

Mercy Canada's 2-week Smoothie Challenge

These recipes are simply a guide; you can swap ingredients and modify as needed, based on what you have on hand and preferences

Monday

Green smoothie

A tasty tropical treat packed with iron, potassium and vitamins galore.

1 cup spinach
1 cup water
½ cup pineapple (frozen)
½ cup mango (frozen)
1 banana
1 serving protein powder (optional)

Tip: Blend spinach and water first, then add the other ingredients.

Tuesday

Epic Almond smoothie

Drink this protein-packed smoothie before or after a workout to replenish muscles, or as a meal replacement to curb your appetite until your next meal.

1 cup almond milk
2 tbsp almonds
1 banana
½ cup strawberries, frozen
½ tsp ground cinnamon
Honey (optional)

Wednesday

Creamy Blueberry smoothie

Infused with nutritious superfood blueberries, high in antioxidants

1 cup blueberries, frozen
1 cup cashew milk
½ cup non-dairy yogurt/or choice of yogurt
½ banana
1 serving of collagen powder (optional)

Thursday

Kale smoothie

<https://simplegreensmoothies.com/kale-smoothie>

Loaded with vitamins A, C, K, and calcium. Using chia seeds packs a mighty punch by adding omega 3's, omega 6's, healthy fats and protein.

1 cup kale
½ cup water (you could swap in coconut water)
1 orange (peeled)
½ cup pineapple (frozen)
½ cup mango (frozen)
1 tbsp chia seeds

Tip: Blend kale, orange and water until smooth and then add remaining fruit and blend again. Depending on how big and juicy your orange is, start with a little less water and gradually add more as needed to easily blend.

Friday

Meal Replacement Smoothie

Load up on nutrients to fuel your busy day with this smoothie.

1 cup spinach
1 cup almond milk
1 cup blueberries, frozen
½ banana
1 tbsp almonds
2 tbsp rolled oats

Saturday

Strawberry Banana smoothie

You can't taste the cauliflower, trust me! Deliciously sweet and cheerfully colored.

1 cup strawberries, frozen
1 ½ bananas
1 cup almond milk
¼ cup cauliflower, frozen
1 tbs chia seeds (optional)

Sunday

Creamy Banana Smoothie

This sweet n' creamy banana smoothie is packed with protein that will keep you full and simple ingredients for natural energy.

- 2 bananas, frozen (you could add some strawberries and less banana)
- ½ cup cashew yogurt (any yogurt)
- 1 cup cashew milk
- 1 tsp vanilla extract
- 1 serving of collagen powder

***Bonus recipes:**

Pre-workout Smoothie

These hydrating ingredients help you stock up on natural energy before you sweat. Coconut water is often called “nature’s Gatorade” because it contains all four of the main electrolytes properly: sodium, potassium, calcium and magnesium.

- 1 cup spinach
- ½ cup coconut water
- ½ cup water
- ½ cup pineapple, frozen
- ½ cup peaches, frozen
- ½ banana

(Chocolate) Cherry Berry Recovery Shake

<https://eat2run.com/recipe/chocolate-cherry-berry-recovery-shake/>

This smoothie is coming to you from a Sports Holistic Nutritionist. Enjoy this smoothie after your workout!

- ½ cup coconut water (or almond milk or coconut milk)
- ½ cup 100% pure tart cherry juice (must be tart, not sweet or black)
- 1 ripe banana (or 2 medjool dates)
- 1 tbsp hemp hearts (and/or chia seeds)
- ½ cup frozen blueberries
- 6-8 frozen strawberries
- ½ scoop of high-quality powder (such as hemp protein or grass-fed whey)
- 1 tbsp raw cacao powder (can be omitted)
- Add 1-2 medjool dates, pitted (for a sweeter shake and additional carbs)
- 1 scoop greens powder or a handful of baby spinach