





## Green Apple Cinnamon Smoothie

1 serving  
10 minutes

### Ingredients

- 1 Apple (peeled, cored and chopped)
- 2 Kiwi (peeled and sliced)
- 1 tbsp Ground Flax Seed
- 1/2 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 2 cups Baby Spinach

### Directions

- 1 Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

### Nutrition

Amount per serving	
Calories	260
Fat	6g
Saturated	0g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	52g
Fiber	13g
Protein	6g
Vitamin A	6348IU
Vitamin C	153mg
Calcium	591mg
Vitamin D	101IU
Riboflavin	0.3mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	156µg
Vitamin B12	0µg
Magnesium	98mg
Zinc	1mg



## Winter Berry Smoothie

2 servings

10 minutes

### Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 Navel Orange (peeled and sectioned)
- 1 1/2 cups Frozen Berries
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	168
Fat	6g
Saturated	0g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	27g
Fiber	8g
Protein	6g
Vitamin A	3361IU
Vitamin C	80mg
Calcium	426mg
Vitamin D	76IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	88µg
Vitamin B12	0µg
Magnesium	79mg
Zinc	1mg

### Directions

1

Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)



## Gut Healing Green Smoothie

2 servings

5 minutes

### Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

### Nutrition

Amount per serving	
Calories	376
Fat	22g
Saturated	2g
Polyunsaturated	10g
Monounsaturated	7g
Carbs	42g
Fiber	10g
Protein	11g
Vitamin A	1124IU
Vitamin C	30mg
Calcium	149mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.5mg
Folate	88µg
Vitamin B12	0µg
Magnesium	201mg
Zinc	2mg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Kale:** Use spinach instead.

**No Honey:** Use maple syrup, dates or extra banana to sweeten instead.

**Likes it Creamy:** Use almond milk instead of water for extra creaminess.

**Storage:** Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



## Berry Avocado Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Plain Coconut Milk (unsweetened, from the box)
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Frozen Berries
- 1/4 Avocado
- 1 tbsp Chia Seeds
- 1/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	370
Fat	17g
Saturated	6g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	33g
Fiber	12g
Protein	25g
Vitamin A	773IU
Vitamin C	57mg
Calcium	674mg
Vitamin D	101IU
Riboflavin	0.7mg
Niacin	2mg
Vitamin B6	0.5mg
Folate	91µg
Vitamin B12	3.6µg
Magnesium	119mg
Zinc	2mg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Avocado:** Use almond butter or sunflower seed butter instead.

**Additional Toppings:** Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Orange Immunity Booster Smoothie

2 servings

10 minutes

### Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

### Nutrition

Amount per serving	
Calories	221
Fat	3g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	50g
Fiber	10g
Protein	5g
Vitamin A	19636IU
Vitamin C	93mg
Calcium	284mg
Vitamin D	38IU
Riboflavin	0.3mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	74µg
Vitamin B12	0µg
Magnesium	70mg
Zinc	1mg

### Directions

- 1 Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

### Notes

- No Pureed Pumpkin:** Use steamed sweet potato instead.
- More Protein:** Add protein powder, hemp seeds or nut butter.
- No Maple Syrup:** Sweeten with raw honey or soaked dates instead.



## Strawberry Almond Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	474
Fat	20g
Saturated	1g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	53g
Fiber	13g
Protein	29g
Vitamin A	726IU
Vitamin C	137mg
Calcium	809mg
Vitamin D	126IU
Riboflavin	0.9mg
Niacin	3mg
Vitamin B6	0.7mg
Folate	96µg
Vitamin B12	0.6µg
Magnesium	194mg
Zinc	3mg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk:** Use coconut milk or cashew milk instead.

**Smoothie Consistency:** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Mango Green Smoothie Bowl

1 serving

5 minutes

### Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

### Nutrition

Amount per serving	
Calories	436
Fat	9g
Saturated	1g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	72g
Fiber	11g
Protein	27g
Vitamin A	5119IU
Vitamin C	118mg
Calcium	529mg
Vitamin D	76IU
Riboflavin	0.8mg
Niacin	4mg
Vitamin B6	1.0mg
Folate	185µg
Vitamin B12	0.6µg
Magnesium	212mg
Zinc	3mg

### Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

### Notes

**Topping Ideas:** Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

**Turn It Into a Smoothie:** Add more almond milk for a thinner consistency.





## Butternut Squash Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/3 cups Unsweetened Almond Milk
- 1/2 cup Frozen Cauliflower
- 4 leaves Romaine (roughly chopped)
- 3/4 cup Butternut Squash (frozen, cubed)
- 1/2 Banana (frozen)
- 1/8 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Almond Butter

### Nutrition

Amount per serving	
Calories	446
Fat	19g
Saturated	1g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	46g
Fiber	17g
Protein	31g
Vitamin A	21630IU
Vitamin C	60mg
Calcium	979mg
Vitamin D	134IU
Riboflavin	0.9mg
Niacin	3mg
Vitamin B6	0.7mg
Folate	246µg
Vitamin B12	0.6µg
Magnesium	241mg
Zinc	3mg

### Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Nut-Free:** Use coconut or oat milk and use sunflower seed butter instead of almond butter.

**No Frozen Butternut Squash:** Use fresh, cooked squash or canned.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.