



# Smoothie Stars

MONTHLY SMOOTHIE BLOG

Smoothie Stars is a blog series that will be introducing 2-3 new “themed” smoothies every month! Smoothies range in a variety of flavors, ingredients, colors and calories. They can be quick & easy to make and great for busy days when you’re on the go. The nutritional facts for each smoothie will be provided and you’ll see that some smoothies are more suited as snacks; some are better off as meals.



January. That start of a new year. Chances are you made some New Year’s resolutions. Maybe to start running, read more, or the ever-so-popular choice to eat healthier. January can be a busy month getting back to work/school after the holidays, and smoothies are a great way to stay in line with your new healthy eating habits while having a quick meal during a busy day.

# 1. “New Year, New Me”

I’m sure you’ve heard the cliché expression before. Every year we think it, we say it, and here is a smoothie that might actually help you achieve it! This green smoothie features spinach, kale, avocado, and superfood kiwi and would be a great way to start your new year, and your new day! It’s low in saturated fat, low in calories, and a good source of fiber.

Recipe:

- 1 cup spinach
- 1 kiwi – peeled
- ½ frozen banana
- 1/3 avocado
- 1 Tbsp lemon juice
- ½ cup water

Add everything to blender and blend until combined.



## Nutrition Facts

Servings: 1

Amount per serving

**Calories** **245**

% Daily Value\*

**Total Fat** 13.6g **17%**

Saturated Fat 2.9g **14%**

**Cholesterol** 0mg **0%**

**Sodium** 41mg **2%**

**Total Carbohydrate** 31.8g **12%**

Dietary Fiber 8.9g **32%**

Total Sugars 14.6g

**Protein** 3.6g

Vitamin D 0mcg **0%**

Calcium 72mg **6%**

Iron 2mg **14%**

Potassium 959mg **20%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

# 2. Apricot Smoothie

Did you know January 9<sup>th</sup> is National Apricot Day? Well, now you do. Celebrate accordingly with this sweet apricot and strawberry smoothie. Only 3 ingredients!

Recipe:

- 2 cups strawberries (I prefer frozen)
- 3 apricots (I used canned)
- ½ cup unsweetened vanilla almond milk (or milk of choice)

Add everything to blender and blend until combined.

Original recipe found at

<https://tastesbetterfromscratch.com/cinnamon-apple-overnight-oats/>

Nutrition Labels were formulated using Verywellfit.com’s recipe analyzer and could vary slightly.



## Nutrition Facts

Servings: 1

Amount per serving

**Calories** **162**

% Daily Value\*

**Total Fat** 3.3g **4%**

Saturated Fat 0.2g **1%**

**Cholesterol** 0mg **0%**

**Sodium** 94mg **4%**

**Total Carbohydrate** 34.7g **13%**

Dietary Fiber 8.3g **30%**

Total Sugars 23.6g

**Protein** 3.8g

Vitamin D 1mcg **3%**

Calcium 210mg **16%**

Iron 2mg **11%**

Potassium 808mg **17%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

### 3. Piña Colada

Despite the cold January weather, this Piña Colada smoothie will have you daydreaming you're sitting on a beach somewhere tropical. I used all frozen fruit in this smoothie because it provided a thicker consistency, but you can use raw if preferred.

- ½ banana, frozen
- ½ cup frozen pineapple
- ½ cup unsweetened coconut milk
- ¼ - ½ cup ice cubes

Add everything but ice cubes to blender and Blend until combined. Then, add ice and blend.



Happy Valentine's Day! This month, we have 3 smoothies with all different shades of pink and red to get you in the lovey-dovey mood.

# 1. Beet My Valentine

Can you guess what the star in this smoothie is? That's right, beets! Beet's may seem like an odd thing to add to a smoothie and I had my doubts at first, but I was happily proved wrong. The beets give it such a beautiful pink color and the taste is hidden by the strawberries.

- 1 cup frozen strawberries
- 1 frozen banana
- 1 red beet (or two baby beets)
- 1 Tbsp vanilla unsweetened almond milk (or milk of choice)
- ½ cup strawberry yogurt

Add everything to blender and blend until combined.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	341
	% Daily Value*
Total Fat 1.2g	1%
Saturated Fat 0.2g	1%
Cholesterol 6mg	2%
Sodium 195mg	8%
Total Carbohydrate 77.4g	28%
Dietary Fiber 8.1g	29%
Total Sugars 53.7g	
Protein 10g	
Vitamin D 1mcg	6%
Calcium 273mg	21%
Iron 2mg	12%
Potassium 1218mg	26%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	

# 2. Berry In Love

Berries. Lots and lots of berries. This smoothie turns into a beautiful deep red color. It's tastes as good as it is pretty.

