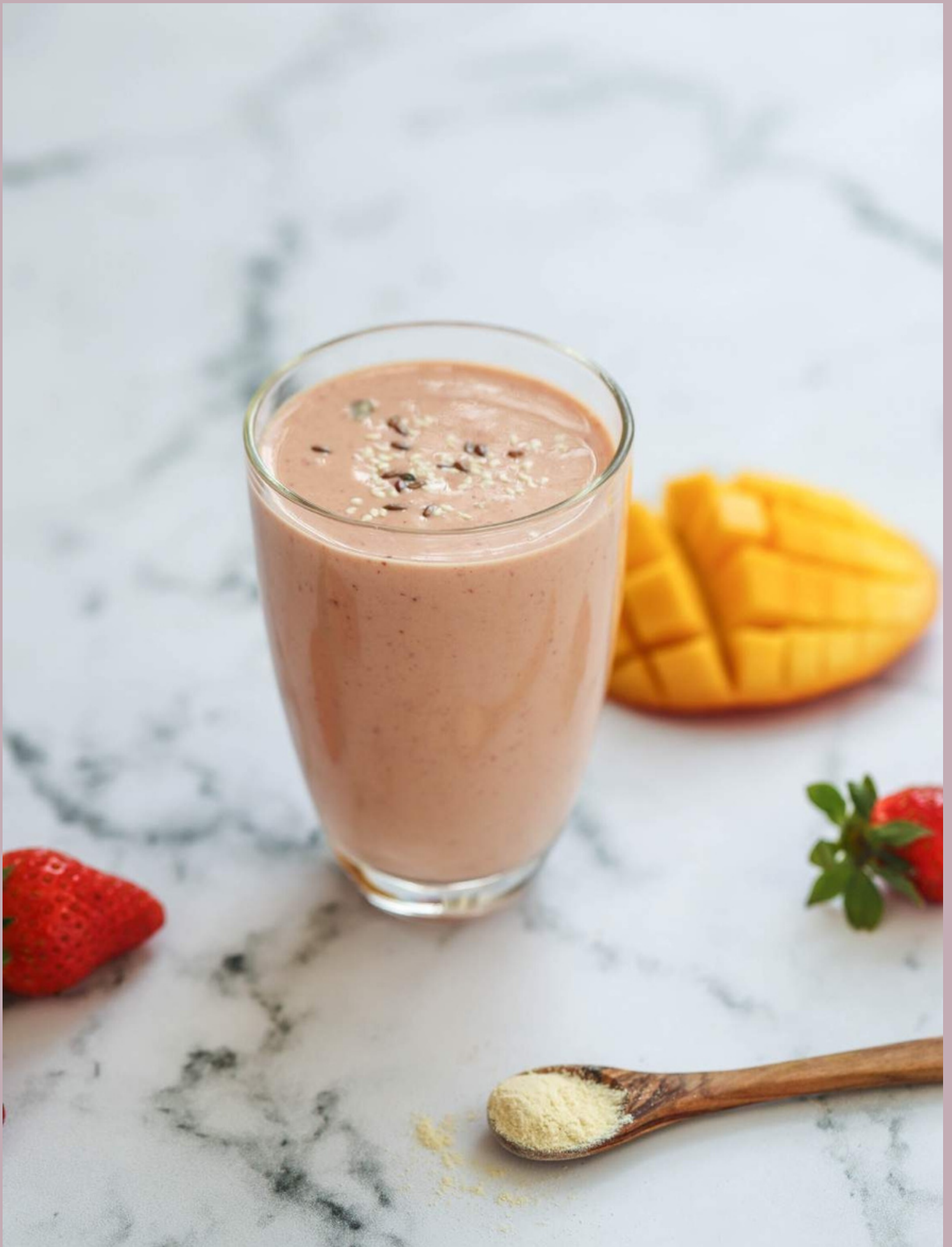
V

Q

N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	266	10	30	19	5





# Mango-licious Protein Smoothie

## Serves 2

1 1/2 cup (145g) strawberries, frozen

1 mango, chopped & frozen

1/2 cup (120g) Greek yogurt

2 scoops (50g) vanilla protein powder

2 cups (480ml) almond milk, unsweetened

6 ice cubes

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

HP

V

Q

N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	294	5	36	31	5



# Black Forest Smoothie

## Serves 2

1 ½ cups (360ml) almond milk, unsweetened

1 avocado

1 ½ (230g) cup cherries, frozen

2 scoops (50g) protein powder, chocolate

2 tsp. vanilla extract

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

DF

LC

HP

V

Q

N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	335	18	24	23	10



# Banana Twist Protein Smoothie

Serves 2

4 tbsp. rolled oats

2 cups (480ml) almond milk,  
unsweetened

1 banana

1 apple

1 tsp. ground cardamom

2 scoops (50g) vanilla protein  
powder

What you need to do

Place all the ingredients into a high-speed  
blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



