



Smoothie Recipe Book

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SANNA SUMNER NUTRITION

Whether you're looking for a refreshing breakfast option, a post-workout replenishment, or simply a wholesome snack, smoothies are the way to go.

1. Nutrient Powerhouse. Smoothies are an excellent way to increase your daily intake of fruits and vegetables. By blending these nutrient-rich ingredients, you can ensure that you're getting a wide variety of vitamins, minerals, and antioxidants. They are particularly a great source of dietary fibre, which aids digestion and keeps you feeling full for longer, thus assisting in weight management.

2. Hydration Hero: Staying hydrated is essential for optimal bodily functions. While water is undoubtedly the best way to achieve this, smoothies can serve as a delicious alternative. By combining hydrating fruits like melons, cucumbers, or even coconut water in your smoothies, you can help maintain your body's fluid balance and ensure adequate hydration throughout the day.

3. Easy Digestion: Blending fruits and vegetables breaks them down into easily digestible forms, making it easier for your body to absorb their nutrients. This can be especially beneficial for individuals with digestive issues or those who struggle to consume raw fruits and vegetables in their whole form. Smoothies also promote a healthier gut by providing nourishment to the good bacteria, supporting a balanced and robust gut microbiome.

While smoothies are undeniably good for you, implementing a few tips can make them even healthier. Here are three simple suggestions to maximize the nutritional benefit of your smoothies:

- Boosting your smoothie with a handful of leafy greens like spinach, kale, or Swiss chard can significantly enhance its nutritional profile. These leafy greens are rich in vitamins, minerals, and antioxidants. Moreover, their mild taste is often masked by the other fruity ingredients, so you can enjoy the benefits without compromising the flavor.
- Including healthy fats and proteins in your smoothies can help balance their macronutrient composition, provide sustained energy, and keep you satiated for longer periods. Add a tablespoon of nut butter, chia seeds, ground flaxseeds, or a scoop of plant-based protein powder to make your smoothie more satisfying and nutritious.
- While fruits naturally sweeten smoothies, certain additional sweeteners can increase the sugar content unnecessarily. Avoid using refined sugars or syrups and alternatively, experiment with spices like cinnamon or vanilla extract to enhance the flavor without adding extra sugar.

Incorporating smoothies into your daily routine can be a game-changer for your overall health. Not only are



they a convenient way to consume a variety of nutrients, but they also offer numerous benefits like enhanced digestion, hydration, and a nourished gut.

So, grab your blender, get creative, and reap the rewards of this delightful and healthful beverage!

Love, Sanna



Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Avocado
240 milliliters Unsweetened Almond Milk
1 tbsp Almond Butter
30 grams Baby Spinach
25 grams Chocolate Protein Powder

DIRECTIONS

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

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Golden Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

240 milliliters Lite Coconut Milk
165 grams Frozen Pineapple
1/2 Banana (frozen)
1/2 Zucchini (chopped and peeled, frozen)
1 1/2 tsps Ginger (fresh, minced)
1 tsp Turmeric

DIRECTIONS

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

NOTES

NO ZUCCHINI

Omit or replace with frozen cauliflower or diced avocado.

NO FRESH GINGER

Use powdered ginger instead, reduce to 1/2 tsp per serving.

Creamy Blueberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

155 grams Frozen Blueberries
180 grams Frozen Cauliflower
115 grams Unsweetened Coconut Yogurt
25 grams Vanilla Protein Powder
1 tbsp Chia Seeds
1 Lemon (small, juiced)
235 milliliters Water

DIRECTIONS

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

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, or other berries to your smoothie.

EXTRA CREAMY

Use almond milk or oat milk instead of water.

LEMON

One lemon yields approximately 1/4 cup of lemon juice.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Peach Blueberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

240 milliliters Oat Milk
80 grams Frozen Blueberries
115 grams Frozen Peaches
2 tbsps Ground Flax Seed
25 grams Vanilla Protein Powder

DIRECTIONS

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

NOTES

LEFTOVERS

For best results, enjoy freshly made. Refrigerate for up to one day.

NO OAT MILK

Use plain coconut milk instead.

NO FROZEN PEACHES

Use frozen mango.

Cucumber, Mango & Banana Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

240 milliliters Unsweetened Almond Milk
115 grams Frozen Banana
85 grams Frozen Mango
1/4 Cucumber (medium, chopped)
30 grams Baby Spinach
2 tbsps Almond Butter
1/2 tsp Cinnamon
25 grams Vanilla Protein Powder

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

NO ALMOND MILK

Use another plant-based milk such as cashew or oat.

NO ALMOND BUTTER

Use cashew butter or sunflower seed butter.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds.

PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

Pomegranate Pineapple Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

110 grams Frozen Pineapple

80 milliliters Pomegranate Juice

120 milliliters Canned Coconut Milk

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cup.

MORE FLAVOR

Add vanilla and mint leaves.

Mango Oat Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

330 grams Frozen Mango

1 Banana

20 grams Oats

480 milliliters Unsweetened Almond Milk

2 tbsps Hemp Seeds

1/4 Lemon (juiced)

DIRECTIONS

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

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or soaked dates instead.

STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours.

MORE PROTEIN

Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

MORE FIBER

Add ground flax seed.

MORE LIKE MANGO LASSI

Reduce almond milk and add coconut yogurt.