

Healthy Smoothies: Blend together until smooth



Nutritionally great: High in antioxidants, fiber, protein, potassium, calcium, folate, magnesium, manganese, phosphorus, riboflavin, and Vitamins A, B12, B6, C, D.

Experiment with ingredients: add nut butters, chia seeds, flaxseed meal, protein powder (Pea protein), Cacao, Coconut yoghurt, coconut oil, vanilla extract, etc.

You can prepare ahead of time: Blend a few cups of oats and chia seeds on high until you have the consistency of flour. The finer your grind them, the smoother your smoothie will be! Store in airtight container. Then use this as your oats in the recipes.

Banana, oat and berry breakfast smoothie (makes 2)

- ½ cup traditional rolled oats
- 1 ripe banana
- ½ cup frozen berries
- 2 teaspoons LSA
- 1½ cup almond milk
- ½ cup coconut yoghurt
- 2 teaspoons honey

Banana and Oat and Cinnamon Smoothie

- ¼ cup traditional rolled oats
- 1½ teaspoons chia seeds
- 1 banana
- ½ cup cold almond milk
- ½ cup coconut yogurt
- 2 teaspoons honey
- ¼ teaspoon ground cinnamon

Apple, Peanut Butter and Oat Smoothie

- ¼ cup uncooked rolled oats
- 1½ teaspoons soaked chia seeds
- 1 cup skim milk
- ¼ cup yogurt
- ¾ cup applesauce (homemade is best)
- 2 tablespoons peanut butter
- ½ teaspoon cinnamon
- ½ teaspoons honey, optional (or substitute preferred sweetener)

Peanut Butter, Banana, and Oat Milkshake (makes 2)

- 2 teaspoon traditional oats
- 2 cups cold almond milk
- 1 banana, cut into chunks (frozen is ideal)
- ¼ cup peanut butter or ABC spread
- 1 teaspoon honey
- 1 tablespoon flax seed meal or LSA

Creamy Mango Banana Smoothie

- ¼ cup rolled oats
- 2 teaspoons of chia seeds, or flax seed meal
- 1 large banana
- ¾ cup blueberries (fresh or frozen)
- 1 cup mango, (fresh or frozen)
- 5cm chunk of cucumber
- 2 cups spinach or other leafy green
- 1 cup of filtered water or coconut water

Protein Smoothie with Berries (Makes 2)

- 1 cup frozen / fresh berries
- ½ banana
- 1 Tbsp chia seeds
- 1 Tbsp Vital Pea protein
- ⅓ cup coconut yoghurt
- 2 medjool dates (pips removed)
- ½ to 1 cup Coconut water

Green Smoothie (Makes 2)

- 1 cup Spinach
- ½ cup Parsley
- 1 to 2 Tbsp Avocado
- 1 Tbsp Coconut oil
- 2 to 3 Medjool dates (pip removed)
- 1 Tbsp Chia seeds
- 2 slices Lemon with skin on
- Small piece of Ginger (to taste)
- 1 cup Water / Coconut water