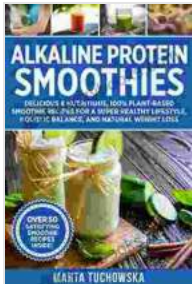


100 Plant-Based Smoothie Recipes for a Super Healthy You



Alkaline Protein Smoothies: Delicious & Nutritious, 100% Plant-Based Smoothie Recipes for a Super Healthy Lifestyle, Holistic Balance, and Natural Weight Loss (Alkaline Lifestyle Book 6) by Marta Tuchowska

★★★★☆ 4.4 out of 5

Language : English
File size : 3255 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 132 pages
Lending : Enabled



Are you looking for a delicious and nutritious way to boost your health? Look no further than these 100 plant-based smoothie recipes. With a variety of flavors and nutrients packed into each glass, these smoothies are perfect for breakfast, lunch, dinner, or a snack.

What are the benefits of plant-based smoothies?

Plant-based smoothies are a great way to get your daily dose of fruits, vegetables, and whole grains. They are also a good source of vitamins, minerals, and antioxidants. Some of the specific benefits of plant-based smoothies include:

- Improved digestion
- Reduced inflammation
- Boosted immunity
- Increased energy levels
- Improved skin health
- Reduced risk of chronic diseases, such as heart disease, stroke, and cancer

What are the best ingredients to use in plant-based smoothies?

The best ingredients to use in plant-based smoothies are those that are fresh, organic, and in season. Some of the most popular ingredients include:

- Fruits: berries, bananas, mangoes, pineapples, apples, oranges
- Vegetables: spinach, kale, cucumber, celery, carrots
- Whole grains: oats, quinoa, brown rice
- Nuts and seeds: almonds, walnuts, chia seeds, flaxseeds
- Dairy-free milk: almond milk, coconut milk, soy milk

How to make a plant-based smoothie

Making a plant-based smoothie is easy! Simply combine your desired ingredients in a blender and blend until smooth. You can add water or dairy-free milk to adjust the consistency. If you want a thicker smoothie,

add more frozen fruit or vegetables. If you want a thinner smoothie, add more liquid.

100 plant-based smoothie recipes

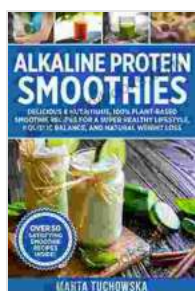
Here are 100 plant-based smoothie recipes to get you started:

1. **Green smoothie:** spinach, kale, cucumber, celery, green apple, lemon juice, water
2. **Berry smoothie:** strawberries, blueberries, raspberries, blackberries, banana, almond milk, yogurt
3. **Tropical smoothie:** mango, pineapple, banana, coconut milk, lime juice, rum (optional)
4. **Peanut butter cup smoothie:** peanut butter, banana, cocoa powder, almond milk, ice
5. **Pumpkin pie smoothie:** pumpkin puree, banana, pumpkin pie spice, almond milk, yogurt
6. **Apple pie smoothie:** apples, cinnamon, nutmeg, ginger, banana, almond milk, yogurt
7. **Gingerbread smoothie:** gingerbread cookies, banana, almond milk, yogurt
8. **Eggnog smoothie:** eggnog, banana, almond milk, ice
9. **Hot chocolate smoothie:** cocoa powder, banana, almond milk, ice
10. **Salted caramel smoothie:** salted caramel sauce, banana, almond milk, ice
11. **Vanilla bean smoothie:** vanilla bean, banana, almond milk, yogurt

12. **Chocolate peanut butter banana smoothie:** chocolate protein powder, peanut butter, banana, almond milk, ice
13. **Strawberry banana smoothie:** strawberries, banana, almond milk, yogurt
14. **Mango pineapple smoothie:** mango, pineapple, banana, coconut milk, lime juice
15. **Green apple spinach smoothie:** green apple, spinach, banana, almond milk, yogurt
16. **Blueberry banana smoothie:** blueberries, banana, almond milk, yogurt
17. **Raspberry banana smoothie:** raspberries, banana, almond milk, yogurt
18. **Blackberry banana smoothie:** blackberries, banana, almond milk, yogurt
19. **Strawberry mango smoothie:** strawberries, mango, banana, almond milk, yogurt
20. **Pineapple banana smoothie:** pineapple, banana, almond milk, yogurt
21. **Peach banana smoothie:** peaches, banana, almond milk, yogurt
22. **Apricot banana smoothie:** apricots, banana, almond milk, yogurt
23. **Cherry banana smoothie:** cherries, banana, almond milk, yogurt
24. **Fig banana smoothie:** figs, banana, almond milk, yogurt
25. **Date banana smoothie:** dates, banana, almond milk, yogurt
26. **Raisin banana smoothie:** raisins, banana, almond milk, yogurt

27. **Chocolate banana smoothie:** chocolate protein powder, banana, almond milk, ice
28. **Peanut butter banana smoothie:** peanut butter, banana, almond milk, ice
29. **Almond butter banana smoothie:** almond butter, banana, almond milk, ice
30. **Cashew butter banana smoothie:** cashew butter, banana, almond milk, ice
31. **Sunflower seed butter banana smoothie:** sunflower seed butter, banana, almond milk, ice
32. **Pumpkin seed butter banana smoothie:** pumpkin seed butter, banana, almond milk, ice
33. **Tahini banana smoothie:** tahini, banana, almond milk, ice
34. **Quinoa banana smoothie:** quinoa, banana, almond milk, yogurt
35. **Chia seed banana smoothie:** chia seeds, banana, almond milk, yogurt
36. **Flaxseed banana smoothie:** flaxseeds, banana, almond milk, yogurt
37. **Hemp seed banana smoothie:** hemp seeds, banana, almond milk, yogurt
38. **Spirulina banana smoothie:** spirulina, banana, almond milk, yogurt
39. **Maca root banana smoothie:** maca root, banana, almond milk, yogurt
40. **Ashwagandha banana smoothie:** ashwagandha, banana, almond milk, yogurt

41. **Shatavari banana smoothie:** shatavari, banana, almond milk, yogurt
42. **Tulsi banana smoothie:** tulsi, banana, almond milk, yogurt
43. **Amla banana smoothie:** amla, banana, almond milk, yogurt
44. **Turmeric banana smoothie:** turmeric, banana, almond milk, yogurt
45. **Ginger banana smoothie:** ginger, banana, almond milk, yogurt
46. **Cinnamon banana smoothie:** cinnamon, banana, almond milk, yogurt
47. **Nutmeg banana smoothie:** nutmeg, banana, almond milk, yogurt
48. **Clove banana smoothie:** clove, banana, almond milk, yogurt
49. **Cardamom banana smoothie:** cardamom, banana, almond milk, yogurt
50. **Black pepper banana smoothie:** black pepper, banana, almond milk, yogurt
51. **Long pepper banana smoothie:** long pepper, banana, almond milk, yogurt
52. **Pippali banana smoothie:** pippali, banana, almond milk, yogurt
53. **Tejpat banana smoothie:** tejpat, banana, almond milk, yogurt
54. **Dalchini banana smoothie:** dalchini, banana, almond milk, yogurt



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