

# Vegan Protein Smoothie Recipe Guide

Boost your health with these delicious, nutrient-packed vegan protein smoothies. Follow these easy recipes and tips to create your perfect smoothie every time!

## 1. Green Powerhouse Smoothie

- 1 cup unsweetened almond milk
- 1 scoop pea protein powder
- 1 banana
- 1 handful of spinach
- 1 tbsp chia seeds
- 1/2 avocado
- 1/2 tsp spirulina (optional)

Blend all ingredients until smooth.

Nutrition per serving:

Calories: ~250 | Protein: ~22g | Carbs: ~30g | Fats: ~8g

## 2. Berry Antioxidant Protein Smoothie

- 1 cup coconut water
- 1 scoop hemp protein powder
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 banana
- 1 tbsp flaxseeds
- 1/2 tsp cinnamon

Blend everything for a fruity delight!

Nutrition per serving:

Calories: ~240 | Protein: ~18g | Carbs: ~35g | Fats: ~6g

## Build-Your-Own Vegan Smoothie Formula

Base (1 cup): Almond milk, oat milk, coconut water

Protein (1 scoop): Pea, hemp, soy, or rice protein

Fruits & Veggies (1-2 cups): Berries, banana, kale, spinach

Superfoods (1-2 tbsp): Chia seeds, flaxseeds, cacao powder

Healthy Fats (1 tbsp): Nut butter, avocado, nuts, seeds

### **Time-Saving Smoothie Hacks**

Pre-portion smoothie packs and freeze for easy blending.

Use ready-to-drink plant-based protein milk for convenience.

Blend the night before and store in an airtight container.

Invest in a portable blender for smoothies on the go.

### **Enjoy Your Smoothies!**

We'd love to see your smoothie creations! Tag us on social media and share your favorites.