



# Healthy Smoothies



# Apple Oat Smoothie

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**3 Tbsp** gluten-free oatmeal

**2 Tbsp** almond butter

**1 apple**, chopped

**¼ tsp** nutmeg

**1 ½ tsp** cinnamon

**½ cup** ice

**1 cup** non-dairy milk alternative (we used almond)

**½ or 1 serving** [Vega One French Vanilla](#) or [Natural](#)

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**1** Add all ingredients into a blender.

**2** Blend until smooth and enjoy!

# Blueberry Lemon Tart Smoothie

The blueberry lemon tart smoothie will help you stride through your busiest schedule knowing you've got your nutritional bases covered—quickly and deliciously.

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**½ cup** blueberries

**2 Tbsp** lemon juice (the juice of one lemon)

**1 serving** Vega One French Vanilla or Natural

**½ cup** water

**½ cup** ice (omit if using frozen blueberries)

**Optional:** **½ cup** spinach

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- 1** Pre-prep: Fill blender pitcher with the fresh ingredients and put in the fridge before you go to bed.
- 2** In the morning, add ice, water and a scoop of Vega One to make a smoothie in less than a minute.







# Banana Matcha Smoothie

Need a little kick in your morning smoothie? Not only does matcha green tea powder add a delicious, earthy flavor to this smoothie, but it also adds an energizing boost! Try swapping this nutrient dense combo for your morning coffee.

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**½** frozen banana

**1 tsp** matcha green tea powder

**1 cup** non-dairy milk alternative

**1 serving** [Vega One French Vanilla](#) or [Natural](#)

**½ cup** ice

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**1** Add all ingredients into a blender.

**2** Blend until smooth.

**3** Enjoy!

# Greenña Colada Smoothie

Our take on a Piña Colada, the Greenña Colada smoothie gets a nutrient boost from spinach. Don't let the color scare you, this combination is delicious!

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**½ cup** frozen mango chunks

**Handful** of fresh spinach

**½ cup** pineapple chunks

**2 Tbsp** shredded coconut

**½ cup** unsweetened coconut milk

**1 serving** [Vega Tropical Tango Protein Smoothie](#)

**Optional:** **1 tsp** agave nectar

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**1** Add all ingredients into a blender.

**2** Blend until smooth.

**3** Enjoy!





# Chocolate Banana Protein Smoothie

This simple combination is a fan favorite. Use frozen bananas if you have them on-hand, as they make this smoothie extra rich and creamy.

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**1 banana**, fresh or frozen

**1 cup** unsweetened milk alternative

**1 serving** [Vega Sport Chocolate Performance Protein](#)

**Optional:** ½ **Tbsp** cocoa powder

**Optional:** ½ **tsp** cinnamon

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**1** Add all ingredients into a blender.

**2** Blend until smooth.

**3** Enjoy!

# Pumpkin Pie Smoothie

We're all for anything that tastes like pie in smoothie-form, and this combination fits the bill. If you're feeling extra indulgent, try adding a tablespoon of raw cacao powder for a chocolaty kick. Yum!

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**½ cup** pumpkin puree

**½** frozen banana

**½ tsp** pumpkin pie spice (adjust according to your tastes)

**1 cup** non-dairy milk alternative

**1 serving** [Vega One Vanilla Chai](#) or [French Vanilla](#)

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**1** Add all ingredients into a blender.

**2** Blend until smooth.

**3** Enjoy!







# Coconut Latte Smoothie

Feel like you need a little extra kick in your morning smoothie? This delicious combo may do the trick. Cooled espresso or instant coffee granules blend beautifully with coconut milk and Vega One French Vanilla.

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**½ cup** unsweetened coconut milk

**½ cup** ice

**1 shot** cooled espresso, **or 1 tsp** instant coffee granules (decaf if desired)

**1 serving** [Vega One French Vanilla](#) or [Vega Protein Smoothie Viva Vanilla](#)

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- 1** Add all ingredients into a blender.
- 2** Adjust liquid to reach desired thickness.
- 3** Enjoy!



# Blackberry Almond Bliss Smoothie

In the mood for a little bliss? Give this smoothie a try! Non-dairy almond yogurt, blackberries, and Vega Sport Performance Protein are blended into a creamy and satisfying smoothie — perfect for a post-workout snack.

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**½ cup** non-dairy almond yogurt (natural or vanilla flavored)

**1 cup** frozen blackberries

**½ cup** spinach

**1 cup** water

**1 scoop** [Vega Sport Vanilla Performance Protein](#)

**½ cup** ice

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**1** Add all ingredients into a blender.

**2** Adjust liquid to reach desired thickness.

**3** Enjoy!





# Carrot Cake Smoothie

If you've got a soft spot for the spicy goodness of carrot cake, this one's for you. Perfect for breakfast, this smoothie is packed with protein and fiber to keep you full and ready to tackle your day.

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**1½ cups** milk substitute (or filtered water)

**1 cup** carrots (1 large or 2 small carrots)

**1 serving** [Vega One Vanilla Chai](#) **or** [Vega Sport Vanilla Performance Protein](#)

**2 Tbsp** oats

**1 banana** fresh or frozen

**1 tsp** fresh ginger

**1 tsp** vanilla

**1 tsp** cinnamon

**1 tsp** allspice

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**1** Add all ingredients into a blender.

**2** Adjust liquid to reach desired thickness.

**3** Enjoy!

(Recipe contributed by [Blender Babes](#))

# Red Velvet Smoothie

This smoothie gets its deep red color from beets.

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**1 medium** beet, peeled and chopped

**½ cup** strawberries, fresh or frozen

**1 Tbsp** cacao powder

**1 serving** [Vega One Chocolate](#)

**1 cup** water

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- 1** Place all ingredients into the blender in the order listed and secure lid.
- 2** Blend for 30-45 seconds or until desired consistency is reached.
- 3** Pour into glasses and enjoy immediately!