DF	HP	V	Q	N
----	----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	259	4	35	23	7



# Superfood Protein Smoothie

## Serves 2

1 medium banana, sliced & frozen

1 cup (150g) blueberries, frozen

1 cup (70g) kale

2 Medjool dates

1 tbsp. ground flax seeds

3 cauliflower florets (40g), frozen

2 scoops (50g) protein powder,  
chocolate

1 ½ tbsp. cocoa powder,  
natural

2 cups (480ml) almond milk,  
unsweetened

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF DF HP V Q N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	328	6	50	25	11





# Strawberry Post-Workout Smoothie

## Serves 2

1 cup (145g) strawberries, frozen

1 cup (240ml) coconut milk

2 scoops (50g) protein powder,  
vanilla

2 tsp. honey

2 tsp. vanilla extract

2 tsp. desiccated coconut

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

DF

LC

HP

V

Q

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	193	4	16	23	2



# Golden Protein Smoothie

## Serves 2

1 mango, chopped & frozen

1 banana, sliced & frozen

½ cup (120g) Greek yogurt

1 tsp. ground cinnamon

1 tsp. ground turmeric

½ tsp. ground ginger

pinch black pepper

1 cup (240ml) almond milk,  
unsweetened

2 scoops (50g) vanilla protein  
powder

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	HP	V	Q	N
----	----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	317	4	45	31	6



# Triple Berry Protein Smoothie

## Serves 2

1 ½ cups (220g) berry mix, frozen

1 banana, chopped & frozen

2 tsp. chia seeds

2 scoops (50g) vanilla protein powder

2 cups (480ml) almond milk, unsweetened

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	DF	LC	HP	V	Q	N
----	----	----	----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	242	4	29	26	7



# Cinnamon Roll Smoothie

## Serves 2

1 cup (240ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

2 scoops (50g) vanilla protein powder

4 tbsp. rolled oats

1 tbsp. honey

1 tsp. ground cinnamon

1 banana, chopped & frozen

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	HP	V	Q	N
----	----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	274	4	35	283	4





# Anti-Inflammatory Green Smoothie

## Serves 2

2 cups (480ml) almond milk, unsweetened

2 cups (60g) spinach

½ tsp. ground turmeric

pinch black pepper

2 tbsp. chia seeds

2 cups (330g) pineapple chunks, frozen

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	DF	V	Q	N
----	----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	183	7	30	5	7



# Pick Me Up Smoothie

## Serves 2

2 medium banana, chopped & frozen

1 ½ cups (360ml) almond milk,  
unsweetened

2 cups (60g) baby spinach

24 leaves fresh mint

10 ice cubes

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

DF

LC

V

Q

N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	135	2	29	3	50



# Golden Citrus Smoothie

## Serves 2

1 mango, peeled, chopped & frozen

1 ¼ cups (300g) Greek yogurt

1 tbsp. turmeric root, chopped

4 clementines, peeled

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

V

Q

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	298	4	53	17	6



# Pineapple Lassi Smoothie

## Serves 2

1 ½ cups (360g) vanilla yogurt, plant based

2 cups (330g) tinned pineapple with juice

½ (120ml) cup tin/carton light coconut milk

½ tsp. root ginger, grated

10 ice cubes

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	DF	V	Q
----	----	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	298	9	46	10	3





# All Green Smoothie

Serves 2

1½ avocado, pitted

2 cups (330g) pineapple chunks

2 cups (60g) baby spinach

1 cup (240ml) coconut milk

4 tbsp. lime juice

¼ cup (12g) fresh coriander,  
chopped

2 tsp. ground ginger

What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	DF	V	Q
----	----	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	233	11	36	3	8