- 1 cup frozen strawberries
- ¾ cup frozen raspberries
- ½ cup frozen blueberries
- 2 kiwis
- 1/2 cup orange juice

Add everything to blender and blend until combined. Add more orange juice or a little water if it's too thick.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	192
	% Daily Value*
Total Fat 1.3g	2%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 46.2g	17%
Dietary Fiber 10.9g	39%
Total Sugars 29.4g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 69mg	5%
Iron 2mg	13%
Potassium 622mg	13%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	



### 3. Dark Pink Smoothie

Classic strawberry smoothie with a hint of raspberries. The strawberry yogurt and vanilla protein powder give this smoothie a nice thick texture. If you don't have any protein powder, feel free to omit.

- ½ cup frozen strawberries
- ½ cup raspberries
- one scoop vanilla protein powder
- ½ cup of strawberry yogurt
- 1 cup unsweetened vanilla almond milk (or milk of choice)

Add everything to blender and blend until combined.

Nutrition Labels were formulated using [Verywellfit.com's recipe analyzer](#) and could vary slightly.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	225
% Daily Value*	
Total Fat 3.4g	4%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 391mg	17%
Total Carbohydrate 32.3g	12%
Dietary Fiber 6.7g	24%
Total Sugars 18.3g	
Protein 19.2g	
Vitamin D 71mcg	353%
Calcium 652mg	50%
Iron 4mg	24%
Potassium 418mg	9%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.	



March is here! That means spring is hopefully just around the corner. This month we have two green smoothies, all varying widely in flavors and ingredients.

# 1. Green Goodness

This smoothie is one of my favorites. I kind of just happened upon it one day when throwing together what I already had on hand, and it became a staple in my mental smoothie bible. The spinach turns it into such a pretty spring green color and is tasteless. A very fruity, refreshing taste!

- 1 cup spinach
- 1 cup frozen mangoes
- ¾ cup unsweetened vanilla almond milk (or milk of choice)
- 1 container light orange crème yogurt

Add everything to blender and blend until combined.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	226
% Daily Value*	
Total Fat 3.3g	4%
Saturated Fat 0.2g	1%
Cholesterol 3mg	1%
Sodium 285mg	12%
Total Carbohydrate 42.8g	16%
Dietary Fiber 4.3g	15%
Total Sugars 32.7g	
Protein 8.2g	
Vitamin D 2mcg	11%
Calcium 698mg	54%
Iron 2mg	10%
Potassium 864mg	18%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	

# 2. Pistachio Smoothie

I love pistachios. I love pistachio muffins, pistachio pudding, pistachio gelato and just plain ol' pistachios. I hadn't thought of them being in a smoothie, but they're quite enjoyable. Here is another green smoothie for the month of March!

Recipe:

- 1 frozen banana
- 1 cup spinach
- 1/3 cup avocado
- ½ cup raw shelled pistachios
- 1 cup unsweetened vanilla almond milk (or milk of choice)
- splash of almond extract

Add everything to blender and blend until combined.

Nutrition Labels were formulated using [Verywellfit.com's](https://www.verywellfit.com/recipe-analyzer) recipe analyzer and could vary slightly.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	459
% Daily Value*	
Total Fat 29.1g	37%
Saturated Fat 4.4g	22%
Cholesterol 0mg	0%
Sodium 224mg	10%
Total Carbohydrate 43.8g	16%
Dietary Fiber 12.2g	44%
Total Sugars 16.9g	
Protein 10.4g	
Vitamin D 1mcg	6%
Calcium 534mg	41%
Iron 4mg	20%
Potassium 1085mg	23%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	



April!! Spring is upon us, my friends. 3 smoothies for april. 2 featuring carrots, one that's just a very bright springy blue to get you ready for the season.

## 1. Peach Carrot Smoothie

I used baby carrots for this because I thought they were more easily chopped up in the smoothie, but regular. Chopped carrots will work just as well.

