

**Healthy Shaker Bottle Recipes**

Smoothies are a time saving, tasty and nutritious meal or snack any time of day! Use this guide and try these recipes to easily add energizing nutrients to your daily routine:

**Components of a healthy blender bottle smoothie:**

**1 cup Liquid Base:** unsweetened almond/coconut/cashew milk, low-fat dairy milk, coconut water, green tea or water

**1 Protein Source:** 1 cup plain low-fat or Greek yogurt or 1 scoop (15-20 grams) unsweetened rice/hemp/whey protein powder

*\*\* when buying protein powder look for a short ingredient list and “o grams” of sugar*

**½ Cup Sweetener:** fresh/frozen fruit, mashed banana, 100% juice

**“Extras”:** **SWEET:** honey, maple syrup, stevia; **FLAVOR:** peppermint/raspberry/vanilla extract, cocoa powder, shredded ginger; **TART:** fresh lemon/lime juice ; **ENERGIZING:** chia/hemp/flax seeds, shredded ginger, coffee/espresso; **CREAMY:** peanut/almond butter, avocado

**Instructions for All Shakes:** starting with your liquids, put all ingredients into your blender bottle, shake until well combined. Add water and ice to desired consistency. Enjoy!

<p><b>Breakfast On-the-Go</b>            ½ cup 100% orange juice            ½ cup water            1 scoop unsweetened vanilla protein powder            2 tbs. chia seeds</p>	<p><b>Berry Banana</b>            1 cup unsweetened almond milk            ½ mashed banana            ½ cup frozen berries (blueberries, strawberries, etc.)            2 tbs. chia seeds</p>
<p><b>Rise and Shine</b>            8 oz. 100% orange juice            ½ mashed banana            1 scoop unsweetened vanilla protein powder            1 cup plain Greek yogurt            2 tsp. vanilla extract            1 tbs. ground flaxseed</p>	<p><b>Wake Me Up Chocolate Mocha</b>            ½ cup low-fat milk            ¼ cup cold coffee            1 scoop unsweetened chocolate protein powder            1-2 tbs. sweetened of choice</p>
<p><b>Peanut Butter Banana</b>            1 cup lowfat milk            1 tbs peanut butter            ½ mashed banana            1 scoop unsweetened vanilla protein powder</p>	<p><b>Energize and Come Alive</b>            1 cup coconut water            1 tbs. shredded ginger root            ½ cup lemon juice            2 tbs. honey            ¼ cup 100% apple juice</p>
<p><b>Detox</b>            1 cup cold green tea            Juice of ½ of a lemon            1 cup frozen blueberries            ½ cup diced cucumber            Ice and water to desired consistency</p>	<p><b>Perfectly Pumpkin</b>            1 cup lowfat milk            ½ cup unsweetened pumpkin (canned is fine)            1 tsp. cinnamon            1 scoop vanilla protein powder            1 tbs. honey</p>

**Quick Tips:**

- Don’t be shy on shaking it up! The more you shake the better the consistency will be.
- Prepare your smoothies ahead of time! Pre portion powders, milk, juice, and flavoring ahead of time to make quick shakes on the go!