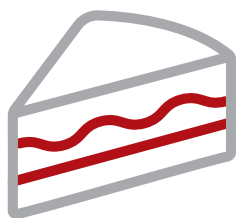




5 min.



1 (each)



APPLE CHEESECAKE SMOOTHIE

INGREDIENTS

- ½ cup applesauce
- ¼ cup silken tofu
- ¼ cup milk of choice
- ½ cup frozen banana slices ¹
- ¼ cup quick oats
- 5 mandarin oranges segments
- ⅛ tsp vanilla extract ²
- Pinch of ground cinnamon
- 2 ice cubes

PREPARATION

1. Add applesauce, tofu, and milk into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Enjoy!

¹ you can use fresh banana, but it will lack a bit of creamy texture

² optional

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 380 / Protein (g): 15 / Fat (g): 6 / CHO (g): 72 / Fibre (g): 8
Ca (mg): 139 / Fe (mg): 3 / Na (mg): 42



ORANGE CREAMSICLE SMOOTHIE

INGREDIENTS

- ½ cup almond milk
- 3 tbsp juice from canned mandarins
- ½ cup canned mandarin oranges ³
- ⅓ cup (85 g) silken tofu
- ¼ cup quick oats
- ½ cup frozen banana slices
- 3 ice cubes
- 1 tsp honey ⁴

PREPARATION

1. Start by adding almond milk and orange juice into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Taste and add more juice, if necessary.

³ we recommend canned because they do not have skin

⁴ or maple syrup for adding sweetness

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 398 / Protein (g): 13 / Fat (g): 8 / CHO (g): 75 / Fibre (g): 7
Ca (mg): 223 / Fe (mg): 4 / Na (mg): 93



PB & J SMOOTHIE

INGREDIENTS

- ½ cup almond milk
- ¼ cup silken tofu
- 1 tbsp smooth peanut butter
- 1 tbsp seedless jam of choice ⁵
- ½ cup frozen banana slices
- ⅛ tsp ground cinnamon
- 3 ice cubes
- 1 tsp honey ⁶

PREPARATION

1. Start by adding almond milk and silken tofu into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Taste and add more almond milk, if necessary.

⁵ seeds can cause discomfort

⁶ or maple syrup for sweetness

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 330 / Protein (g): 8 / Fat (g): 12 / CHO (g): 52 / Fibre (g): 3
Ca (mg): 195 / Fe (mg): 2 / Na (mg): 93



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Apple Cheesecake Smoothie

INGREDIENTS

½ cup applesauce	5 mandarin oranges segments
¼ cup silken tofu	⅛ tsp vanilla extract
¼ cup milk of choice	Pinch of ground cinnamon
½ cup frozen banana slices	2 ice cubes
¼ cup quick oats	

PREPARATION

1. Add applesauce, tofu, and milk into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Enjoy!

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 380 / Protein (g): 15 / Fat (g): 6 / CHO (g): 72 / Fibre (g): 8 / Ca (mg): 139 / Fe (mg): 3 / Na (mg): 42

Orange Creamsicle Smoothie

INGREDIENTS

½ cup almond milk	⅓ cup (85 g) silken tofu
3 tbsp juice from canned mandarines	¼ cup quick oats
½ cup canned mandarin oranges	½ cup frozen banana slices
	3 ice cubes
	1 tsp honey

PREPARATION

1. Start by adding almond milk and orange juice into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Taste and add more juice, if necessary.

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 398 / Protein (g): 13 / Fat (g): 8 / CHO (g): 75 / Fibre (g): 7 / Ca (mg): 223 / Fe (mg): 4 / Na (mg): 93

PB & J Smoothie

INGREDIENTS

½ cup almond milk	⅛ tsp ground cinnamon
¼ cup silken tofu	3 ice cubes
1 tbsp smooth peanut butter	1 tsp honey
1 tbsp seedless jam of choice	
½ cup frozen banana slices	

PREPARATION

1. Start by adding almond milk and silken tofu into a blender. Blend briefly.
2. Add remaining ingredients and blend on high until smooth.
3. Taste and add more almond milk, if necessary.

NUTRITION FACTS (1 SMOOTHIE)

Kcal: 330 / Protein (g): 8 / Fat (g): 12 / CHO (g): 52 / Fibre (g): 3 / Ca (mg): 195 / Fe (mg): 2 / Na (mg): 93