- 1 ½ cups Peaches (frozen or canned)
- 1 cup baby carrots
- 1 frozen banana
- ¼ cup nonfat plain Greek yogurt
- 1 cup unsweetened vanilla almond milk

If using frozen peaches, you might want to blend everything else together and blend the frozen peaches in last. Sometimes they can be hard to chop up.



Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>209</b>
% Daily Value*	
<b>Total Fat</b> 5.4g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 30.8g	<b>11%</b>
Dietary Fiber 7.5g	<b>27%</b>
Total Sugars 22.2g	
<b>Protein</b> 11.4g	
Vitamin D 3mcg	13%
Calcium 1005mg	77%
Iron 2mg	12%
Potassium 1109mg	24%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie</u> a day is used for general nutrition advice.	



## 2. Carrot Cake Smoothie

An Easter classic. A favorite of mine. Tastes pretty darn close to the real thing. Baby carrots can be substituted with chopped carrots.

- 1 frozen banana
- 1 cup baby carrots
- 1 cup unsweetened vanilla almond milk (or milk of choice)
- ½ cup nonfat vanilla Greek yogurt
- ¼ cup oats
- 1 tsp vanilla
- 1 tsp cinnamon
- dash of nutmeg

Add everything to blender and blend until combined.

Nutrition Labels were formulated using [Verywellfit.com's](https://www.verywellfit.com/recipe-analyzer) recipe analyzer and could vary slightly.



Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>268</b>
% Daily Value*	
<b>Total Fat</b> 4.2g	<b>5%</b>
Saturated Fat 0.4g	<b>2%</b>
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 318mg	<b>14%</b>
<b>Total Carbohydrate</b> 48.2g	<b>18%</b>
Dietary Fiber 7.9g	<b>28%</b>
Total Sugars 21.1g	
<b>Protein</b> 9.2g	
Vitamin D 1mcg	<b>6%</b>
Calcium 632mg	<b>49%</b>
Iron 2mg	<b>13%</b>
Potassium 909mg	<b>19%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	



Alright, spring is OFFICIALLY here, even in Michigan. With May comes sunshine, flowers, weddings, and of course Mother's Day. We have 3 smoothies for May, and I included my mom's favorite this month!



# 1. Wedding Cake

Tastes like the batter. Add some chocolate sprinkles if you want!

- 1 frozen banana
- 1 cup unsweetened vanilla almond milk (or milk of choice)
- ½ cup raw shelled pistachios
- 1 scoop vanilla protein powder
- 2 Tbsp almond butter
- ¼ tsp almond extract
- ½ tsp butter extract



## Nutrition Facts

Servings: 1

Amount per serving

**Calories** **424**

% Daily Value\*

**Total Fat** 27.4g **35%**

Saturated Fat 2.3g **11%**

**Cholesterol** 0mg **0%**

**Sodium** 191mg **8%**

**Total Carbohydrate** 38.6g **14%**

Dietary Fiber 8.8g **31%**

Total Sugars 17g

**Protein** 12.1g

Vitamin D 1mcg **6%**

Calcium 486mg **37%**

Iron 8mg **43%**

Potassium 834mg **18%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

# 2. Blueberry Cobbler

This is another smoothie I just happened upon one day when trying to use up what I already had.

Recipe:

- 1 cup frozen blueberries
- 1 container nonfat blueberry yogurt
- ¾ cup unsweetened vanilla almond milk (or milk of choice)
- 1/3 cup oats
- dash of cinnamon



## Nutrition Facts

Servings: 1

Amount per serving

**Calories** **343**

% Daily Value\*

**Total Fat** 4.2g **5%**

Saturated Fat 0.3g **2%**

**Cholesterol** 7mg **2%**

**Sodium** 229mg **10%**

**Total Carbohydrate** 61.8g **22%**

Dietary Fiber 7.2g **26%**

Total Sugars 30.7g

**Protein** 13.5g

Vitamin D 1mcg **5%**

Calcium 622mg **48%**

Iron 4mg **21%**

Potassium 332mg **7%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

### 3. Deep Purple Smoothie (mom’s favorite)

A basic smoothie, easy to make, mom approved.

