# FIVE, 5-INGREDIENT SMOOTHIES

For Athletes on the Go







# 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**



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

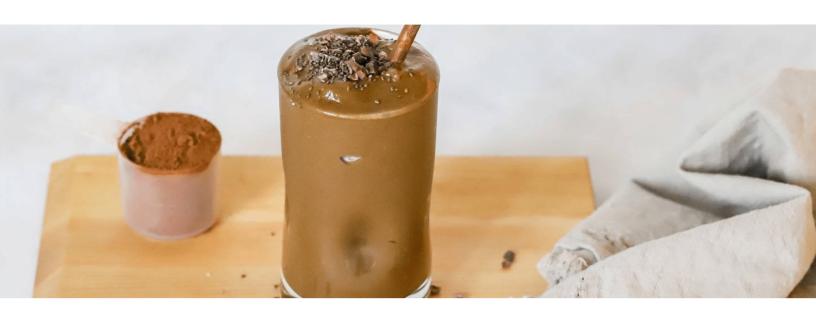
#### **Notes**

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**

Drain Tofu in tofu press or by placing tofu on paper-towel lined plate, and adding heavy pot/pan on top (15 min)

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**

Calories	0.50
Calones	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**



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

#### **Notes**

"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**



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 tbsps 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**



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