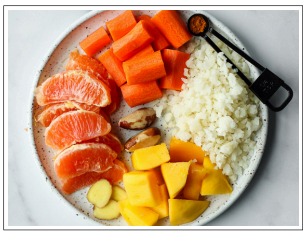


4 DIY FREEZER SMOOTHIE BAGS

Prep Time: 10 mins. Total Time: 10 mins. One bag serves: 2

Four delicious smoothies to start your day off right or give you an afternoon boost. Each one is packed with real food ingredients including naturally sweet fruits, nutritious greens and cauliflower, and a healthy dose of fat from avocado and nuts. Make these smoothie bags ahead of time and pop them in your freezer so you'll always have a healthy snack within reach. Freeze the prepared bags and when you're ready to enjoy a smoothie, simply add the contents of a bag to a blender along with milk of choice and yogurt plus any optional nutrition boosters and give it a whirl. Great for on-the-go and kid-friendly, too!

How to Make Smoothie Bags:

Place the smoothie ingredients in a reusable zip-top bag. Seal and place in the freezer for up to 3 months.

How to Make the Smoothie:

1. Place all of the contents of a bag in a blender along with the additional ingredients and optional nutrition boosters. Turn the blender on low and gradually increase speed. Blend until smooth.
2. Add more milk of choice to achieve desired consistency.

Tips and Tidbits from the RDs:

- For dairy-free and vegan-friendly use a dairy-free yogurt in place of the Greek yogurt or omit the yogurt and add 1 ¼ - 1 ¾ cup unsweetened non-dairy milk of choice instead of ¾ - 1 ¼ cup.
- For nut-free use a non-nut based milk.
- If you prefer a sweeter tasting smoothie, feel free to add your favorite natural sweetener such as honey or maple syrup.

IMMUNE BOOSTING CITRUS SMOOTHIE

Keep your body healthy from the inside out with ingredients that can boost your natural immune defense and help your microbiome thrive.

GLUTEN-FREE · GRAIN-FREE · EGG-FREE · NUT-FREE · NO ADDED SUGAR

Smoothie Bag Ingredients:

- 1 medium carrot, cut into chunks
- 1 medium orange, peeled and segmented
- ½ cup cubed pineapple or mango
- ½ cup frozen cauliflower rice or florets
- 2 Brazil nuts or 2 tablespoons raw pumpkin seeds
- 1 teaspoon minced fresh ginger (or use 1 teaspoon ground ginger)
- ½ teaspoon minced fresh turmeric (or use ⅛ teaspoon ground turmeric)

Additional Ingredient To Add To Blender:

- ¾ - 1 ¼ cup milk of choice
- ½ cup plain or vanilla Greek yogurt, kefir, or additional milk

To Make Smoothie:

1. Place all of the contents of a bag in a blender along with the additional ingredient and optional nutrition boosters. Turn the blender on low and gradually increase speed. Blend until smooth.
2. Add more milk of choice to achieve desired consistency.

Suggested Booster:
1 tablespoon chia seeds, flax seeds, or hemp hearts

NUTRITION INFO: (Serving size: ½ of recipe)
185 calories | 7 g fat | 2 g saturated fat | 150 mg sodium
23 g carbs | 17 g sugar | 5 g fiber | 8 g protein

BERRY BLAST BEAUTY SMOOTHIE

The ingredients contain vitamins and antioxidants that have been shown to improve skin elasticity and moisture, and protect from sun damage.

GLUTEN-FREE · GRAIN-FREE · EGG-FREE · NO ADDED SUGAR

Smoothie Bag Ingredients:

- 1 ¼ cup fresh or frozen berries of choice
- 1 medium banana, cut in half
- ½ cup frozen cauliflower rice or florets
- 1 cup fresh spinach leaves
- ½ avocado, diced
- 2 Brazil nuts or 2 tablespoons raw pumpkin seeds

Additional Ingredient To Add To Blender:

- ¾ - 1 ¼ cup milk of choice
- ½ cup plain or vanilla Greek yogurt, kefir, or additional milk

To Make Smoothie:

1. Place all of the contents of a bag in a blender along with the additional ingredient and optional nutrition boosters. Turn the blender on low and gradually increase speed. Blend until smooth.
2. Add more milk of choice to achieve desired consistency.

Suggested Booster:
1 scoop collagen peptides

NUTRITION INFO: (Serving size: ½ of recipe)
225 calories | 9 g fat | 2 g saturated fat | 150 mg sodium
26 g carbs | 14 g sugar | 6 g fiber | 9 g protein

MANGO GREEN ENERGY SMOOTHIE

This ingredient combo supplies an appropriate amount of protein, healthy fats, and fiber to keep your energy up.

GLUTEN-FREE · GRAIN-FREE · EGG-FREE · NUT-FREE · NO ADDED SUGAR

Smoothie Bag Ingredients:

- 1 cup diced fresh or frozen mango (or use pineapple or peaches)
- ½ cup frozen cauliflower rice or florets
- 1 ½ cups fresh spinach leaves
- ½ avocado, diced
- 1 tablespoon coconut flakes

Additional Ingredient To Add To Blender:

- ¾ - 1 ¼ cup milk of choice
- ½ cup plain or vanilla Greek yogurt, kefir, or additional milk

To Make Smoothie:

1. Place all of the contents of a bag in a blender along with the additional ingredient and optional nutrition boosters. Turn the blender on low and gradually increase speed. Blend until smooth.
2. Add more milk of choice to achieve desired consistency.

Suggested Booster:
1 scoop collagen peptides or
1 scoop protein powder (may need to add more liquid)

NUTRITION INFO: (Serving size: ½ of recipe)
184 calories | 9 g fat | 3 g saturated fat | 150 mg sodium
20 g carbs | 14 g sugar | 5 g fiber | 9 g protein

CHOCOLATE BANANA RECOVERY SMOOTHIE

Help your brain, muscles, and body recover after a workout or an especially stressful day.

GLUTEN-FREE · GRAIN-FREE · EGG-FREE · NO ADDED SUGAR

Smoothie Bag Ingredients:

- 1 medium banana, cut in half
- ½ cup frozen cauliflower rice or florets
- 1 cup fresh spinach leaves
- ½ avocado, diced
- 2 tablespoons cocoa powder or cacao nibs
- 1 tablespoon nut butter of choice

Additional Ingredient To Add To Blender:

- ¾ - 1 ¼ cup milk of choice
- ½ cup plain or vanilla Greek yogurt, kefir, or additional milk

To Make Smoothie:

1. Place all of the contents of a bag in a blender along with the additional ingredient and optional nutrition boosters. Turn the blender on low and gradually increase speed. Blend until smooth.
2. Add more milk of choice to achieve desired consistency.

Suggested Booster:
1 scoop collagen peptides or
1 scoop protein powder (may need to add more liquid)

NUTRITION INFO: (Serving size: ½ of recipe)
235 calories | 12 g fat | 3 g saturated fat | 200 mg sodium
24 g carbs | 10 g sugar | 8 g fiber | 11 g protein