

SMOOTHIES

ALL MY FAVORITE SMOOTHIE RECIPES FOR A
QUICK SNACK OR MEAL ON-THE-GO

GREEN SMOOTHIES

Get your daily dose of greens in one tasty drink even kids will love!

PROTEIN SMOOTHIES

Stay full for hours with protein-packed smoothie recipes.

FRUITY SMOOTHIES

Satisfy your sweet tooth with healthy fruit smoothies!





WELCOME TO MY COLLECTION OF FAVORITE SMOOTHIES!

Smoothies are a great way to get your daily dose of dense superfood nutrition and satisfy sweet cravings the healthy way!

My favorite smoothies are loaded with antioxidant- and vitamin-rich fruits, vegetables (especially greens), and add-ins like flax seeds, cacao nibs, and crunchy granola.

Add some protein in the form of nuts, seeds, plant milk, or protein powder, and you'll have a delicious on-the-go meal or snack that will keep you full for hours!

Remember, I'm always here to support you on your journey, along with the wealth of information [on the blog!](#)

Want more personalized support? Join our [free Facebook community!](#)

Please don't hesitate to [reach out](#). I'm here to help.

Sarah xoxo

S A R A H B L O O M S . C O M

MEET THE COACH

hi there!

My name is Sarah Flowers. I'm an Holistic Health Coach and creator of [SarahBlooms.com](https://www.sarahblooms.com) where I share my favorite health, nutrition, and fitness tips to help you live your best life, naturally.

After struggling with eating disorders and obesity, I have finally found an easy and natural way to regain my health and stop emotional eating for good!

You can learn more about my journey to wellness [here](#).

While it took me almost 20 years to get my health back on track, I don't want you to suffer like I did.

That's why I created my proven fast-track system that will help you regain your health, lose weight, and feel amazing in no time!

If you haven't already, download the [7-Day Quickstart Guide](#) to get started.

Sarah xoxo



Transforming your health
doesn't have to be
difficult, especially when
you change your habits a
little at a time!

i can show you how

SMOOTHIE HOW-TO'S

1

Start with your favorite fresh, or frozen fruits. Frozen fruits and veggies are often a better choice, since they retain their nutrients and typically cost less than fresh!

2

Add those veggies! Leafy greens like kale and spinach, beets, carrots, zucchini, squash, cucumber, cauliflower, sweet potato, pumpkin, and cabbage are all surprisingly tasty options.

3

Sweeten it up. While we typically want to avoid processed sugars, adding some naturally sweet whole foods like bananas or dates is a healthy way to sweeten your smoothies to make them more palatable and help you satisfy sugar cravings!

4

Don't forget your add-ins! Some great options include flax seeds, cacao, cacao nibs, bee pollen, açai berries, avocado, and hemp seeds. To keep fuller longer, add some healthy protein like plant milk, nuts and seeds, or protein powder.

5

Blend it up! Add some water or plant milk, then blend with a high-powered mixer like a [Vitamix](#) or [Nutribullet](#) to make your smoothies extra creamy and delicious!



C O N T E N T S

FAVORITE SMOOTHIES • WHAT'S INSIDE

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RECOMMENDED INGREDIENTS

Milk: I prefer to use plant milks in my smoothies because I think they're healthier than cow's milk, which can be inflammatory for many people. Just use your favorite milk, and pay attention to how you feel after you consume it. Try to avoid cow's milk if you notice a cough, stomach problems, joint or body pain, or other symptoms after drinking it.

Right now, I'm loving [Ripple Plant Milk](#). It's made from peas and has 8 grams of protein per serving, zero sugar (in Ripple Unsweetened Original), 50% more calcium than milk, 32 mg. DHA Omega-3s, and Vitamin D.

*Please note that the calorie values for the smoothie recipes are calculated using Ripple for the milk.

Bananas & Dates: These fruits are my favorite healthy way to sweeten smoothies and desserts. They are just as sweet as refined sugars with added fiber to keep blood sugar levels stable and aid digestion.

Yogurt: I prefer to use plain yogurt in my smoothies, since flavored yogurts usually contain a lot of sugar. Use healthier sweeteners like bananas, dates, honey, or maple syrup to cut the tartness of the yogurt, if desired. Try Greek yogurt for a thicker, creamier smoothie.

