



Mango Oat Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
 1 Banana
 1/4 cup Oats
 2 cups Unsweetened Almond Milk
 2 tbsps Hemp Seeds
 1/4 Lemon (juiced)

Nutrition

Calories	276
Fat	9g
Saturated	1g
Trans	0g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	47g
Fiber	7g
Sugar	30g
Protein	8g
Cholesterol	0mg
Sodium	165mg
Vitamin A	2323IU
Vitamin C	68mg
Calcium	485mg
Iron	2mg

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

No Banana, Sweeten with raw honey, maple syrup or soaked dates instead.

Storage, Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein, Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre, Add ground flax seed.

More Like Mango Lassi, Reduce almond milk and add greek yogurt.





Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

Nutrition

Calories	207
Fat	4g
Saturated	0g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	69mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg

Directions

1

Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries, Use any type of frozen berry instead.

No Protein Powder, Use hemp seeds instead





Kiwi Green Smoothie

2 servings

5 minutes

Ingredients

2 Kiwi (small, peeled)
1 Banana (frozen)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 1/2 cups Baby Spinach
2 cups Water
4 Ice Cubes

Directions

1

Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Chia Seeds, Use flax seed instead.

No Protein Powder, Use hemp seeds instead.

Nutrition

Calories	249
Fat	5g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	31g
Fiber	8g
Sugar	14g
Protein	23g
Cholesterol	4mg
Sodium	75mg
Vitamin A	3614IU
Vitamin C	80mg
Calcium	268mg
Iron	3mg

