



cathybiase
Nutrition Consulting • Cancer Coaching

Seven Smashing Smoothies

Cathy Biase

<http://www.cathybiase.com>

Seven Smashing Smoothies

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Coaching

info@cathybiase.com

A delicious smoothie for every day of the week!

Fruits

- ☐ 1/2 Apple
- ☐ 4 1/2 Banana
- ☐ 1/2 cup Cherries
- ☐ 1 Lemon
- ☐ 1 tbsp Lemon Juice

Breakfast

- ☐ 1 tbsp Almond Butter

Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
- ☐ 1/8 tsp Sea Salt

Frozen

- ☐ 3 cups Frozen Cauliflower
- ☐ 1/2 cup Frozen Mango
- ☐ 1 cup Frozen Raspberries

Vegetables

- ☐ 1 cup Baby Spinach
- ☐ 4 leaves Romaine
- ☐ 1/2 Zucchini

Baking

- ☐ 1 tsp Cacao Nibs
- ☐ 2 tbsps Cacao Powder
- ☐ 2 tbsps Cocoa Powder
- ☐ 1 tbsp Pitted Dates

Condiments & Oils

- ☐ 1 1/2 tsps Apple Cider Vinegar
- ☐ 1 1/2 tbsps Tahini

Cold

- ☐ 3/4 cup Oat Milk
- ☐ 1/2 cup Orange Juice
- ☐ 3 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 3 1/2 cups Water



Mango Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Frozen Mango
1/2 cup Frozen Cauliflower
1 Banana (medium)
1 1/2 cups Water
1 1/2 tsps Apple Cider Vinegar

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add honey, maple syrup, stevia, avocado, spinach or kale. Use rice milk, oat milk, almond milk or coconut milk instead of water.

More Protein: Add hemp seeds, chia seeds, a scoop of protein powder or a spoonful of nut butter.

More Fiber: Add ground flax seed.



Hot Chocolate Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
1/2 Banana
1/4 cup Chocolate Protein Powder
2 tbsps Cocoa Powder
1 tbsp Chia Seeds
1/8 tsp Sea Salt (optional, for topping)

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Chocolate Tahini Layered Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Oat Milk
1/2 Banana (frozen)
4 leaves Romaine (roughly chopped)
1 tbsp Chia Seeds
1 1/2 tbsps Tahini
1/4 cup Vanilla Protein Powder
1 tbsp Pitted Dates
1 tbsp Cacao Powder

Directions

- 1 In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
- 2 In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 3 Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

Notes

No Oat Milk: Use another milk or milk alternative instead.

More Veggies: Add frozen cauliflower to the vanilla layer.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 1 cup Frozen Raspberries
- 1 Lemon (juiced)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.



Banana Orange Green Smoothie

1 serving

5 minutes

Ingredients

1 Banana (medium, frozen)
1/2 Apple (medium, peeled and chopped)
1 cup Baby Spinach
1/2 cup Frozen Cauliflower
1/2 cup Orange Juice (freshly squeezed)
1/2 cup Water

Directions

1

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

Notes

No Spinach: Use kale instead.

No Frozen Cauliflower: Omit or use zucchini or more apple instead.

Orange Juice: Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



Cherry Lemon Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Cherries (pitted, fresh or frozen)

1/2 cup Frozen Cauliflower

1 Banana

1 1/2 cups Water

1 tbsp Lemon Juice

Directions

- 1 Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. Stir well before drinking.

More Flavor: Add honey, maple syrup, stevia, avocado, spinach, or kale. Use rice milk, oat milk, almond milk, or coconut milk instead of water.

More Protein: Add hemp seeds, chia seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fiber: Add ground flax seed.