Protein Powder: I typically don't recommend using protein powders, since they are heavily processed, but protein powders can be a good choice if you're short on time and want to make sure you're meeting your nutrition needs. High-quality protein powder brands include [Garden of Life](#), [Orgain](#), [Vega](#), and [Ka'Chava](#) (a good product but really expensive). You should also keep in mind that protein and meal replacement powders often contain sweeteners. The powders listed above use healthier sweeteners like Stevia, but you may want to omit other sweet ingredients like bananas and dates or buy unsweetened powder to ensure your smoothies aren't too sweet. Whole food protein sources are a better option. Some whole food protein sources include plant milk, yogurt, nuts and seeds, and nut butters.



RECOMMENDED INGREDIENTS (CONT'D)

Honey: While you might think you should avoid honey due to the high sugar content, it's actually very healthy for you! Honey contains high amounts of bioactive plant compounds and antioxidants. Darker types tend to be even higher in these compounds than lighter types. Honey may lower "bad" LDL cholesterol, triglycerides, blood pressure, and inflammation while raising "good" HDL cholesterol. It also soothes coughs and doesn't increase blood sugar levels as much as refined sugars. However, not all honey is created equal. Stick with high-quality raw honey sourced locally.



Does honey help allergies? Some natural health experts claim that raw local honey may help relieve allergies better than antihistamines. While [this study](#) found that local honey may relieve allergies, you would need to consume high doses of honey to get relief, which you wouldn't want to do since honey is so high in sugars and calories. Other studies have found that honey doesn't help allergies because it doesn't contain pollen from the right sources. While bees gather pollen from wildflowers, most people are allergic to pollens from a variety of plants,

Bottom Line: Whether you believe honey helps allergies or not, it obviously has many health benefits aside from potential allergy relief. I recommend using honey in moderation unless you are morally opposed (i.e. ethical vegan).

A Note About Ice: I'm actually not a fan of ice in my smoothies, so I've left it out of these recipes. If you like ice, add a handful, and blend until smooth.



BERRY BLISS

Enjoy summer's best sweet treats for an antioxidant boost any time of the year!

INGREDIENTS

1/2 cup Mixed berries

1/2 Banana

3/4 cup Milk

1 tbsp. Hemp seeds

1/2 tsp. Vanilla extract

INSTRUCTIONS

In a high-powered blender, combine berries, banana, milk, hemp seeds, and vanilla extract. Blend until smooth. Enjoy!

Calories: 233



JUST PEACHY

Sweet peaches take center stage in this simple, refreshing beverage.

INGREDIENTS

- 1 cup** Peaches
- 1/3 cup** Plain yogurt
- 3/4 cup** Milk
- 2** Dates
- 2 tbsp.** Granola (optional)

INSTRUCTIONS

Combine peaches, yogurt, milk, and dates in a high-powered blender, and blend until smooth. Pour in a glass, and top with granola, if desired.

Calories: 246 (316 with granola)



PROTEIN PACKED

Stay full for hours with this protein packed smoothie. Perfect for repairing muscles after a workout.

INGREDIENTS

- 1** Banana
- 3/4 cup** Milk
- 1 tbsp.** Natural almond butter
- 2** Dates

INSTRUCTIONS

Combine banana, milk, almond butter, protein powder, dates, and ice in a high-powered blender. Blend until smooth, then pour into a glass. Enjoy!

Calories: 309





GREEN MACHINE

Get your daily dose of healthy, nutrient-rich greens in this green smoothie even kids will enjoy!

INGREDIENTS

- 1 cup** Fresh spinach
- 1/4** Cucumber
- 1** Banana
- 1 cup** Pineapple chunks
- 1/2** Granny Smith apple
- 3/4 cup** Coconut water
- 1 tbsp.** Granola (optional)

INSTRUCTIONS

In a high-powered blender, combine spinach, banana, pineapple chunks, apple, cucumber, coconut water, hemp seeds. Blend until smooth. Pour in a glass, and top with granola, if desired, for a delightful crunch.

