

Healthier smoothies



Smoothies can be a good way to help increase vegetable and fruit intake. However

- at least a third to a half of the smoothie should be vegetables
- avoid using too much fruit
- always include some healthy fat / protein
- don't add sweeteners or fruit juice



Vegetables	Fruit fresh or frozen	Protein / Fat	Liquid	Extra
Spinach Kale Rocket Watercress Lettuce Celery Cucumber Fennel	Berries Apple Orange Lemon Pineapple Kiwi Plum Banana	Avocado Coconut milk Yoghurt Kefir Nuts Seeds Nut butter Protein powder e.g. NuZest	Water Coconut water Cold herbal tea Nut milk Kombucha	Ginger Turmeric Cinnamon Vanilla Green powder Matcha tea Herbal tea sachet



Pina colada smoothie

Ingredients:

handful fresh or frozen pineapple 2 cups coconut water
 1 apple, quartered and deseeded
 ½ - 1 avocado, peeled and stoned 2 handfuls baby spinach
 ½ handful fresh coriander(optional) 1 inch piece fresh root ginger
 1 – 2 tbsp. shelled hemp / protein powder

Directions:

- Place all ingredients in a blender and blend until smooth
- Replace fresh spinach with 4 cubes frozen spinach



Servings: 1



Prep: 5 mins



Healthier smoothies

Creamy chocolate smoothie

Ingredients:

2 cups unsweetened almond milk
6 squares frozen spinach / kale
1 pitted large Medjool date
2 tablespoons hulled hemp seed
2 tablespoons unsweetened cocoa powder
1 large frozen banana
dash of cinnamon
few drops vanilla extract

Directions:

- Place all ingredients in a blender and blend until smooth
- Add an avocado for a creamier version



Servings: 1



Prep: 5 mins

Avocado super smoothie

Ingredients:

½ - 1 avocado
handful torn kale leaves
large handful frozen berries
handful fresh or frozen pineapple
2 cubes frozen spinach
¼ cucumber
2 cups coconut water

Directions:

- Place all ingredients in blender and blend until smooth
- Add seeds for additional protein



Servings: 1



Prep: 5 mins



Healthier smoothies

Anti-inflammatory smoothie

Ingredients:

2 handfuls kale
2 – 3 tbsp. coconut milk handful pineapple handful mango
Juice of ½ lemon
1 inch piece fresh ginger
¼ teaspoon ground turmeric or small
piece fresh turmeric, to taste
1 tbsp. ground linseeds

Directions:

- Place kale and coconut milk into blender and blend until smooth
- Add remainder of ingredients and blend



Servings: 1



Prep: 5 mins

Simple frozen smoothie

Ingredients:

Large handful frozen kale or
3-4 small cubes frozen spinach
handful frozen Irish berries
1 tbsp frozen pomegranate
½ frozen avocado*
Top up with almond milk
*Optional instead of frozen: add 1 tbsp mixed seeds or nuts
or 1 scoop pea protein powder

Directions:

- Place all ingredients in blender and blend until smooth

Note:

- frozen berries should be Irish in origin
- frozen avocado may need to be taken out in advance
- can leave frozen ingredients in fridge overnight, ready to blitz in the morning and go



Servings: 1



Prep: 5 mins

