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Smoothies PDF Free Download: 38 Recipes and a Cheat Sheet

Unless a row says otherwise, "yogurt" means 1/2 cup plain nonfat Greek yogurt, "milk" means 1/2 cup low-fat milk, "almond milk" means 1 cup unsweetened, and "greens" means a loose cup of spinach or kale. Calories are rounded estimates based on USDA FoodData Central values and will shift with brands and portions.

The Basic Blend Formula

- **Liquid:** 1/2 to 1 cup milk, soy milk, almond milk or water.
- **Protein:** yogurt, cottage cheese, silken tofu, kefir or protein powder.
- **Produce:** 1 to 1 1/2 cups fruit and vegetables, ideally frozen.
- **Extras:** 1 tablespoon nut butter, chia, flax or oats for staying power.

Easy Fruit Smoothies

Fruit-forward blends are the easiest place to start. Most come together in a few minutes once the fruit is already in the freezer.

Smoothie	Main ingredients	Approx. calories	Note
Strawberry Banana	1 cup strawberries, 1/2 banana, yogurt, milk	~220	Classic first smoothie
Mango Pineapple	1/2 cup each fruit, yogurt, coconut water	~180	Tropical, kid-friendly
Mixed Berry	1 cup berries, 1/2 banana, almond milk	~160	Add yogurt for protein
Peach Ginger	1 cup peaches, yogurt, almond milk, ginger	~160	Use frozen peaches
Cherry Vanilla	1 cup cherries, yogurt, almond milk, vanilla	~190	Tastes like dessert
Tropical Orange	1/2 cup orange juice, mango, 1/2 banana, yogurt	~220	Juice: keep it small
Watermelon Mint	2 cups watermelon, lime, mint, ice	~90	Light summer sipper
Apple Pie	1 apple, yogurt, milk, 2 tbsp oats	~250	Add cinnamon

Green Smoothies

Greens hide better than you'd expect when they're paired with something sweet. Start with the banana-based blends if spinach is new to you.

Smoothie	Main ingredients	Approx. calories	Note
Beginner Green	Greens, 1 banana, almond milk, 1 tbsp peanut butter	~240	Banana hides the spinach
Pineapple Spinach	Greens, 1 cup pineapple, yogurt, water	~160	Bright, not grassy
Kale Mango	Kale, 1 cup mango, coconut water, lime	~140	Remove tough kale stems
Cucumber Apple	1/2 cucumber, 1 apple, greens, lemon	~120	Very refreshing
Avocado Green	1/2 avocado, greens, 1/2 banana, almond milk	~210	Extra creamy
Green Pear	1 pear, greens, yogurt, ginger	~170	Ripe pears blend best
Mint Chip Green	Greens, 1/2 banana, almond milk, cacao nibs	~150	Add fresh mint
Kiwi Spinach	2 kiwis, greens, 1/2 banana, yogurt	~200	Tangy and bright

High-Protein Smoothies

These are the blends to reach for after a workout or when breakfast needs to last until lunch. Protein amounts are approximate and vary by brand, so check your powder label.

Smoothie	Main ingredients	Approx. calories	Note
Peanut Butter Banana	1 cup yogurt, 1/2 banana, peanut butter, milk	~330	About 30 g protein
Chocolate Cherry	1 cup cherries, soy milk, cocoa, yogurt	~250	About 20 g protein
Cottage Cheese Berry	1/2 cup cottage cheese, 1 cup berries, milk	~210	About 20 g protein
Vanilla Protein Shake	1 scoop powder, 1 cup milk, 1/2 banana	~280	Check powder label
Silken Tofu Berry	1/2 cup silken tofu, berries, soy milk	~220	Vegan, about 15 g protein
Kefir Blueberry	1 cup low-fat kefir, blueberries, flax	~230	Contains live cultures
Mocha Protein	Cold coffee, 1 cup yogurt, 1/2 banana, cocoa	~200	Contains caffeine
Pumpkin Pie	1/2 cup pumpkin puree, yogurt, 1/2 banana, milk	~210	Great around Thanksgiving

Breakfast Smoothies That Keep You Full

Oats, chia and nut butter do most of the filling work here. They slow things down so the glass lasts longer.

Smoothie	Main ingredients	Approx. calories	Note
Blueberry Oat	1/4 cup oats, blueberries, yogurt, milk	~280	Oats add fiber
Banana Bread	1 banana, 1/4 cup oats, almond butter, almond milk	~320	Add cinnamon
Chia Berry	1 tbsp chia, 1 cup berries, yogurt, almond milk	~230	Thickens as it sits
Date Almond	1 date, almond butter, 1/2 banana, almond milk	~250	Dates add natural sugar
PB and J	1 cup strawberries, peanut butter, yogurt, milk	~260	Lunchbox flavor
Carrot Cake	1/2 cup carrots, 1/2 banana, oats, yogurt	~250	Use almond milk
Mango Lassi Style	1 cup mango, yogurt, milk, cardamom	~220	Pinch of cardamom

Lower-Sugar Smoothies

Cauliflower and zucchini add body without much sweetness. Frozen works best for both.

Smoothie	Main ingredients	Approx. calories	Note
Berry Avocado	1/2 cup raspberries, 1/4 avocado, almond milk, chia	~190	Low sugar, rich
Cauliflower Berry	1/2 cup frozen cauliflower, berries, yogurt	~150	You won't taste it
Cocoa Avocado	1/4 avocado, cocoa, soy milk, cinnamon	~150	Pudding-like texture
Cucumber Mint Yogurt	1/2 cucumber, yogurt, mint, lemon	~90	Savory and cool
Zucchini Blueberry	1/2 cup frozen zucchini, blueberries, almond butter	~190	Add almond milk
Raspberry Coconut	1 cup raspberries, yogurt, coconut flakes	~200	Use unsweetened flakes
Spinach Peanut	Greens, peanut butter, cottage cheese, almond milk	~220	Savory-sweet, filling

Ingredient Cheat Sheet: Use Freely or Go Easy

Use this sheet when you're swapping ingredients or building a blend from scratch. The "how often" column is a guide, not a rule.

Ingredient	Typical serving	Approx. calories	How often
Spinach or kale	1 cup raw	~10	Use freely
Frozen unsweetened berries	1 cup	~70	Use freely
Plain nonfat Greek yogurt	1/2 cup	~65	Use freely
Unsweetened almond milk	1 cup	~35	Use freely
Banana	1 medium	~105	In moderation
Nut butter	1 tablespoon	~95	In moderation
Avocado	1/4 fruit	~60	In moderation
Fruit juice	1/2 cup	~55	Go easy
Honey or maple syrup	1 tablespoon	~50 to 65	Go easy
Ice cream or sherbet	1/2 cup	~130 or more	Skip for daily blends

Keep this sheet near the blender. Put a star next to the recipes your household likes, and within a week or two it becomes your own personal menu.