Calories: 289 (359 with granola)

PB CHOCOLATE BLAST

I like to enjoy this recipe as a smoothie bowl. It's like eating a big bowl of chocolate ice cream - but super healthy!

INGREDIENTS

- 1** Banana
- 1 tbsp.** Creamy natural peanut butter
- 1 tbsp.** Cacao powder
- 3/4 cup** Milk
- 1** Date
- 1 tsp.** Vanilla extract
- 2 cups** Ice
- 1 tbsp.** Cacao nibs

INSTRUCTIONS

Combine banana, peanut butter, cacao powder, milk, date, vanilla, and ice in a high-powered blender, and blend until smooth. Pour in a glass or bowl, and top with cacao nibs. Enjoy!

For a creamier smoothie, try 1/2 cup Greek yogurt and 1/2 cup milk.

You can also drizzle the peanut butter on top instead of blending in the smoothie, if you prefer.

Calories: 344



STRAWBERRY CHEESECAKE

This healthy smoothie tastes surprisingly decadent and creamy. Perfect for tackling those cheesecake cravings.

INGREDIENTS

- 1 cup** Strawberries
- 5.3 oz.** Greek yogurt (single-serving container)
- 1/3 cup** Milk
- 1 tbsp.** Cashew butter
- 1 tbsp.** Graham cracker crumbs (optional)

INSTRUCTIONS

Combine strawberries, yogurt, milk, and cashew butter in a blender, and blend until smooth. Pour in a glass, and top with crumbled graham cracker, if desired.

Calories: 318 (340 with graham cracker)



ORANGE DELIGHT

Remember Orange Julius at the mall? This smoothie is like that, but healthy!

INGREDIENTS

- 1** Fresh orange, peeled
- 3/4 cup** Milk
- 2 tsp.** Honey
- 1/2 tsp.** Vanilla extract

INSTRUCTIONS

In a high-powered blender, combine orange, milk, honey, vanilla extract, and ice. Blend until smooth, and pour into a glass.

Like orange and chocolate together? Add 1 tbsp. of cacao nibs for a chocolatey crunch.

Calories: 172 (217 with cacao nibs)



TROPICAL ISLAND

Enjoy a taste of the islands at home!

INGREDIENTS

- 1/2 cup** Pineapple
- 1/2 cup** Mango
- 1** Banana
- 3/4 cup** Milk*
- 1 tbsp.** Coconut flakes (optional)

INSTRUCTIONS

In a high-powered blender, combine pineapple, mango, banana, and milk, and blend until smooth. Pour in a glass, and top with a sprinkle of coconut flakes, if desired.

*Coconut milk would be a great choice for this smoothie! To make it lighter, substitute coconut water.

Calories: 283 (316 with coconut)

KALE YEAH

If this vitamin packed smoothie doesn't cure what ails ya, nothing will! I often drink this smoothie when I feel a cold coming for some extra immune support.

