

Smoothie Recipes by Marion Shirran

All the recipes make enough for 1 person. I use a Nutribullet to make my smoothies, but you can just use a normal blender instead, and the end result will be just as tasty! Depending on how powerful your blender is, it might not grind up all the various seeds quite as efficiently as the Nutribullet, so your smoothies will not be quite as smooth.

Berry Breakfast

40g porridge oats	148 cals
30g (1 cup) spinach	7 cals
50g cucumber	8 cals
50g blueberries	39 cals
5g cacao nibs	20 cals
1 dessertspoon (20g) natural Greek Yoghurt	20 cals
2 dessertspoons (10g) vanilla whey protein	39 cals
1 teaspoon (5g) chia seeds	24 cals
1 dessertspoon (5g) linseeds	27 cals
½ cup (125ml) unsweetened almond milk	30 cals
½ cup (125ml) coconut water	25 cals

Total number of calories =387 cals



I sometimes add in a few pieces of beetroot too, and this ensures the “Berry Breakfast” smoothie turns out a vivid purple colour!



Club Tropicana

A large handful of spinach leaves (30g)	7 cal
5cm (2 inches) of cucumber chopped (50g)	8 cal
½ a small avocado (25g)	40 cal
1 small carrot sliced (50g)	21 cal
Few slices of banana (50g)	45 cal
50g fresh or frozen pineapple	25 cal
50g fresh or frozen mango	30 cal
1 dessertspoon (20g) natural Greek yoghurt	20 cal
1 dessertspoon (5g) hulled hemp seeds	30 cal
1 teaspoon sunflower seeds (5g)	29 cal
1 dessertspoon desiccated coconut (3g)	18 cal
1 teaspoon chia seeds (5g)	24 cal
1 dessertspoon linseeds (flaxseeds) (5g)	27 cal
½ cup unsweetened almond milk (125ml)	30 cal
½ cup coconut water (125ml)	25 cal

Total number of calories = 379 cal



Minty Melon Medley

Large handful (50g) mixed salad leaves	10 cals
5cm (2 inches) of cucumber chopped (50g)	8 cals
½ a small avocado (25g)	40 cals
1 small cooked beetroot (75g)	33 cals
100g watermelon	30 cals
100g strawberries	32 cals
2 tablespoons fresh mint leaves (3g)	2 cals
1 dessertspoon (20g) natural Greek yoghurt	20 cals
1 dessertspoon (5g) hulled hemp seeds	30 cals
1 teaspoon (5g) sunflower seeds	29 cals
1 teaspoon (5g) chia seeds	24 cals
1 dessertspoon (5g) linseeds (flaxseeds)	27 cals
½ cup (125ml) unsweetened almond milk	30 cals
½ cup (125ml) coconut water	25 cals

Total = 340 cals

(Sorry there's no watermelon in the picture below, as it wasn't in season when I was putting together the photographs to go with the recipes!)

