

# Smoothies

## Berry Green Smoothie

- 1 ½ cups Frozen Mixed Berries
- 1 cup Unsweetened Almond Milk
- 1/2 cup Chopped Cucumber
- 1/4 cup Plain Almond Milk Yogurt
- 2 Tbsp Natural Peanut Butter
- 1 tsp Ground Cinnamon



**385 Calories**  
**Protein = 13 grams**  
**Carbs = 38 grams**  
**Fat = 24 grams**  
**Sodium = 290 mg**

## Cherry Lime Smoothie

- 1 cup Frozen Dark Cherries
- 1 cup Plain Almond Milk Yogurt
- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Chopped Kale
- 2 Tbsp Fresh Lime Juice



**395 Calories**  
**Protein = 11 grams**  
**Carbs = 44 grams**  
**Fat = 22 grams**  
**Sodium = 290 mg**

## Peaches n' Cream Smoothie

- 1 cup Frozen Peaches
- 1 cup Frozen Strawberries
- 1 cup Plain Almond Milk Yogurt
- 1 cup Unsweetened Almond Milk
- 1/2 cup Frozen Chopped Spinach
- 1 tsp Ground Cinnamon



**415 Calories**  
**Protein = 12 grams**  
**Carbs = 44 grams**  
**Fat = 23 grams**  
**Sodium = 325 mg**

## PB&J Smoothie

- 2 cups Frozen Strawberries
- 1 ½ cups Unsweetened Almond Milk
- 1 cup Raw Chopped Cauliflower
- 2 Tbsp Natural Peanut Butter
- 2 tsp Ground Cinnamon



**350 Calories**  
**Protein = 12 grams**  
**Carbs = 39 grams**  
**Fat = 20 grams**  
**Sodium = 365 mg**

## Apple Pie Smoothie

- 1 cup Unsweetened Applesauce
- 1 cup Unsweetened Almond Milk
- 1/2 cup Plain Almond Milk Yogurt
- 2 Tbsp Natural Almond Butter
- 1 tsp Ground Cinnamon



**450 Calories**  
**Protein = 12 grams**  
**Carbs = 41 grams**  
**Fat = 28 grams**  
**Sodium = 250 mg**

## Tropical Smoothie

- 1/2 cup Frozen Pineapple
- 1/2 cup Frozen Peaches
- 1/2 medium Green Apple
- 1 cup Plain Almond Milk Yogurt
- 1 cup Unsweetened Almond Milk
- 1 Tbsp Unsweet Shredded Coconut
- 1 Tbsp Lime Juice



**440 Calories**  
**Protein = 11 grams**  
**Carbs = 45 grams**  
**Fat = 27 grams**  
**Sodium = 275 mg**

### Chocolate Berry Smoothie

- 1 ½ cups Mixed Berries
- 1 cup Raw Chopped Zucchini
- 1 cup Unsweetened Almond Milk
- 2 Tbsp Natural Almond Butter
- 2 Tbsp Unsweetened Cocoa Powder



**365 Calories**  
**Protein = 11 grams**  
**Carbs = 44 grams**  
**Fat = 20 grams**  
**Sodium = 215 mg**

### Blueberry Muffin Smoothie

- 1 cup Frozen Blueberries
- 1 cup Unsweetened Almond Milk
- 1/4 cup Dry Plain Oats
- 2 Tbsp Natural Peanut Butter
- 2 tsp Ground Cinnamon



**365 Calories**  
**Protein = 13 grams**  
**Carbs = 41 grams**  
**Fat = 20 grams**  
**Sodium = 245 mg**

### Watermelon Cucumber Smoothie

- 2 cups Chopped Watermelon
- 1 cup Chopped Cucumber
- 3/4 cup Plain Almond Milk Yogurt
- 1 Tbsp Unsweet Shredded Coconut
- 1 Tbsp Lime Juice



**380 Calories**  
**Protein = 10 grams**  
**Carbs = 41 grams**  
**Fat = 23 grams**  
**Sodium = 260 mg**

### Grape Lemonade Smoothie

- 1 cup Seedless Grapes
- 1 cup Raw Chopped Yellow Squash
- 1 cup Plain Almond Milk Yogurt
- 1 cup Water
- 1/4 cup Lemon Juice
- 1 packet Sugar Substitute



**410 Calories**  
**Protein = 11 grams**  
**Carbs = 51 grams**  
**Fat = 21 grams**  
**Sodium = 100 mg**

The smoothies below contain banana which is a high potassium fruit. Before trying, ask your dietitian or doctor to see if you are on a potassium restricted diet.

### Peppermint Pattie Smoothie

- 1 cup Unsweetened Almond Milk
- 1 cup Plain Almond Milk Yogurt
- 1/2 cup Frozen Chopped Spinach
- 1/2 Large Banana
- 2 Tbsp Unsweetened Cocoa Powder
- 3-6 drops Peppermint Extract
- 1 packet Sugar Substitute



**385 Calories**  
**Protein = 12 grams**  
**Carbs = 40 grams**  
**Fat = 24 grams**  
**Sodium = 325 mg**

### Chocolate PB Smoothie

- 1 Large Banana
- 1 cup Unsweetened Almond Milk
- 2 Tbsp Natural Peanut Butter
- 2 Tbsp Unsweetened Cocoa Powder
- 1 packet Sugar Substitute



**350 Calories**  
**Protein = 11 grams**  
**Carbs = 44 grams**  
**Fat = 20 grams**  
**Sodium = 245 mg**