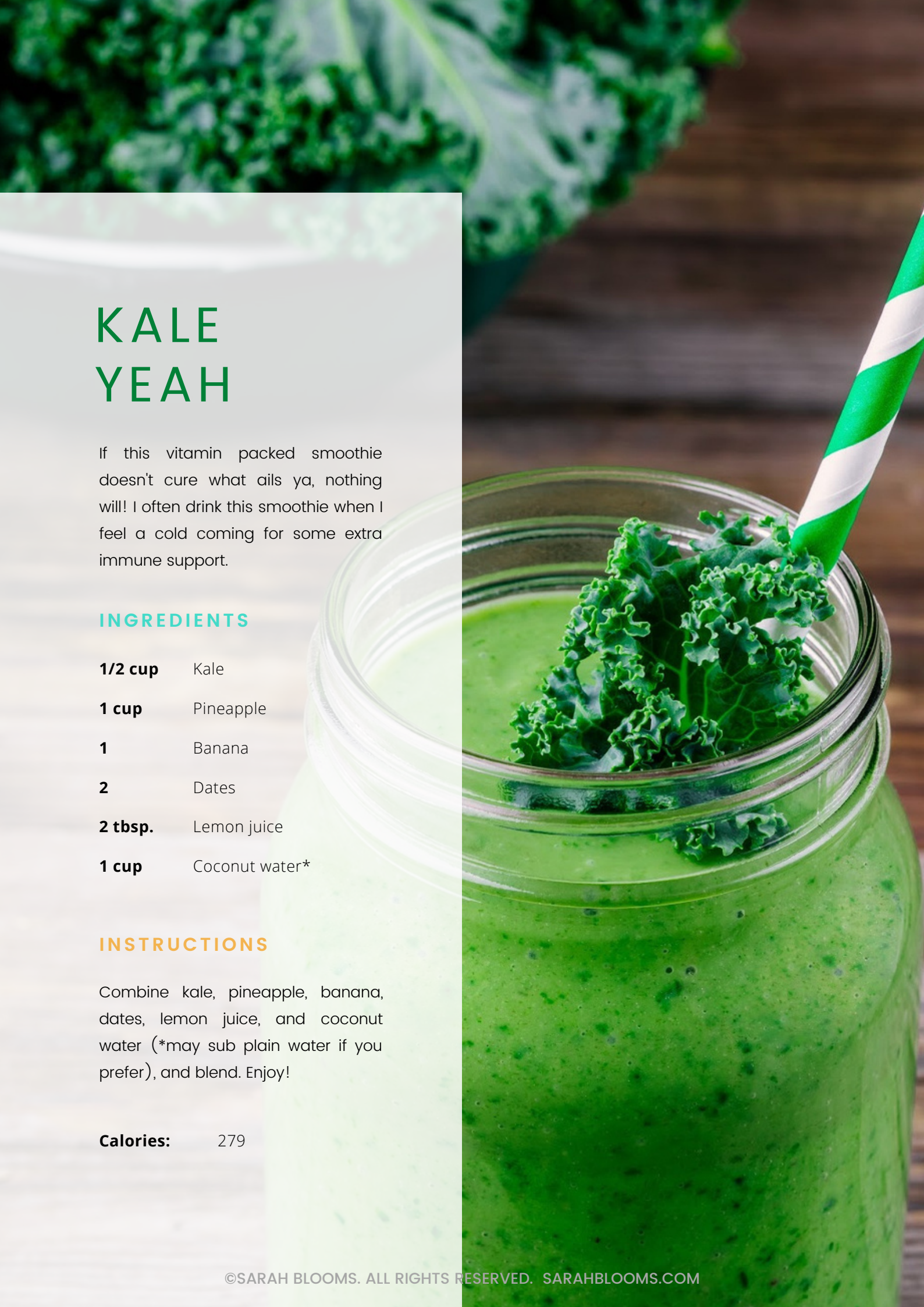
INGREDIENTS

- 1/2 cup** Kale
- 1 cup** Pineapple
- 1** Banana
- 2** Dates
- 2 tbsp.** Lemon juice
- 1 cup** Coconut water*

INSTRUCTIONS

Combine kale, pineapple, banana, dates, lemon juice, and coconut water (*may sub plain water if you prefer), and blend. Enjoy!

Calories: 279





GRAPEFRUIT DETOX

This grapefruit pineapple detox smoothie is loaded with nutrients to help cleanse your system, reduce bloating, and boost your metabolism!

INGREDIENTS

- 1/2** Ruby Red grapefruit
- 1 cup** Pineapple chunks
- 1/2** Banana
- 1 cup** Spinach
- 1/3 cup** Greek yogurt
- 1 tsp.** Fresh ginger

INSTRUCTIONS

In a high-powered blender, combine grapefruit, pineapple, banana, spinach, Greek yogurt, coconut oil, and ginger.. Blend until smooth. Enjoy!

