

# FIVE, 5-INGREDIENT SMOOTHIES

*For Athletes on the Go*



**PURE NUTRITION**  
**MARGAUX HARARI**



## Banana Kale Smoothie

1 serving

5 minutes

### Ingredients

- 1 Banana
- 1 cup Kale Leaves
- 1 tsp Vanilla Extract
- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	244
Fat	6g
Carbs	35g
Fiber	5g
Sugar	18g
Protein	14g
Cholesterol	17mg
Sodium	244mg
Vitamin A	2210IU
Vitamin C	37mg
Calcium	761mg
Iron	1mg
Vitamin B6	0.5mg
Vitamin B12	0µg

### Directions

- 1 Add all ingredients to a high-powered blender, blend and enjoy!

### Notes

**Milk:** Substitute your preferred non-dairy milk

**Dairy-Free:** Use any vegan yogurt in place of greek yogurt, look for higher protein versions such as soy or cashew based yogurts

**Additional Sweetness:** Add honey or maple syrup





## High Protein Chocolate Smoothie

1 serving  
20 minutes

### Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Kale Leaves
- 1 Banana (Fresh or Frozen)
- 6 ozs Tofu (Silken)
- 2 tbsps Cocoa Powder
- 1 tsp Cacao Nibs (optional, for topping)

### Nutrition

Amount per serving	
Calories	322
Fat	15g
Carbs	38g
Fiber	11g
Sugar	16g
Protein	22g
Cholesterol	0mg
Sodium	182mg
Vitamin A	1585IU
Vitamin C	30mg
Calcium	1006mg
Iron	6mg
Vitamin B6	0.6mg
Vitamin B12	0µg

### Directions

- 1 Drain Tofu in tofu press or by placing tofu on paper-towel lined plate, and adding heavy pot/pan on top (15 min)
- 2 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Soy-free:** Use 4oz greek yogurt or another high protein vegan yogurt

**Extra-Sweet:** Add honey or maple syrup



## Ginger Strawberry Smoothie

1 serving

5 minutes

### Ingredients

- 2 stalks Celery
- 1 cup Coconut Water
- 3 tbsps Hemp Seeds
- 1 tbsp Ginger (1 tbsp fresh or 1 tsp ground)
- 1 cup Frozen Strawberries

### Nutrition

Amount per serving	
Calories	259
Fat	15g
Carbs	26g
Fiber	7g
Sugar	12g
Protein	11g
Cholesterol	0mg
Sodium	75mg
Vitamin A	462IU
Vitamin C	94mg
Calcium	113mg
Iron	4mg
Vitamin B6	0.3mg
Vitamin B12	0µg

### Directions

- 1 Add all ingredients to high-powered blender, blend and enjoy!

### Notes

**Milk:** You can use almond milk in place of coconut water, however it won't have as "tropical" of a taste

**Make it Green:** Substitute spinach for celery

**Extra-Sweet:** Add a touch of honey or stevia





## Chocolate Cherry Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Frozen Cherries
- 1 cup Cauliflower Rice
- 2 tbsps All Natural Peanut Butter
- 2 tbsps Cocoa Powder
- 1 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	336
Fat	21g
Carbs	35g
Fiber	11g
Sugar	20g
Protein	14g
Cholesterol	0mg
Sodium	190mg
Vitamin A	1848IU
Vitamin C	3mg
Calcium	520mg
Iron	3mg
Vitamin B6	0.3mg
Vitamin B12	0µg

### Directions

- 1 Add all ingredients to a high-powered blender, blend and enjoy!

### Notes

**Peanut-Free:** Substitute your preferred nut butter

**Milk:** Substitute your preferred non-dairy milk



## Matcha Pineapple Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Pineapple (fresh or frozen)
- 2 cups Baby Spinach
- 2 tsps Green Tea Powder
- 2 tsps Hemp Seeds
- 1 cup Unsweetened Cashew Milk

### Nutrition

Amount per serving	
Calories	243
Fat	14g
Carbs	27g
Fiber	4g
Sugar	17g
Protein	9g
Cholesterol	0mg
Sodium	134mg
Vitamin A	6223IU
Vitamin C	96mg
Calcium	216mg
Iron	4mg
Vitamin B6	0.4mg
Vitamin B12	3.6µg

### Directions

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

### Notes

**Substitutions:** Any non-dairy milk will work in place of cashew milk

**More Protein:** Add unflavored or vanilla plant-based protein powder