# Summer Dream Smoothie

## Serves 2

½ cup (120g) Greek yogurt

¼ cup (60ml) coconut milk

¼ cup (60ml) orange juice

1 cup (145g) strawberries, frozen

1 orange, peeled

1 tbsp. honey

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

V

Q

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	162	2	31	7	3



# Black Beauty Smoothie

Serves 2

$\frac{3}{8}$  cup (160ml) almond milk, unsweetened

$\frac{1}{2}$  cup (120g) Greek yogurt

1 tbsp. ground flax seed

1 tbsp. natural cocoa powder,  
unsweetened

2 tbsp. peanut butter

$\frac{1}{2}$  tsp. vanilla extract

1 medium banana, chopped &  
frozen

What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	HP	V	Q	N
----	----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	473	24	45	23	9



# Kiwi Boost Smoothie

Serves 2

1 $\frac{2}{3}$  cup (160g) coconut yogurt

$\frac{1}{2}$  cup (120ml) coconut milk,

$\frac{1}{4}$  tsp. root ginger, grated

2 kiwis, peeled & quartered

2 tbsp. quinoa

2 cups (60g) baby spinach

What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	DF	LC	V	Q
----	----	----	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	148	5	24	4	5





# Purple Smoothie

## Serves 2

1 ½ cup (360ml) water

½ small red cabbage (285g),  
sliced & frozen

1 cup (150g) blueberries, frozen

1 banana, chopped & frozen

¾ cup (165g) vanilla yogurt

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF	V	Q
----	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	216	3	44	7	7



# Mocha Medjool Smoothie

## Serves 2

1 ⅓ cups (315ml) cold coffee

½ cup (120g) Greek yogurt

2 Medjool dates

1 ½ tbsp. cocoa powder

½ tsp. vanilla extract

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

LC

V

Q

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	150	2	26	7	3



# Pina Colada Smoothie

## Serves 2

4 tbsp. oats

2 cups (480ml) almond milk,  
unsweetened

1 cup (200g) pineapple chunks

4 tbsp. desiccated coconut

¼ cup (30g) walnuts

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



DF

LC

V

Q

N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	275	19	25	6	5



# Carrot Cake Smoothie

## Serves 2

1 banana, chopped, frozen

1 carrot, peeled & grated

2 tbsp. rolled oats

2 tbsp. almond butter

¼ tsp. ground cinnamon

⅛ tsp. ground ginger

1 tbsp. honey

1 cup (240ml) almond milk,  
unsweetened

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



DF	V	Q	N
----	---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	233	11	33	6	6





# Simple Banana Smoothie

## Serves 2

2 medium bananas, sliced, frozen

½ cup (120g) Greek yogurt

1 tbsp. ground flax seeds

1 cup (240ml) almond milk,  
unsweetened

1 tsp. vanilla extract

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

HP

V

Q

N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	191	4	32	8	4



# Apple Pie Smoothie

## Serves 2

1½ cup (120ml) almond milk,  
unsweetened

½ cup (120g) Greek yogurt

4 tbsp. rolled oats

1 apple, peeled, cored & chopped

1 medium banana, sliced &  
frozen

1 tbsp. honey

1 tbsp. almond butter

1 tsp. vanilla extract

1 ½ tsp. ground cinnamon

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



V	Q	N
---	---	---

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	284	7	48	10	7



# Sweet Potato Pie Smoothie

## Serves 2

12 cups (270g) sweet potatoes, peeled & chopped

1 medium banana, sliced & frozen

1 cup (240ml) almond milk, unsweetened

½ cup (120g) Greek yogurt

2 tbsp. almond butter

2 tsp. vanilla extract

1 tsp. ground cinnamon

pinch of nutmeg

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

V

Q

N

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	346	12	50	13	5



# Reset Smoothie

## Serves 2

1 cucumber, chopped

2 cups (185g) green grapes

2 carrots, peeled & chopped

2 slices lemon

1 cup water

5 ice cubes

## What you need to do

Place all the ingredients into a high-speed blender.

Pulse and blend until smooth.

Serve straight away.

Nutrition per serving



GF

DF

V

Q

Prep Time	kCal	Fats (g)	Carbs (g)	Protein (g)	Fibre (g)
5 mins	222	1	55	4	7