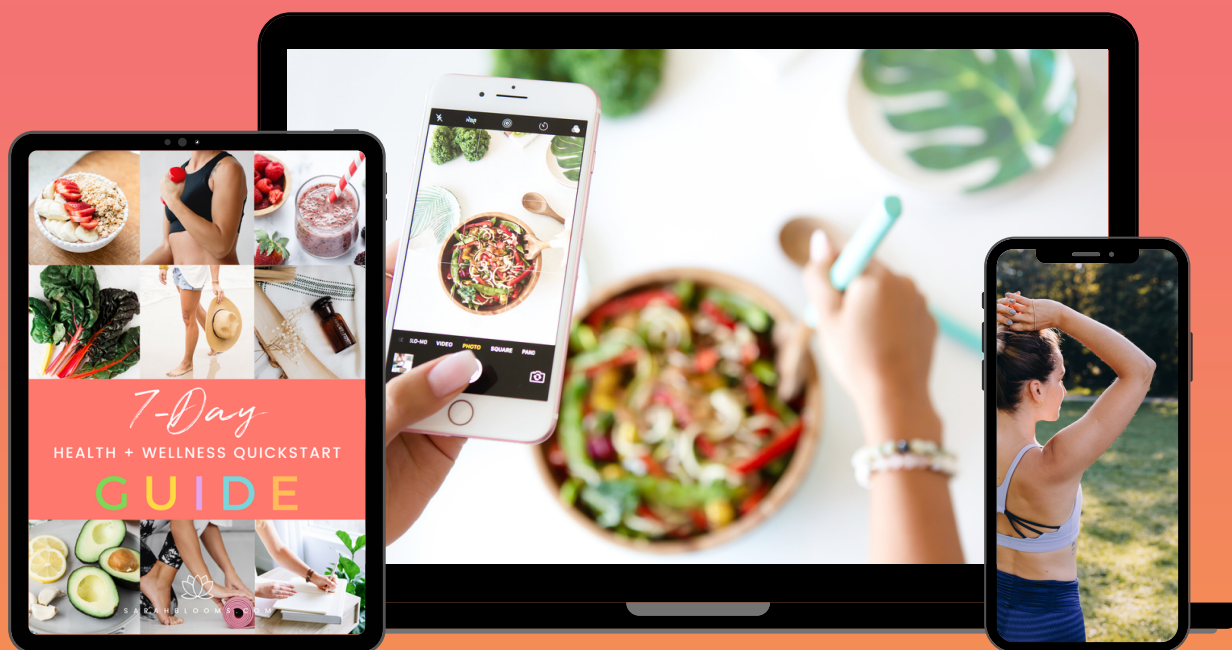
Calories: 249

NOTES



Healthy habits work best when they last a lifetime, not just the time it takes to lose a few unwanted pounds. Take it one day at a time, and before you know it, you'll have reached your goals and then some.

