

# 5 day smoothie reboot

Five ready-to-blend green  
smoothies for busy mornings

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## smoothies ready to go when you are

Whether you're eating breakfast on the way to school or the office, hungry for some quick post-workout fuel, or trying to get into a healthy breakfast groove, these ready-to-blend green smoothies have got your back.

All 5 (one for each weekday) are loaded with nutrients, high in protein, vegan-friendly and absolutely delicious. Twenty minutes on the weekend is all you need to set yourself up for a great week!

### On the menu:

- Almond Butter + Jelly Smoothie
- Tropical Twist Green Smoothie Bowl
- Chocolate Coconut Green Smoothie
- Blueberry Muffin Smoothie
- Peanut Butter + Banana Smoothie



## smoothie bag prep 101

It doesn't take long to prepare a smoothie, but freezing ingredients ahead of time can make the prep process even faster. At the beginning of the week, gather everything called for in the recipes that follow, plus 5 resealable sandwich bags. For best results, add the ingredients in these steps:

- Fresh greens, patted dry
- Vega One™ (or your choice of protein powder), oats and seeds
- Nut butters - adding greens and dry ingredients first will help prevent nut butter from sticking to the bag
- Fruits and non-leafy veggies
- Non-dairy yogurt cubes, previously frozen in ice trays

Squeeze as much air out of the bags as you can prior to sealing them and popping them in the freezer. When you're ready to make your smoothies, dump the entire contents of the bag into your blender jug, add 1 cup of Silk® non-dairy beverage of choice, and blend away!

# almond butter + jelly smoothie

## What you'll need:

- 1 big handful romaine lettuce or spinach
- 1 serving French Vanilla Vega One
- 1 cup of your favourite berries
- 1 generous tbsp natural almond butter
- 2 tsp chia seeds
- 1 cup Silk Unsweetened Almond Beverage

## What to do:

- Put all ingredients except the Silk Unsweetened Almond Beverage in a resealable bag. Freeze until ready to use.
- When ready to blend, pour all ingredients in the bag into the blender along with the almond milk.
- Blend until completely smooth.
- Pour the smoothie into a glass and serve.



# tropical twist green smoothie bowl

## What you'll need:

- 1 big handful mixed lacinato kale + chard
- 1 serving Coconut Almond Vega One
- 1/3 cup each diced pineapple + mango
- ½ peeled kiwi
- 1/8 peeled avocado
- ½-1" piece fresh peeled ginger
- 1 cup Silk Unsweetened Coconut Beverage
- optional garnishes: toasted coconut flakes and diced mango

## What to do:

- Put all ingredients except the Silk Unsweetened Coconut Beverage and garnishes in a resealable bag. Freeze until ready to use.
- When ready to blend, pour all ingredients in the bag into the blender along with the coconut milk.
- Blend until completely smooth.
- Pour the smoothie into a bowl, garnish and serve.



# chocolate coconut green smoothie

## What you'll need:

- 1 big handful chopped romaine lettuce
- 1 serving Chocolate Vega One
- 4 cubes coconut yogurt (frozen in ice cube trays)
- 3 tbsp gluten-free oats
- 1 tsp cacao powder
- 1 cup Silk Unsweetened Coconut Beverage
- optional garnishes: toasted coconut flakes and dairy-free chocolate chips

## What to do:

- Put all ingredients except the Silk Unsweetened Coconut Beverage and garnishes in a resealable bag. Freeze until ready to use.
- When ready to blend, pour all ingredients in the bag into the blender along with the coconut milk.
- Blend until completely smooth.
- Pour the smoothie into a glass, garnish and serve.



# Blueberry muffin smoothie

## What you'll need:

- 1 big handful of spinach or mild mixed greens
- 1 serving French Vanilla Vega One
- ¼ cup gluten-free oats
- 4 cubes coconut yogurt (frozen in ice trays)
- 1 cup blueberries
- 1 tsp lemon zest
- 1 cup Silk Unsweetened Almond Beverage

## What to do:

- Put all ingredients except the Silk Unsweetened Almond Beverage in a resealable bag. Freeze until ready to use.
- When ready to blend, pour all ingredients in the bag into the blender along with the almond milk.
- Blend until completely smooth.
- Pour the smoothie into a glass and serve.



# peanut butter + banana green smoothie

## What you'll need:

- 1 big fistful mixed Swiss chard + spinach
- 1 serving French Vanilla Vega One
- 1 small ripe banana, peeled
- 1 tbsp natural peanut butter
- 1 tsp ground cinnamon
- 1 cup Silk Unsweetened Vanilla Cashew Beverage

## What to do:

- Put all ingredients except the Silk Unsweetened Vanilla Cashew Beverage and garnishes in a resealable bag. Freeze until ready to use.
- When ready to blend, pour all ingredients in the bag into the blender along with the cashew milk.
- Blend until completely smooth.
- Pour the smoothie into a glass and serve.





# about the author

Hi there!

My name is Angela, and thank you so much for downloading these recipes. Since you're here, I'm willing to bet you have a thing for smoothies too. If so, I think we're going to get along nicely!

I'm the blogger, photographer and chief taste tester behind eat-spin-run-repeat.com. By sharing adventures in the kitchen and my personal experiences, my hope with this blog is to inspire you to live an active and fulfilling life, fuelled by delicious, plant-based foods. You'll find hundreds of recipes and workouts, as well as goal setting tips and strategies to turn big dreams into reality.



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# about Vega and Silk

To learn more about the products used in these recipes, check out Vega and Silk at the links below.

Vega



Silk



