

SMOOTHIE RECIPES



CHOCOLATE TAHINI SMOOTHIE

BY TRICIA WILLIAMS OF FOOD MATTERS
SERVES 2

INGREDIENTS:

- handful of ice
- 1 cup coconut milk
- 1 cup almond milk
- 1 scoop vanilla pea protein powder
- 2 tbsp tahini
- 2 tbsp cocoa powder
- ½ cup blueberries
- ¼ teaspoon maca



INSTRUCTIONS:

1. Place all ingredients in a high powered blender and mix at high speed until smooth and creamy. Serve immediately.

BERRY BEAUTY BLAST SMOOTHIE

BY TRICIA WILLIAMS OF FOOD MATTERS
SERVES 2

INGREDIENTS:

- ¼ cup frozen blueberries
- ¼ cup frozen raspberries
- ¼ cup frozen strawberries
- ¼ cup kale
- 2 scoops vanilla pea protein powder
- 1 cup coconut milk
- handful ice



INSTRUCTIONS:

1. Place all ingredients in a high power blender. Whirl until completely smooth. Serve immediately.
2. For an added boost of healthy fats, serve with a side of tahini.

MOCHA CHOCA SMOOTHIE RECIPE

BY JANICE LIPMAN

SERVES 1

INGREDIENTS:

- 1 scoop vanilla pea protein powder
- ¼ cup brewed organic coffee or 1 teaspoon organic instant coffee powder
- 1 cup unsweetened coconut milk
- 1 tablespoon raw cacao powder
- ¼ avocado
- 1 tablespoon almond butter
- 1 tablespoon coconut oil
- 1 tablespoon chia seeds
- ¼ teaspoon ground cinnamon
- 6–8 ice cubes (use less if you want your smoothie less cold)



INSTRUCTIONS:

1. Place all ingredients in a high power blender. Whirl until completely smooth. Serve immediately.