- Recipe:
- 1 cup spinach
  - 1 frozen banana
  - 1 cup unsweetened vanilla almond milk (or milk of choice)
  - ½ cup blueberries
  - ½ cup blackberries

Nutrition Labels were formulated using [Verywellfit.com’s](#) recipe analyzer and could vary slightly.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	214
% Daily Value*	
Total Fat 3.6g	5%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 206mg	9%
Total Carbohydrate 46.5g	17%
Dietary Fiber 10.3g	37%
Total Sugars 25.3g	
Protein 4.7g	
Vitamin D 1mcg	6%
Calcium 507mg	39%
Iron 3mg	18%
Potassium 932mg	20%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.	



Summer is finally here, and school is finally over. June also brings us Father’s Day! Just as I added my mom’s favorite smoothie last month for Mother’s Day, I have my dad’s favorite this time around. Just 2 smoothies this month!

# 1. Raspberry Lemonade

A refreshing summertime drink to get you ready for the warmer weather ahead.

Recipe:

- 1 cup frozen raspberries
- 1 cup nonfat plain Greek yogurt
- ½ cup unsweetened vanilla almond milk (or milk of choice)
- 1 Tbsp lemon juice

Add everything to blender and blend until combined.



## Nutrition Facts

Servings: 1

Amount per serving

**Calories** **336**

% Daily Value\*

**Total Fat** 1.8g **2%**

Saturated Fat 0.1g **1%**

**Cholesterol** 5mg **2%**

**Sodium** 153mg **7%**

**Total Carbohydrate** 70.7g **26%**

Dietary Fiber 11.6g **41%**

Total Sugars 59.2g

**Protein** 13.9g

Vitamin D 1mcg **3%**

Calcium 414mg **32%**

Iron 2mg **11%**

Potassium 644mg **14%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

# 2. Classic Strawnana (dad's favorite)

A classic for a reason.

Recipe:

- 1 cup strawberries
- 1 frozen banana
- 1 cup unsweetened vanilla almond milk (or milk of choice)
- 1 container lite strawberry yogurt

Add everything to blender and blend until combined.

Nutrition Labels were formulated using Verywellfit.com's recipe analyzer and could vary slightly.



## Nutrition Facts

Servings: 1

Amount per serving

**Calories** **261**

% Daily Value\*

**Total Fat** 3.3g **4%**

Saturated Fat 0.1g **1%**

**Cholesterol** 6mg **2%**

**Sodium** 288mg **13%**

**Total Carbohydrate** 51.1g **19%**

Dietary Fiber 7g **25%**

Total Sugars 28.5g

**Protein** 9.2g

Vitamin D 2mcg **11%**

Calcium 679mg **52%**

Iron 2mg **11%**

Potassium 1063mg **23%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*





It's summer. It's hot. It's America's birthday. 3 smoothies this month that represent all of that.

## 1. Apple Pie Liquified

The American classic for America's birthday. Omit the protein powder if you'd like.

Recipe:

- ½ cup unsweetened applesauce
- ½ cup oats
- ½ cup unsweetened vanilla almond milk
- ½ scoop vanilla protein powder
- 2 Tbsp almond butter
- ½ Tbsp honey (or syrup!)
- 1 tsp cinnamon

Put everything in the blender at once and blend. Should blend very easily and will be pretty thin.

\*This smoothie is over 500 calories



### Nutrition Facts

Servings: 1

Amount per serving

**Calories** **514**

% Daily Value\*

**Total Fat** 22.2g **28%**

Saturated Fat 2g **10%**

**Cholesterol** 1mg **0%**

**Sodium** 122mg **5%**

**Total Carbohydrate** 57.9g **21%**

Dietary Fiber 10.9g **39%**

Total Sugars 22.5g

**Protein** 28g

Vitamin D 1mcg **3%**

Calcium 349mg **27%**

Iron 9mg **49%**

Potassium 676mg **14%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

## 2. Red White & Blueberry

This one is kind of fancy. To show off all 3 colors. If you don't want to blend each layer separately and just mix it altogether, be my guest.

Recipe:

- Bottom Layer (blue)
- 1/3 cup strawberries
  - 1/2 container of nonfat blueberry yogurt

- Middle Layer (white)
- 1/2 frozen banana
  - 1/3 cup unsweetened vanilla almond milk (or milk of choice)

- Top Layer (red)
- 1/2 cup frozen strawberries
  - 1/2 cup cranberry juice 100% juice no sugar added



Blend each layer separately. Pour blue (which is more of a purple) layer in glass first, let it settle evenly on the bottom. Gently pour white layer on top of blue layer, let it spread evenly and sit for at least 10 seconds. Finally, gently pour red layer on top. See my failed attempt at stripes below. It still tasted great though!

