

Plant Based Power Smoothie

SERVINGS
1

PREP TIME
5 MIN

COOK TIME
0 MIN

TOTAL TIME
5 MIN

Smoothies are a great way to pack in a lot of protein at one time. Add tasty fruits, healthy veggies, and some super seeds, and you have a full meal and an energy boost for your day.

ORGANIZING
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Using these recipes, discover quick and easy-to-make Plant-Based Power Smoothies. Then, customize your own with this comprehensive list of ingredients to keep it exciting with all the different combinations you can make.

CUSTOMIZABLE INGREDIENTS		RECIPES TO TRY
<p>Liquid Base:</p> <ul style="list-style-type: none"> •Dairy-Free Milk of Choice (Almond, Soy, Oat, Coconut) •Coconut Water •Water •Fruit Juice (in moderation) 	<p>Protein Sources:</p> <ul style="list-style-type: none"> •Plant Based Protein Powder •Silken Tofu •Nut Butter (Peanut, Almond, etc.) •Sunflower Butter (Nut-Free) •Superseeds: Chia, Flax, and Hemp 	<p>1</p> <p>HEALTHIER RECIPE</p> <ul style="list-style-type: none"> •Ice •Dairy-Free Milk of Choice •Generous Sprinkle of Superseeds: Flax, Hemp & Chia •Scoop of Plant Based Powder of Choice •Handful of Spinach or Kale
<p>Fruits (Fresh or Frozen):</p> <ul style="list-style-type: none"> •Berries (Strawberries, Blueberries, Raspberries) •Mango, Pineapple, Apple, Pear, Peach, Kiwi •Banana •Orange or Citrus Fruits 	<p>Vegetables:</p> <ul style="list-style-type: none"> •Spinach •Kale •Avocado •Cucumber •Carrot 	<p>2</p> <p>ENERGY BOOST RECIPE</p> <ul style="list-style-type: none"> •Ice •Dairy-Free Milk of Choice •1 Date •Handful of Blueberries •1 tablespoon of Almond Butter •Scoop of Plant-Based Protein Powder
<p>Texture and Thickness:</p> <ul style="list-style-type: none"> •Ice Cubes •Frozen Fruits •Rolled Oats •Flaxseeds 	<p>Sweeteners:</p> <ul style="list-style-type: none"> •Maple Syrup •Agave Nectar •Medjool Dates 	<p>3</p> <p>TASTY RECIPE</p> <ul style="list-style-type: none"> •Ice •Scoop of Plant Based Powder of Choice •Approximately 1 tsp Cocoa Powder (vegan) •1/2 Frozen Banana (pre-cut into 4 pieces) •Approximately 2 tsp Peanut Butter Powder (or Scoop of Peanut Butter)
<p>Flavor Enhancers:</p> <ul style="list-style-type: none"> •Vanilla Extract •Cinnamon •Nutmeg •Ginger •Mint Leaves 	<p>Superfoods & Supplements:</p> <ul style="list-style-type: none"> •Powders: Spirulina, Chlorella, or Matcha •Acai Berries 	<p>4</p> <p>GREEN DETOX RECIPE</p> <ul style="list-style-type: none"> •Ice •Coconut Water •1/2 Avocado •Handful of Cucumber Slices •Scoop of Green Superfood Powder