

⑥ Delicious  
Smoothies  
to start  
your day



I am so excited to share these smoothie recipes!  
Smoothies the perfect on the **GO** breakfast!



My name is Danielle.....  
I own Cooking Gods and  
Yep that is me in the photo

How many times have you made a smoothie and you either make too much or even worse...not enough!!

I have put together these 6 recipes that will fit perfectly into your 16 oz ( 500ml) smoothie jars. You will get it right from the start with no wasting precious money and ingredients

I have used cup and spoon measurements and there is a good reason for this. I sell an AMAZING set on Amazon.

It was these cups and spoons that started the whole journey of using utensils and products that are low tox/plastic free. Simple little changes all add up to look after our health.

So to help you achieve your perfect smoothies - I have a SWEET 25% discount code you can use you get yourself a set



Click on the image for a direct link  
to our Amazon store  
( We are on Amazon.com)

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Your 25% discount code to use on Amazon - CUPS2YOU

for more recipes visit [www.cookinggods.com](http://www.cookinggods.com)



# Strawberry Greek Yogurt Smoothie

A delicious old-fashioned style smoothie!

With the perfect sweetness and acidity, the strawberry also brings many vitamins and antioxidants. Get a boost of energy and protein!

## Ingredients:

$\frac{2}{3}$  cup Milk

$\frac{2}{3}$  cup Greek Yogurt

1 cup fresh or frozen Strawberries

1 tbsp. natural vanilla extract

Honey, Agave syrup, Maple Syrup or sweetener to taste

## Directions:

Add milk, yogurt, strawberries, vanilla, and sweetener to blender.

Mix until smooth.

## Tips



If increasing your Protein is important - swap the Greek yogurt with Cottage Cheese. I know it sounds a little unappealing but it will taste the same but give you a massive 17gs of protein compared to 8 grams in the Greek Yoghurt and make it ultra creamy



To make this dairy free - swap milk and yogurt with coconut milk and coconut yogurt



## Tropical Smoothie

Don't just wait for summer - Have a tropical taste sensation all year round  
With this smoothie recipe. This will stop the winter blues!

### **Ingredients:**

**1 cup mango, cubed**

**1 cup pineapple, cubed**

**1 small frozen banana**

**½ cup milk, more if needed**

**Honey or sweetener to taste - This is already sweet so taste before adding any!**

### **Directions:**

**Mix all ingredients in a blender and enjoy!**

## Tips



Use frozen fruit to have this year round.

Mangos freeze really well or use store bought frozen pieces or even tinned slices

Pineapple also freezes well - chop up a sweet pineapple and store in airtight bags or containers



Swap milk with coconut milk for some extra Caribbean vibes



## *Dairy Free Chocolate Smoothie*

Chocolate is life!!... Enjoy this delicious dairy-free smoothie. Regardless if you are vegan, lactose intolerant or just want a break from dairy, this almond milk chocolate smoothie will satisfy your cravings!.

### **Ingredients:**

**1.5 cups almond milk**

**2 tbsp. raw cacao powder**

**1 tbsp. of either flax, hemp seeds or chia seeds**

**3 pitted dates - You can soften dates in hot water for 5 minutes if they are very hard.**

**A small frozen banana OR a 1/2 cup of crushed ice**

### **Directions:**

**Add all the ingredients to a blender and mix well and enjoy immediately**

## **Tips**

- ♥ Add depth to this smoothie by adding a dash of cinnamon
- ♥ If you a coffee person - add a shot of espresso ( You may need to add an extra date or dash of sweetner
- ♥ If you want a protein boost add an extra tbsp of a nut butter - Peanut, Almond or Cashew



## Breakfast Smoothie

This smoothie is perfect for breakfast, snack or any time you wish a recharge of energy.

### Ingredients:

**1.5 cups cups milk**

**1 frozen banana**

**6 dried plums (prunes)- soak them in hot water for 5 mins if they are hard**

**1 tbsp peanut butter**

**1 tbsp. protein powder, vegan or regular**

**1 tsp. cinnamon powder**

**¼ tsp. nutmeg**

**Honey, Maple syrup or sweetener to taste**

### Directions:

**Add all ingredients to the blender. Mix very well.**

## Tips

- ♥ Use a plant based milk to make this dairy free - Oat milk would make it a true breakfast on the GO
- ♥ 1 tbsp of good quality cocoa or cacao will give you a nice kick of chocolate to get you off to a great start



## Spinach and Ginger Smoothie

Spinach is delicate and refreshing and ginger is strong and spicy. Together these two ingredients will wake up your body and mind! Plus berries to give you a hit of antioxidants.

### Ingredients:

**1 cup almond milk**

**1 cup baby spinach**

**1 cup strawberries or mixed frozen berries**

**1 frozen banana**

**1/2 inch of fresh ginger grated or chopped ( add more if you love ginger!)**

**Add honey or another sweetener to taste**

### Directions:

**Add all ingredients to the blender. Mix very well.**

## Tips

♥ Any plant based milk will work with these ingredients

♥ Add a sprig of mint to the mix to add an extra ZING

♥ If you are out of bananas - try a pear instead. Make sure you use frozen berries to get that cold and creamy texture



## *Super Berry Smoothie*

Super in berries and super in flavors! This smoothie is fruity and dairy free. With sweetness from the apple and packed with antioxidants, it's a portion of pure fruit joy! ]

### **Ingredients:**

**1 cup frozen berries**

**1/3 cup apple juice (chilled) or use a small chopped apple**

**1/4 cup rolled oats**

**1/4 teaspoon ground cinnamon**

**2/3 cup almond milk (chilled)**

**Honey, Agave syrup, Brown Sugar or sweetener to taste**

### **Directions:**

**Add all ingredients to the blender.**

**Mix well and serve right away.**

## **Tips**

♥ Any plant based milk will work with these ingredients

♥ For a thick smoothie - 1/2 cup of Vanilla yogurt can be used instead of almond milk - you may have to add a dash of milk if it is too thick.