

# SMOOTHIE RECIPES

**National Safe Work Month 2021**

- Health and Safety

# SPICED FRUIT SMOOTHIE

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## **Blackberry Cinnamon:**

- 1 cup of blackberries
- ¼ cup chopped strawberries
- 1 cup greek yogurt
- ½ cup milk
- 1 tbsp honey
- 1 tsp cinnamon powder

## **Citrus Turmeric:**

- 1 banana, sliced
- ½ an orange, peeled and in segments
- ½ cup mango chunks (frozen or fresh)
- 1 cup of greek yogurt
- ½ cup milk
- 1 tsp turmeric

To garnish, add extra greek yogurt, chia seeds, quinoa, fruit, granola, nuts and chocolate chips

## **Method:**

- ***Blackberry cinnamon:*** blend all the ingredients together and pour into large glasses. Sweeten with extra honey to taste and garnish with toppings.
  - ***Citrus Turmeric:*** blend all the ingredients together and pour into large glasses. Sweeten with extra honey to taste and garnish with toppings.
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# RAW MANGO MONSTER SMOOTHIE

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## INGREDIENTS:

- 1 tablespoon flax seeds
- 2 tablespoons pepitas (raw pumpkin seeds)
- 1 ripe mango, cubed
- 1 frozen banana, quartered – don't forget to freeze the night before
- 1/3 cup water, or more to taste
- 3 ice cubes
- 2 leaves kale, or more to tastes

## METHOD:

- Blend flax seeds in a blender until finely ground; add pepitas and blend until ground, about 1 minute
- Place mango, banana, water, ice cubes, and kale in with the flax seed mix; blend until smooth, kale is full incorporated, and the smoothie is uniform in color, about 3 minutes. Then with more water to reach desired consistency. Garnish with a few more pepitas.

## Nutritional Facts:

- Per serving: 381 calories; protein 9.8 g, carbohydrates 63 g; fat 14.1 g; sodium 32.4 mg.
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# MANDARIN BREAKFAST SMOOTHIE

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## INGREDIENTS:

- 1 ½ cups milk, dairy or dairy-free
- 1 cup yoghurt, dairy or dairy-free
- 4 mandarins peeled
- 1 frozen banana
- 2 tablespoons ground flaxseeds
- 1 teaspoon vanilla extract

## METHOD:

Add all the ingredients to a high-powered blender and blend until smooth

## NUTRITION:

Calories: 282 kcal, Carbohydrates: 46 g, Protein: 8 g, Fat: 9 g, Saturated Fat: 3 g, Cholesterol: 16 mg, Sodium: 183 mg, Potassium: 753 mg, Fiber: 7 g, Sugar: 32 g, Vitamin A: 1358iu, Vitamin C: 53 mg, Calcium : 234 mg, Iron: 1 mg

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## KIWI & COCONUT QUINOA SMOOTHIE

### INGREDIENTS

2/3 cup Jalna Coconut Yoghurt

1/8 tsp grated ginger

2 kiwifruit, peeled

2 tbsp quinoa flakes

10 g baby spinach

### METHOD

Blend all ingredients until smooth and frothy.

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# PEANUT BUTTER CUP SMOOTHIE

## Ingredients:

- 1 tbsp cacao
- Frozen banana
- 1 tbsp natural peanut butter
- 1-2 cups chocolate almond milk

## Method:

Blend all ingredients together

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# COFFEE SMOOTHIE

## Ingredients:

- 1 banana
- 2 tbsp coffee
- Handful of spinach
- Cinnamon to taste
- 1 cup water or milk of choice
- Handful of ice-cubes

## Method:

- Blend all ingredients together
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# GINGERSNAP COOKIE SMOOTHIE

## Ingredients:

- 1 cup frozen mango
- piece of ginger
- 1 cup coconut water
- handful spinach
- walnuts
- dash of cinnamon
- crushed ice

## Method:

Blend all ingredients together

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# CHERRY RIPE SMOOTHIE

## Ingredients:

- 1 cup frozen cherries
- 1 tbsp desiccated coconut
- 1 tbsp oats
- 1 tbsp cacao
- 1 cup water or milk of choice
- Handful of ice-cubes

## Method:

- Blend all ingredients together
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# PUMPKIN PROTEIN SMOOTHIE

## Ingredients:

1 frozen banana

¼ cup pumpkin purée

2 tbsp almond butter

Vanilla protein powder

1 tbsp flax seeds

¼ tsp vanilla extract

1 tbsp honey

1 cup oat milk

Cinnamon

## Method:

- Blend all ingredients together
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# HEALTHY RAINBOW BREAKFAST SMOOTHIE

## Ingredients:

- 750ml (3 cups) almond milk
- 2 frozen [bananas](#), peeled, sliced
- 35g (1/3 cup) rolled oats
- 1 tbsp honey
- 100g frozen pineapple pieces
- 30g baby spinach
- 80ml (1/3 cup) frozen acai puree
- 100g frozen blueberries
- 200g frozen mango
- 1 fresh mint sprig, leaves picked
- 125g frozen raspberries
- 100g hulled strawberries

## Method

Place the [almond milk](#), [banana](#), [oats](#) and [honey](#) in a blender and blend until smooth. Pour evenly among 4 jugs.

Add [pineapple](#) and [spinach](#) to 1 jug then pour into the blender and blend until smooth. Pour evenly among 4 large glasses.

Add [acai](#) and [blueberries](#) to another jug then pour into the blender and blend until smooth. Pour evenly among glasses.

Add [mango](#) and [mint](#) to another jug then pour into the blender and blend until smooth. Pour evenly among glasses.

Add [raspberries](#) and [strawberries](#) to remaining jug then pour into the blender and blend until smooth. Pour evenly among glasses then serve.

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