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	185
% Daily Value*	
Total Fat 1.6g	2%
Saturated Fat 0.1g	0%
Cholesterol 2mg	1%
Sodium 131mg	6%
Total Carbohydrate 36.5g	13%
Dietary Fiber 6.2g	22%
Total Sugars 20g	
Protein 4g	
Vitamin D 1mcg	6%
Calcium 317mg	24%
Iron 2mg	9%
Potassium 474mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	

## 3. Strawtermelon Smoothie

So good and so easy. Perfect hot weather quencher. The strawberry yogurt provides a thicker consistency. You may choose to leave it out if you're looking for a thinner, juice like consistency.

Recipe:

- 3 cups fresh watermelon
- 1 1/2 cup frozen strawberries
- 1 container nonfat strawberry yogurt (optional)

Add watermelon and strawberries to blender and blend until combined. If thicker consistency is desired, add strawberry yogurt. Nutrition label reflects strawberry yogurt added.

Nutrition Labels were formulated using Verywellfit.com's recipe analyzer and could vary slightly.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	206
% Daily Value*	
Total Fat 1.3g	2%
Saturated Fat 0.3g	2%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 50.9g	18%
Dietary Fiber 6.1g	22%
Total Sugars 38.6g	
Protein 4.1g	
Vitamin D 0mcg	0%
Calcium 66mg	5%
Iron 2mg	11%
Potassium 837mg	18%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	



It's the last month of summer. Maybe you're sick of the heat by now, but if you're like me, you'll be missing this heat come December! Just two smoothies this month. Both sweet and savory rather than fruity.

## 1. Gimme Smore

Did you know August 10<sup>th</sup> is National S'mores Day? Perfect for an end-of-summer bonfire. Here's a fun smore smoothie for the occasion.

- Recipe:
- ½ frozen banana
  - ¾ cup dark chocolate almond milk
  - ¼ cup oats
  - 1 Tbsp unsweetened cocoa powder
  - 1 Tbsp marshmallow fluff

Add everything to blender and blend until combined.



Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>217</b>
	% Daily Value*
<b>Total Fat</b> 3.3g	4%
Saturated Fat 0.6g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 187mg	8%
<b>Total Carbohydrate</b> 47.4g	17%
Dietary Fiber 5g	18%
Total Sugars 25.9g	
<b>Protein</b> 3.6g	
Vitamin D 1mcg	5%
Calcium 350mg	27%
Iron 3mg	18%
Potassium 412mg	9%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	



## 2. Birthday Cake Batter

Because why not? Add rainbow sprinkles to make it confetti cake!

- Recipe:
- ½ frozen banana
  - ¼ cup avocado
  - 1 cup unsweetened vanilla almond milk (or milk of choice)
  - ½ scoop vanilla protein powder
  - ½ tsp almond extract
  - ¼ tsp vanilla extract
  - ¼ tsp butter extract
  - rainbow sprinkles optional

Add everything to blender and blend until combined. Omit protein powder if you wish.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	238
% Daily Value*	
Total Fat 10.8g	14%
Saturated Fat 2.1g	10%
Cholesterol 40mg	13%
Sodium 258mg	11%
Total Carbohydrate 21.4g	8%
Dietary Fiber 5g	18%
Total Sugars 8.7g	
Protein 15.3g	
Vitamin D 1mcg	6%
Calcium 463mg	36%
Iron 2mg	12%
Potassium 671mg	14%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.	

Nutrition Labels were formulated using Verywellfit.com’s recipe analyzer and could vary slightly.



Labor Day. Back to School. Leaves are changing. Fall is coming! Get ready with these 2 smoothies.

# 1. Apple Pumpkin Smoothie

Two fall favorites!

Recipe:

- ¾ cup unsweetened applesauce
- ½ cup nonfat plain Greek yogurt
- ½ frozen banana
- ½ cup unsweetened vanilla almond milk (or milk of choice)
- 1/3 cup oats
- 1/3 cup canned pumpkin
- ¼ tsp pumpkin pie spice

Add everything to blender and blend until combined.



Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>453</b>
% Daily Value*	
<b>Total Fat</b> 5.3g	7%
Saturated Fat 0.7g	4%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 164mg	7%
<b>Total Carbohydrate</b> 81.3g	30%
Dietary Fiber 13.4g	48%
Total Sugars 26.9g	
<b>Protein</b> 22.7g	
Vitamin D 1mcg	3%
Calcium 404mg	31%
Iron 5mg	26%
Potassium 725mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	
Recipe analyzed by <b>verywell</b>	

# 2. Peanut Butter and Jelly Smoothie

A school lunch staple.

Recipe:

- 1 frozen banana
- 2 Tbsp peanut butter
- ½ cup unsweetened vanilla almond milk (or milk of choice)
- ½ cup frozen blueberries
- 1 container lite blueberry yogurt

Add everything to blender and blend until combined.

Original recipe found at <https://www.nutritionistreviews.com/2017/11/peanut-butter-jelly-smoothie.html?m=1>



Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>479</b>
% Daily Value*	
<b>Total Fat</b> 19.7g	25%
Saturated Fat 2.7g	13%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 402mg	17%
<b>Total Carbohydrate</b> 66.6g	24%
Dietary Fiber 14.1g	50%
Total Sugars 32.9g	
<b>Protein</b> 15.8g	
Vitamin D 2mcg	11%
Calcium 654mg	50%
Iron 6mg	33%
Potassium 967mg	21%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	

Nutrition Labels were formulated using Verywellfit.com's recipe analyzer and could vary slightly.



Fall is in full throttle. Two Halloween smoothies this month.

# 1. Chocolate Peanut Butter Cup

Just like your favorite candy to get while trick-or-treating. Or at least, my favorite!

Recipe:

- 1/3 avocado
- 1 frozen banana
- 1 cup unsweetened vanilla almond milk (or milk of choice)
- 3 Tbsp peanut butter
- 2 Tbsp unsweetened cocoa powder
- 1 Tbsp maple syrup (sugar free is what I use!)
- 1/2 tsp vanilla extract

Add everything to blender and blend until combined.

Original recipe can be found at <https://cookienameddesire.com/avocado-chocolate-peanut-butter-smoothie/>



Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>405</b>
% Daily Value*	
<b>Total Fat</b> 20.8g	27%
Saturated Fat 4.1g	21%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 261mg	11%
<b>Total Carbohydrate</b> 52.2g	19%
Dietary Fiber 10g	36%
Total Sugars 28.3g	
<b>Protein</b> 8g	
Vitamin D 1mcg	6%
Calcium 478mg	37%
Iron 6mg	31%
Potassium 1061mg	23%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	
Recipe analyzed by <b>verywell</b>	

# 2. Bloody Smoothie

Spooky deep red smoothie to try out this Halloween.

Recipe:

- 1 cup frozen mixed berries (any combination of strawberry, raspberry, blueberry, blackberry!)
- 1 cup cranberry juice
- 1/2 cup ice

Add berries and juice to blender first and blend until combined. Once combined, add ice and blend.

Nutrition Labels were formulated using Verywellfit.com’s recipe analyzer and could vary slightly.



Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 9g	32%
Total Sugars 14g	
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 38mg	3%
Iron 1mg	7%
Potassium 367mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	





## 1. Pumpkin Pie Smoothie

One of my absolute favorites. Really tastes just like pumpkin pie without the crust.

Recipe:

- ½ cup pumpkin
- ½ banana
- 1/3 cup unsweetened vanilla almond milk (or milk of choice)
- 1 ½ Tbsp almond butter
- 1 tsp pumpkin pie spice

Add everything to blender and blend until combined.



### Nutrition Facts

Servings: 1

Amount per serving

**Calories** **351**

% Daily Value\*

**Total Fat** 15.6g **20%**

Saturated Fat 1.7g **8%**

**Cholesterol** 0mg **0%**

**Sodium** 75mg **3%**

**Total Carbohydrate** 52.8g **19%**

Dietary Fiber 13.2g **47%**

Total Sugars 23.7g

**Protein** 9.5g

Vitamin D 0mcg **2%**

Calcium 237mg **18%**

Iron 9mg **49%**

Potassium 1175mg **25%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

## 2. Cinnamon Apple Overnight Smoothie

Yup, that's right! This is the ultimate quick, busy morning smoothie. Prepare it the night before and grab and go in the morning.

