

HEALTHY SMOOTHIES MADE SIMPLE

20 NUTRITIOUS SMOOTHIE RECIPES FOR
ENERGY, FITNESS & WELLNESS

WELLNESS IN EVERY SIP



www.sleepinglittleangels.com

1. Banana Peanut Protein Smoothie

Ingredients:

Banana – 1 medium

Milk (or almond milk) – 1 cup

Peanut butter – 1 tbsp

Oats – 2 tbsp

Honey – 1 tsp

Method:

Blend all ingredients until smooth and creamy.

Benefits:

Energy boost, muscle support, long-lasting fullness.



2. Green Detox Smoothie

Ingredients:

Spinach – 1 cup

Green apple – 1 (chopped)

Cucumber – ½ cup

Lemon juice – 1 tbsp

Water – 1 cup

Method:

Blend until bright green and smooth.

Benefits:

Detox, digestion, skin glow.



3. Strawberry Yogurt Smoothie

Ingredients:

Strawberries – 1 cup

Greek yogurt – ½ cup

Milk – ½ cup

Honey – 1 tsp

Method:

Blend until thick and creamy.

Benefits:

Gut health, protein-rich, refreshing.



4. Mango Oat Smoothie

Ingredients:

Mango chunks – 1 cup

Oats – 2 tbsp

Milk – 1 cup

Chia seeds – 1 tsp

Method:

Blend all ingredients until smooth.

Benefits:

Fiber-rich, keeps you full.



5. Chocolate Banana Fitness Smoothie

Ingredients:

Banana – 1

Cocoa powder – 1 tbsp

Milk – 1 cup

Peanut butter – 1 tbsp

Method:

Blend until chocolatey smooth.

Benefits:

Workout recovery, muscle fuel.



6. Apple Cinnamon Smoothie

Ingredients:

Apple – 1 (peeled, chopped)

Yogurt – ½ cup

Cinnamon – ¼ tsp

Milk – ½ cup

Method:

Blend well.

Benefits:

Blood sugar balance, digestion.



7. Berry Antioxidant Smoothie

Ingredients:

Mixed berries – 1 cup

Yogurt – ½ cup

Honey – 1 tsp

Water – ½ cup

Method:

Blend until vibrant.

Benefits:

Immunity boost, anti-aging.



8. Date Almond Energy Smoothie

Ingredients:

Dates – 3 (pitted)

Almonds – 8 (soaked)

Milk – 1 cup

Method:

Blend until smooth.

Benefits:

Natural energy, iron-rich.



9. Pineapple Mint Smoothie

Ingredients: Pineapple –
1 cup Mint leaves – few
Lemon juice – 1 tbsp
Water – 1 cup **Method:**
Blend and serve chilled.
Benefits: Digestion,
refreshing.



10. Blueberry Protein Smoothie

Ingredients:

Blueberries – 1 cup

Greek yogurt – ½ cup

Milk – ½ cup

Flaxseeds – 1 tsp

Method:

Blend until thick.

Benefits:

Brain health, high protein.



11. Orange Carrot Smoothie

Ingredients:

Orange - 1 (peeled)

Carrot - ½ cup grated

Ginger - small piece

Water - ½ cup

Method:

Blend until smooth.

Benefits:

Eye health, immunity.



12. Avocado Banana Smoothie

Ingredients:

Avocado – ½

Banana – 1

Milk – 1 cup

Honey – 1 tsp

Method:

Blend until creamy.

Benefits:

Healthy fats, skin nourishment.



13. Papaya Digestive Smoothie

Ingredients: Papaya -

1 cup Yogurt - ½ cup

Chia seeds - 1 tsp

Method: Blend well.

**Benefits: Digestion,
gut health.**



14. Coffee Protein Smoothie

Ingredients:

Cold coffee - ½ cup

Banana - 1

Milk - ½ cup

Peanut butter - 1 tbsp

Method:

Blend until frothy.

Benefits:

Energy + protein.

A
AL-AB



COFFEE SMOOTHIE

15. Watermelon Hydration Smoothie

Ingredients:

Watermelon – 2 cups

Mint – few leaves

Lemon juice – 1 tbsp

Method:

Blend lightly.

Benefits:

Hydration, summer refreshment.



16. Kiwi Spinach Smoothie

Ingredients:

Kiwi – 2

Spinach – ½ cup

Apple juice – ½ cup

Method:

Blend smooth.

Benefits:

Vitamin C, immunity.



