

A photograph of four smoothies in clear glasses with blue rims, each with a silver straw. The smoothies are yellow, pink, green, and red. They are arranged on a dark blue tray with a wooden rim. In the foreground, there is a small white bowl of granola, a whole pink apple, and a pile of fresh raspberries and blackberries. The background is a blurred green outdoor setting.

*Zero Belly
Smoothies Recipes*

Fruit Smoothie

BLUEBERRY DAZZLER

A favorite of TYF clients consider using wild blueberries (you can find them in the freezer section); they're higher in just about every nutrient than conventional blueberries.

½ cup frozen blueberries

½ tablespoon almond butter

½ cup unsweetened almond milk

1 scoop vanilla plant-based protein powder

Water to blend (optional)

254 calories, 7 g fat, 19 g carb, 10 g sugar, 20 g protein, 4 g fiber

Green Smoothie

GREEN MONSTER

This filling, creamy drink isn't what you think of when you imagine a classic green drink: It's a lot more like a milkshake than a juice. But it will affect you in the exact opposite way: A 2012 study in the American Journal of Clinical Nutrition found that consuming pears (as well as apples and blueberries) reduced the risk of diabetes.

½ Bosc pear

½ frozen banana

¼ ripe avocado

½ cup baby spinach, loosely packed

½ cup no-sugar-added apple juice

¼ cup water

1 scoop plain plant-based protein powder

Water to blend

271 calories, 6 g fat, 40 g carb, 18 g sugar, 15 g protein, 8 g fiber

Nutty & Chocolatey Smoothie

DARK CHOCOLATE BANANA NUT

Four words that combine to sound like a jam session at Ben & Jerry's house. The density of the banana will have you convinced you're drinking a milkshake, while the omega-3s in the walnuts will keep your mind sharp and your belly lean.

1 frozen banana
2 squares of dark chocolate
1 cup unsweetened almond milk
¼ cup walnuts
3 ice cubes
1 scoop of chocolate vegan protein powder

229 calories, 11 g fat, 26 g carb, 10 g sugar, 28 g protein, 7 g fiber

Savory Smoothie

TURMERICAN DREAM

Turmeric may be the single most powerful anti-inflammatory food in nature's arsenal, thanks to its unique active compound, curcumin. It's a staple of Indian food and blends perfectly with tropical fruits like pineapple.

½ cup fresh pineapple, chunked
½ frozen banana
1 Tbsp turmeric
1 cup unsweetened almond milk
1 scoop plant-based plain protein powder

293 calories, 3 g fat, 43 g carb, 26 g sugar, 27 g protein, 6 g fiber