BALANCED BREAKFAST SMOOTHIES

Do you have difficulties eating first thing in the morning?

Are you too rushed to make time for breakfast?

A Balanced Breakfast Smoothie may be the answer for you!

"Balanced" means that it contains the right combination of nutrients (protein, carbohydrates, fat & fibre) to give you energy and keep you satisfied longer.

<u>The Benefit of Protein at Breakfast:</u>

Adding a healthy dose of protein at breakfast (15-25 g) helps to keep you full ALL DAY LONG! It can reduce your cravings for snacks throughout the day. This can be helpful if weight loss is a goal for you.

<u>Breakfast Smoothie Recipe</u>: (see back for recipe chart)

1. Peaches 'n Cream Smoothie
2. Chocolate Peanut Butter Smoothie
3. Pina Colada Smoothie
4. Pumpkin Pie Smoothie
5. Very Berry Smoothie
6. Tropical Sun Smoothie
7. Green Monster Smoothie
8. Make-Your-Own-Smoothie

Breakfast Smoothie Recipe Yield: 1 serving

Directions: Select recipe. Place all ingredients into blender. Blend until smooth. Enjoy ☺

Recipe Name	Lean Protein	Healthy Fat	Fruity Carbs	Liquid	Other	Nutrition Info
Peaches 'n Cream Smoothie	½ cup cottage cheese	1 Tbsp hemp hearts	1 cup frozen peach slices	¼ cup milk*, ½ cup orange juice	¼ tsp vanilla, ½ tsp cinnamon	296 calories, 37 g carbs, 4.7 g fibre, 22 g protein
Chocolate Peanut Butter Smoothie	¾ cup plain, non-fat yogurt	1 Tbsp peanut butter	1 small banana (cut in chunks & frozen)	½ cup milk*	1 ½ Tbsp cocoa powder, 1 tsp honey (optional)	344 calories, 50 g carbs, 5.7 g fibre, 20 g protein
Pina colada Smoothie	1/2 cup of tofu (soft, firm, or extra firm)	1 Tbsp ground flax	½ cup frozen pineapple chunks, ½ banana	½ cup coconut beverage	--	330 calories, 50 g carbs, 6.2 g fibre, 17 g protein
Pumpkin Pie Smoothie	20 g whey protein isolate powder	1 Tbsp ground chia	½ cup canned pumpkin, 2 medjool dates pitted	1 cup unsweetened vanilla almond beverage	½ tsp cinnamon, 1 tsp maple syrup, ½ tsp vanilla	309 calories, 55 g carbs, 9 g fibre, 22 g protein
Very Berry Smoothie	¾ cup no sugar added, non-fat, berry Greek yogurt	1 Tbsp hemp hearts	1 cup frozen mixed berries	½ cup original almond beverage	1 tsp stevia (optional)	308 calories, 34 g carbs, 13 g fibre, 22 g protein
Tropical Sun Smoothie	20 g whey protein isolate powder	1 Tbsp ground chia	¾ cup frozen tropical fruit blend, ½ banana	1 cup almond-coconut beverage	1 tsp stevia (optional)	322 calories, 46 g carbs, 8.2 g fibre, 20 g protein
Green Monster Smoothie	20 g whey protein isolate powder	¼ avocado	½ banana, ½ cup frozen mango chunks	1 cup original almond beverage	½ tsp vanilla extract, 1 cup spinach	351 calories, 40 g carbs, 9.7 g fibre, 23 g protein
Make-your-own-Smoothie	15-20 g favourite protein	1-2 Tbsp favourite healthy fat	1 cup favourite frozen fruit	Add favourite liquid to desired smoothie consistency	Add favourite flavours. Limit honey or maple syrup to one teaspoon.	

*Milk can be interchanged with almond beverage or soy beverage depending on personal preference.

***Add 1 handful of greens (kale, spinach or swiss chard) to increase fibre, vitamins & minerals!