17. Coconut Banana Smoothie

Ingredients:

Banana – 1

Coconut milk – 1 cup

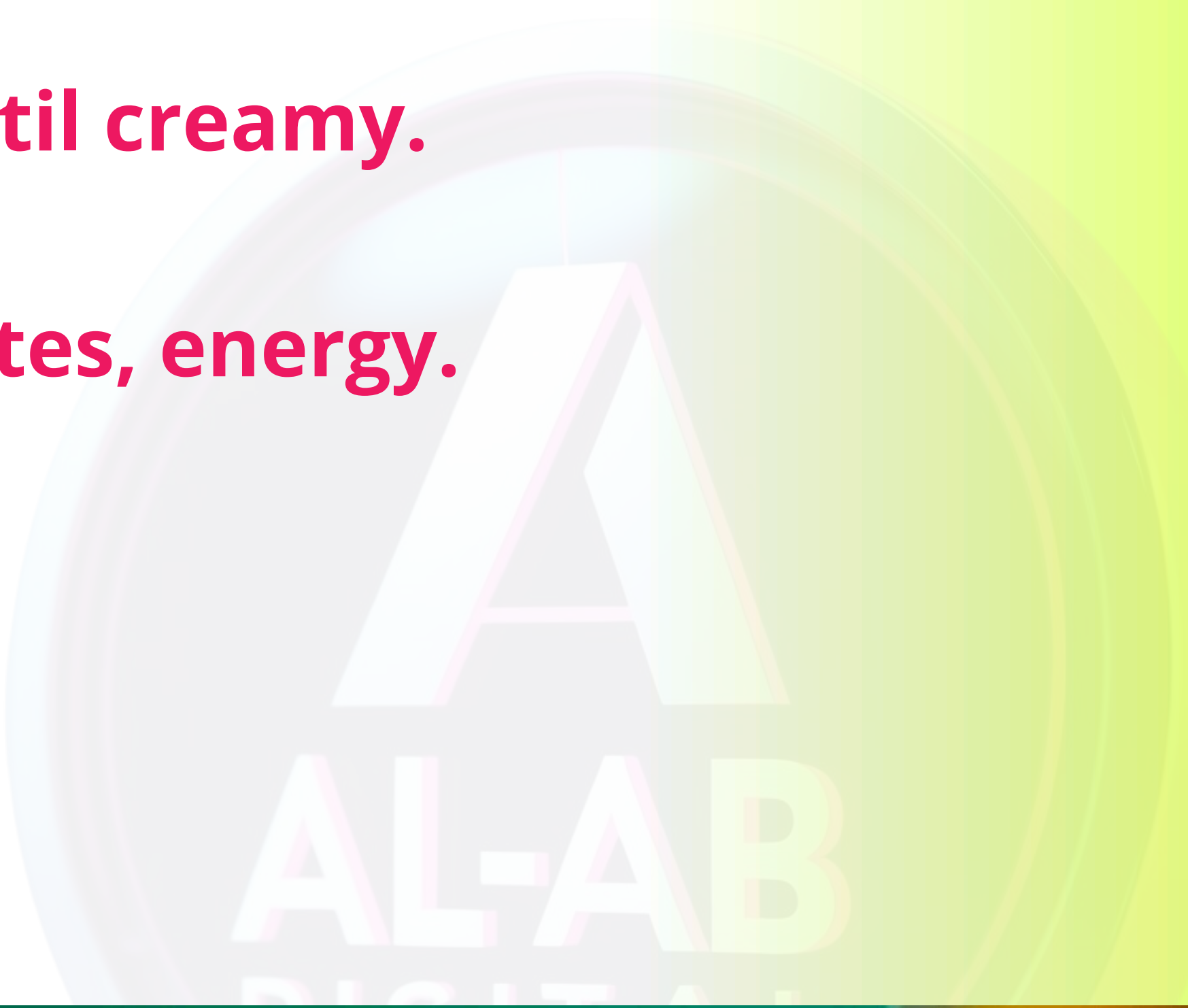
Honey – 1 tsp

Method:

Blend until creamy.

Benefits:

Electrolytes, energy.



18. Beetroot Power Smoothie

Ingredients:

Boiled beetroot – ½ cup

Apple – 1

Lemon juice – 1 tbsp

Water – ½ cup

Method:

Blend until smooth.

Benefits:

Blood circulation, stamina.



19. Oats Breakfast Smoothie

Ingredients:

Oats – ¼ cup

Banana – 1

Milk – 1 cup

Peanut butter – 1 tbsp

Method:

Blend thoroughly.

Benefits:

Perfect breakfast replacement.



20. Golden Turmeric Smoothie

Ingredients:

Banana - 1

Milk - 1 cup

Turmeric - ¼ tsp

Honey - 1 tsp

Method:

Blend gently.

Benefits:

Anti-inflammatory, immunity boost.

