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Spring Cleaning Smoothie Recipes

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14 items

Fruits

- 1/4 Avocado
- 1 1/2 Banana
- 1 Kiwi
- 1/2 Lemon

Frozen

- 2 cups Frozen Cauliflower
- 1/4 cup Frozen Mango
- 4 Ice Cubes

Vegetables

- 1 1/4 cups Baby Spinach

Condiments & Oils

- 1 tbsp Coconut Butter

Cold

- 1 cup Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Milk

Other

- 1/4 cup Protein Powder
- 1/2 cup Vanilla Protein Powder
- 1 cup Water

Kiwi Green Smoothie v1

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Avocado

Use flax/chia seed instead.

No Protein Powder

Use collagen peptides instead.

Ingredients

- 1 Kiwi (small, peel on)
- 1/2 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/4 cups Baby Spinach
- 1/4 Avocado
- 1 cup Water
- 2 Ice Cubes

Mango Coconut Smoothie v1

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Coconut Milk

Use unsweetened almond milk or water.

No Protein Powder

Use collagen peptides instead.

Ingredients

- 1/4 cup** Frozen Mango
- 1 cup** Frozen Cauliflower
- 1/2** Banana (medium)
- 1 cup** Unsweetened Coconut Milk
- 1/4 cup** Protein Powder
- 2** Ice Cubes

Lemon Tart Smoothie v1

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

What is Coconut Butter?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

No Protein Powder

Use collagen peptides instead.

Ingredients

- 1/2 Lemon (juiced)
- 1/2 Banana (frozen)
- 1 cup Frozen Cauliflower
- 1 tbsp Coconut Butter
- 1/4 cup Vanilla Protein Powder
- 1 cup Unsweetened Almond Milk