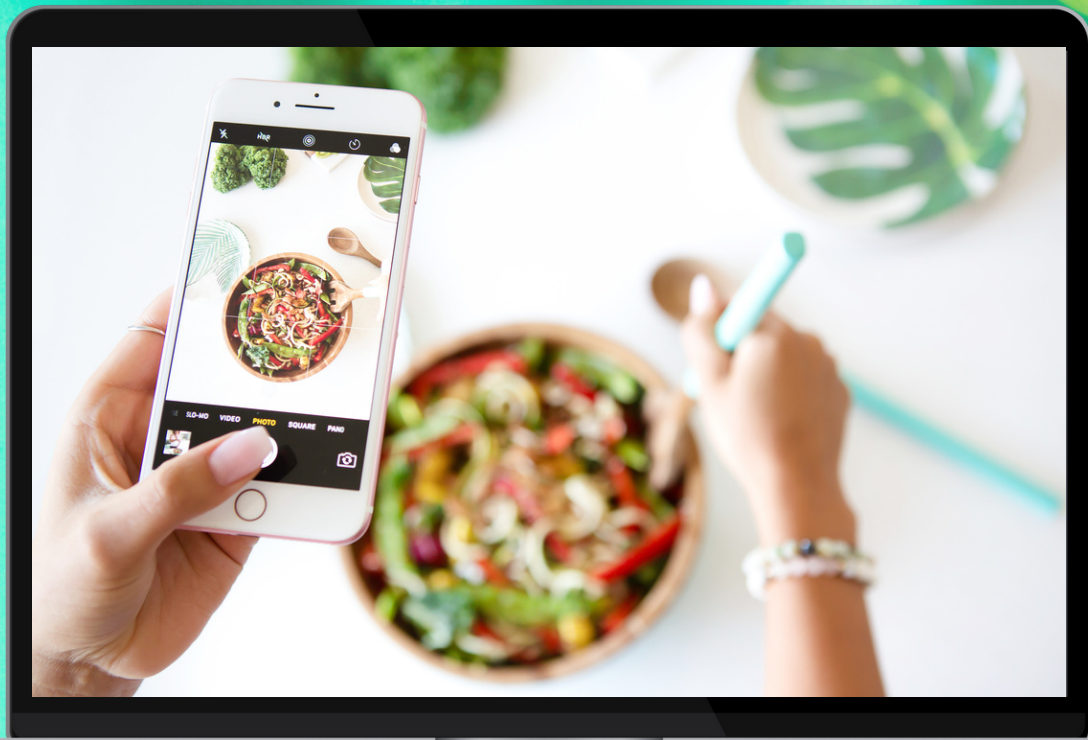
Get Started



Access the FREE Resources Library full of carefully curated guides, checklists, cheatsheets, and more that will get you started on your health and fitness journey and set you up for success!

[DOWNLOAD NOW](#)

THE LIBRARY



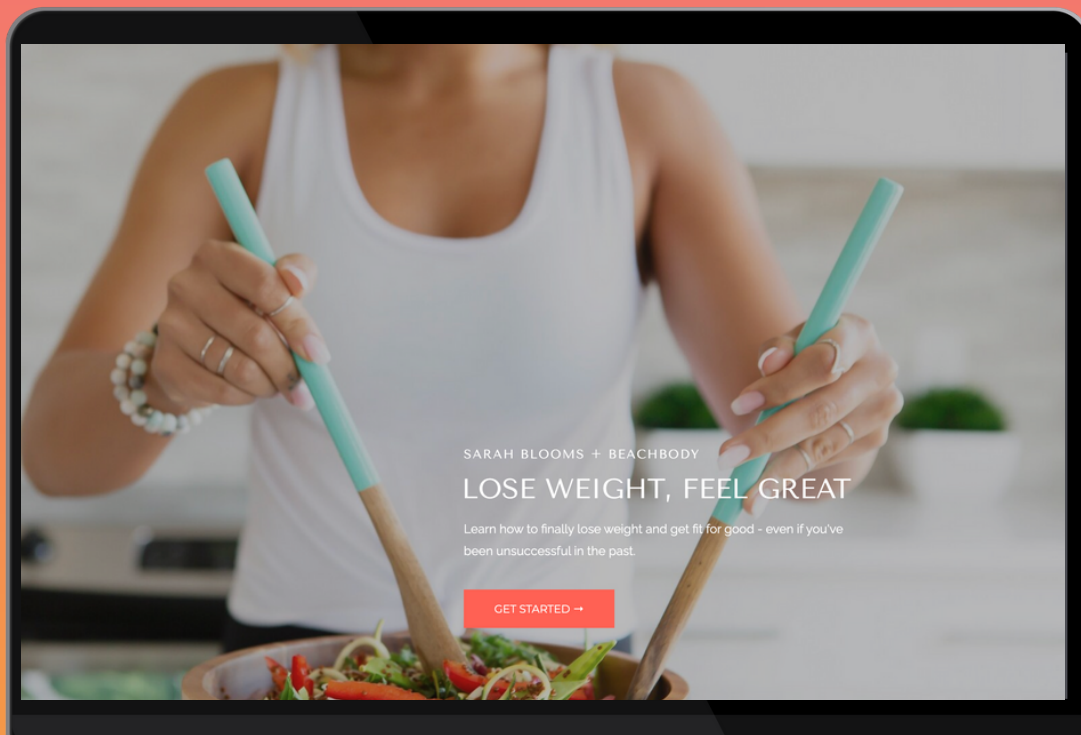
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nutrition, fitness, and more - naturally!

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ON THE BLOG



SARAH FLOWERS
CREATOR OF SARAH BLOOMS



Thank you for downloading this eBook and signing up for the Sarah Blooms community to receive all the latest news and updates from the blog, instant access to the Sarah Blooms FREE Resource Library, early bird pricing on new courses and products, exclusive beta tester opportunities, and more!

I couldn't be more honored that you have entrusted me with the greatest resource we have - our health. I assure you I don't take that lightly.

Through the years, I have faced some struggles with my health, but I have overcome them. I know you can, too. I'm here to help.

Thank you for reading Sarah Blooms!

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