Recipe:

- ½ cup rolled oats
- ½ cup vanilla unsweetened almond milk (or milk of choice)
- ¼ cup plain Greek yogurt
- ¼ cup unsweetened applesauce
- 1 tsp ground cinnamon

Add all ingredients to container stir until combined or cover with lid and shake until combined. Cover and refrigerate overnight or for at least 3 hours. After refrigeration, use blender to blend until combined. Can be served cold or hot.



### Nutrition Facts

Servings: 1

Amount per serving

**Calories** **468**

% Daily Value\*

**Total Fat** 6.7g **9%**

Saturated Fat 0.9g **5%**

**Cholesterol** 3mg **1%**

**Sodium** 121mg **5%**

**Total Carbohydrate** 87.5g **32%**

Dietary Fiber 12.9g **46%**

Total Sugars 27.7g

**Protein** 17.5g

Vitamin D 1mcg **3%**

Calcium 360mg **28%**

Iron 4mg **24%**

Potassium 574mg **12%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe originally found at <https://tastesbetterfromscratch.com/cinnamon-apple-overnight-oats/>.

## 3. HOT Chocolate Smoothie

This smoothie can be hot or cold.

Recipe:

- 1 ¼ cup dark chocolate almond milk
- ½ cup oats
- 2 Tbsp unsweetened cocoa powder
- 1 Tbsp dark chocolate chips
- 1 Tbsp almond butter
- 1 Tbsp syrup
- ½ tsp vanilla extract

Add all ingredients to a cup or the bottom of your blender, stir slightly, cover and stick in the fridge over night or for at least 3 hours. In the morning (or after the 3-hour mark) put in blender and blend until combined. If you’d like to drink it hot, heat over stove on low-medium heat. If

Smoothie was originally found at [https://www.runningwithspoons.com/2015/11/07/hot-chocolate-breakfast-smoothie/#a5v\\_p=4739724](https://www.runningwithspoons.com/2015/11/07/hot-chocolate-breakfast-smoothie/#a5v_p=4739724).

Nutrition Labels were formulated using Verywellfit.com’s recipe analyzer and could vary slightly.

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	273
% Daily Value*	
Total Fat 16.2g	21%
Saturated Fat 2.6g	13%
Cholesterol 0mg	0%
Sodium 255mg	11%
Total Carbohydrate 27.6g	10%
Dietary Fiber 6.6g	24%
Total Sugars 5.6g	
Protein 8.7g	
Vitamin D 2mcg	8%
Calcium 586mg	45%
Iron 6mg	32%
Potassium 504mg	11%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	



Another year comes to an end. December is the busiest, happiest, most stressful time of the year. So you really deserve these 3 Christmas cookie flavored smoothies. You’ve earned it.

# 1. Gingerbread Cookie

Recipe:

- ½ frozen banana
- 1 cup nonfat vanilla Greek yogurt
- ¾ cup unsweetened vanilla almond milk (or milk of choice)
- 2 Tbsp almond butter
- ½ Tbsp maple syrup (I use sugar free)
- ½ tsp ginger
- ¼ tsp cinnamon

Add everything to blender and blend until combined.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	439
% Daily Value*	
Total Fat 20.2g	26%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 209mg	9%
Total Carbohydrate 43.1g	16%
Dietary Fiber 6.9g	25%
Total Sugars 25.7g	
Protein 26.4g	
Vitamin D 1mcg	5%
Calcium 582mg	45%
Iron 7mg	40%
Potassium 853mg	18%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	

# 2. Chocolate Chip Cookie

Recipe:

- 1 frozen banana
- ½ cup unsweetened vanilla almond milk (or milk of choice)
- ½ scoop vanilla protein powder
- ¼ cup oats
- 1 Tbsp almond butter
- 1 tsp vanilla extract
- 1 Tbsp dark chocolate chips
- 1 tsp chia seeds (optional)

Add everything to blender and blend until combined.



Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	399
% Daily Value*	
Total Fat 16.2g	21%
Saturated Fat 3.6g	18%
Cholesterol 1mg	0%
Sodium 120mg	5%
Total Carbohydrate 47.3g	17%
Dietary Fiber 7.4g	27%
Total Sugars 23.8g	
Protein 21.4g	
Vitamin D 1mcg	3%
Calcium 329mg	25%
Iron 5mg	26%
Potassium 747mg	16%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	

Nutrition Labels were formulated using [Verywellfit.com](https://www.verywellfit.com)’s recipe analyzer and could vary slightly.