

12 Easy Superfood Smoothies





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We know how important it is to eat plenty of fruits and veggies, but let's face it; It's not always to get as much as we need each day. Smoothies can be a quick, easy and tasty way to get a mega dose of super foods, and they're even good to take with you on the go.

This guide includes some of the most popular super foods, including:

Apple
Acai berries
Avocado
Banana
Berries
Almonds
Chia seeds
Cacao powder
Flax seed
Kale
Orange
Pumpkin
Raw honey
Spinach

Mix up the recipes and change out ingredients based on your preferences. Try a new smoothie each week, and see if you discover some new favorites!

I hope you enjoy this guide, and it helps you add more healthy whole foods to your diet.

Cheers to your good health! Jodi @ Verdure Naturopathy

<http://www.verdurenaturopathy.com.au>

Superfood Smoothie Recipe
Peach Pineapple Green Smoothie
Awesome Berry Smoothie
Banana Raspberry Smoothie
Secret Orange Smoothie
Banana Peach Smoothie
Thick and Delicious Cacao Smoothie
Almond Green Smoothie
Strawberry Smoothie
Nut Butter Cup Smoothie
Dreamy Orange Smoothie
Blueberry Kale Smoothie
Raspberry Cacao Smoothie

Peach Pineapple Green Smoothie

Makes 1 serving

Ingredients:

- 1 cup spinach, raw
- 1 cup peach
- 1 cup pineapple
- 1 tsp ground flax seeds
- ½ cup coconut milk, unsweetened
- ½ cup cold water
- ice (optional)

Directions:

1. Place spinach in blender first, then cover with the rest of the ingredients.
2. Process at high speed until well combined (you may need to carefully stop and press the spinach down a few times).
3. You may want to add ice or more cold water, depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	5.74
Carbs (g)	41.18
Fat (g)	25.65
Calories	382.75

Awesome Berry Smoothie

Makes 1 serving

Ingredients:

- ½ cup blackberries
- ½ cup blueberries
- 1 medium banana
- 1 tsp chia seeds
- 1 cup almond milk, unsweetened
- ice (optional)

Directions:

1. Place all ingredients in blender.
2. Process at high speed until well combined.

3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	4.53
Carbs (g)	46.15
Fat (g)	5.17
Calories	230.71

Banana Raspberry Smoothie

Makes 1 serving

Ingredients:

- 1 medium banana
- 1 cup raspberries
- 1 medium orange
- 1 cup almond milk, unsweetened
- ice (optional)

Directions:

1. Place all ingredients in blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	4.78
Carbs (g)	58.79
Fat (g)	4.20
Calories	267.96

Secret Orange Smoothie

Makes 1 serving

Ingredients:

¼ cup oats
1 medium orange
1 medium carrot, chopped
1 medium pear, with peel
1 tsp raw honey
1 cup almond milk, unsweetened
ice (optional)

Directions:

1. Place oats in blender and cover with almond milk. Let soak while you prepare the rest of the ingredients.
2. Add rest of ingredients to blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	10.11
Carbs (g)	81.36
Fat (g)	5.59
Calories	400.78

Banana Peach Smoothie

Makes 1 serving

Ingredients:

1 cup peach
1 medium banana
1 cup almond milk, unsweetened
½ tsp cinnamon
ice (optional)

Directions:

1. Place all ingredients into blender.
2. Process at high speed until well combined.

3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	3.64
Carbs (g)	42.20
Fat (g)	3.50
Calories	197.53

Thick and Delicious Cacao Smoothie

Makes 1 serving

Ingredients:

- ½ avocado, pitted
- ½ medium banana
- 2 tablespoon cacao powder, unsweetened
- 2 dates
- 1 cup almond milk, unsweetened
- ice (optional)

Directions:

1. Place all ingredients into blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	6.60
Carbs (g)	64.16
Fat (g)	19.08
Calories	400.88

Almond Green Smoothie

Makes 1 serving

Ingredients:

- 1 cup spinach, raw
- ½ medium banana
- 1 tablespoon almond butter, unsweetened
- 1 tbsp chia seeds
- 1.5 cup almond milk, unsweetened
- ½ teaspoon cinnamon
- ice (optional)

Directions:

1. Place spinach in blender first, then cover with the rest of the ingredients.
2. Process at high speed until well combined (you may need to carefully press the spinach down a bit).
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	7.34
Carbs (g)	24.22
Fat (g)	17.54
Calories	276.76

Strawberry Smoothie

Makes 1 serving

Ingredients:

- 1.5 cups strawberries
- 1 medium apple, with peel
- 1 tbsp flax seeds
- 1.5 cup almond milk, unsweetened
- ice (optional)

Directions:

1. Place all ingredients into blender.
2. Process at high speed until well combined.

3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	4.58
Carbs (g)	36.52
Fat (g)	7.20
Calories	253.38

Nut Butter Cup Smoothie

Makes 1 serving

Ingredients:

- 2 tbsp almond butter, unsweetened
- 2 dates, pitted
- 2 tbsp cacao powder, unsweetened
- ½ tsp vanilla extract
- 1 cup almond milk, unsweetened
- ice (optional)

Directions:

1. Place all ingredients into blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	10.69
Carbs (g)	48.41
Fat (g)	21.81
Calories	389.06

Dreamy Orange Smoothie

Makes 1 serving

Ingredients:

- 1 medium orange
- 1 medium banana
- ½ tsp vanilla extract
- 2 tbsp cashews
- 1.5 cup almond milk, unsweetened
- ice (optional)

Directions:

1. Place all ingredients into blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	8.97
Carbs (g)	52.81
Fat (g)	17.08
Calories	380.78

Blueberry Kale Smoothie

Makes 1 serving

Ingredients:

- 1 cup kale, raw
- ½ medium banana
- 1 cup blueberries
- 2 tbsp walnuts
- 1.5 cup almond milk, unsweetened
- ½ teaspoon cinnamon
- ice (optional)

Directions:

1. Place kale in blender first, then cover with the rest of the ingredients.

2. Process at high speed until well combined (you may need to carefully press the kale down a bit).
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	8.07
Carbs (g)	42.64
Fat (g)	19.89
Calories	368.46

Raspberry Cacao Smoothie

Makes 1 serving

Ingredients:

- 1 cup raspberries
- ½ medium banana
- 2 dates, pitted
- 1 tbsp chia seeds
- 1.5 cup almond milk, unsweetened
- 2 tbsp cacao powder, unsweetened
- ice (optional)

Directions :

1. Place all ingredients into the blender.
2. Process at high speed until well combined.
3. You may want to add ice (or cold water), depending on how cold and thick you like your smoothie. Enjoy!

Per smoothie	
Protein (g)	8.91
Carbs (g)	76.25
Fat (g)	10.76
Calories	387.93

