

# HEALTHY BREAKFAST SMOOTHIES



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Editors

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Your Secret Weapon To A Healthy Eating Lifestyle

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## Introduction



### Why Should I Eat Breakfast?

Breakfast is the most important meal of the day. It gives us the energy to make it through the day and keeps our metabolism high as well. It's easy to skip breakfast with everything we have going on in the morning. After all, we have to walk the dog, get the kids ready for school, feed the cat, iron the blouse we're planning on wearing to the office etc. Fixing a healthy and nutritious breakfast just doesn't seem to fit in.

### How Am I Supposed To Find Time To Cook Breakfast Every Morning?

The solution is a breakfast smoothie. You'll find quick and easy recipes for a variety of smoothies in this ebook. The nutritious shakes blend together in a matter of minutes. Just pour your favorite breakfast smoothie in an insulated cup and you have breakfast to go.

### What About Dinner?

Evening can be almost as hectic for many of us. We have the best intentions to feed our families nutritious meals, but then reality sets in. We spend all day driving the kids around, or are running late because of a long meeting at work and before we know it is 6 pm and there isn't a green vegetable or lean piece of meat in the fridge.

That's where we come in. Each week we send you 7 healthy and nutritious dinner recipes along with a grocery list. No more reason to order take-out or a pizza. You will have everything you need to cook a healthy dinner for your family. Give us a try today at [www.healthymenemailer.com](http://www.healthymenemailer.com)

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## Fruity Smoothies

### Strawberry-Banana Breakfast Smoothie

One Serving

- 1 cup orange juice
- 3 tbsp nonfat dry milk powder
- 1/2 banana; cut into pieces
- 10 fresh strawberries; hulled
- 3 ice cubes

Combine all the ingredients in your blender.  
Blend until thick and frothy.

Nutritional Facts Per Serving:

Calories	209
Total Fat	0 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	70 milligrams
Total Carbohydrate	45 grams
Dietary Fiber	1 grams
Sugars	29 grams
Protein	7 grams



### Orange Splash Smoothie

Two Servings

- 1 6-ounce can frozen orange juice concentrate
- 1 cup cold water
- 1 cup non-fat milk
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 10 ice cubes

Combine the first five ingredients in a blender; process at high speed. Add ice cubes, a few at a time, blending until smooth.

Nutritional Facts Per Serving:

Calories	190
Total Fat	0 grams
Saturated Fat	0 grams
Cholesterol	2 milligrams
Sodium	62 milligrams
Total Carbohydrate	45 grams
Dietary Fiber	0 grams
Sugars	44 grams
Protein	4 grams



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## Tropical Fruit Shake

One Serving

- 1/2 mango
- 2 Tablespoon frozen pina coloda mix (non-alcoholic)
- 1/2 banana -- frozen
- 4 strawberries -- frozen
- 6 ice cubes
- 1 and 1/4 cup cold water

Combine all ingredients in a blender and blend until smooth.

### Nutritional Facts Per Serving:

Calories	149
Total Fat	2 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	10 milligrams
Total Carbohydrate	30 grams
Dietary Fiber	1 grams
Sugars	18 grams
Protein	0 grams



## Blueberry Smoothie

Two Servings

- 1 pint fresh blueberries or 2 cups (10 oz.) frozen blueberries -- slightly thawed
- 1 cup pineapple or orange juice
- 1 container (8 oz.) lowfat vanilla yogurt
- 2 teaspoon sugar

Combine all ingredients in your blender and blend until smooth.

### Nutritional Facts Per Serving:

Calories	175
Total Fat	2 grams
Saturated Fat	1 grams
Cholesterol	8 milligrams
Sodium	80 milligrams
Total Carbohydrate	35 grams
Dietary Fiber	0 grams
Sugars	32 grams
Protein	6 grams



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## Cereal and Bran Shakes

### Fruit Bran Milk Shake

One Serving

- 2 cups Skim milk
- 1/4 cup All bran cereal
- 1/4 tsp Cinnamon
- 1/2 tsp Vanilla
- 1 Medium apple (sliced)

Freeze 1 1/2 cups of the milk in a cube tray overnight. Put the bran, cinnamon, vanilla, and apple into a blender. Add the remaining 1/2 cup of milk. Blend for 20 seconds.

Continue blending and slowly, one at a time; add of the frozen milk cubes.

Nutritional Facts Per Serving:

Calories	261
Total Fat	1 grams
Saturated Fat	0 grams
Cholesterol	10 milligrams
Sodium	320 milligrams
Total Carbohydrate	52 grams
Dietary Fiber	11 grams
Sugars	22 grams
Protein	17 grams

### Sunny Start Smoothie

Two Servings

- 1 cup of orange juice
- 2 bananas - cut
- 2 Tablespoons of honey
- 1 orange - peeled and cut
- 1/4 cup of granola

Combine all ingredients in a blender and blend until smooth.

Nutritional Facts Per Serving:

Calories	296
Total Fat	2 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	30 milligrams
Total Carbohydrate	71 grams
Dietary Fiber	6 grams
Sugars	27 grams
Protein	4 grams



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## Oatmeal Smoothie

One Serving

- 1 cup apple juice
- 1 frozen banana
- 3 heaping tablespoons of uncooked oatmeal
- 3 tablespoons of maple syrup
- additional frozen fruit if desired

Combine all ingredients in a blender and blend until smooth.

Nutritional Facts Per Serving: (Without Additional Fruit)

Calories	375
Total Fat	2 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	106 milligrams
Total Carbohydrate	90 grams
Dietary Fiber	4 grams
Sugars	43 grams
Protein	3 grams



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## For The Coffee Lover

### Banana Coffee Smoothie

Two Servings

- 2 small frozen bananas
- 1 and 1/2 cups low fat milk
- 1 (8oz.) container low-fat coffee yogurt
- 1/4 teaspoon ground cinnamon
- Dash nutmeg

Combine frozen bananas, milk, yogurt, cinnamon, and nutmeg in a blender and blend till smooth.

Nutritional Facts Per Serving:

Calories	275
Total Fat	2 grams
Saturated Fat	1 grams
Cholesterol	11 milligrams
Sodium	174 milligrams
Total Carbohydrate	52 grams
Dietary Fiber	3 grams
Sugars	25 grams
Protein	12 grams

### Mocha Java Smoothie

One Serving

- 1 cup vanilla soymilk
- 1 and 1/2 cup ice
- 1/3 cup tofu firm
- 3/4 cup bananas -- sliced/frozen
- 1/4 cup chocolate syrup
- 2 teaspoons instant coffee

In a blender, combine all ingredients. Blend until smooth.

Nutritional Facts Per Serving:

Calories	229
Total Fat	1 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	85 milligrams
Total Carbohydrate	52 grams
Dietary Fiber	4 grams
Sugars	11 grams
Protein	3 grams



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## All About Soy

### Chocolate Banana Soy Smoothie

One Serving

- 1 cup soy milk (plain or vanilla)
- 1 medium banana - quartered
- 2 tablespoons chocolate syrup
- 3 ice cubes

Add all ingredients to the blender and blend until smooth.

Nutritional Facts Per Serving:

Calories	177
Total Fat	1 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	85 milligrams
Total Carbohydrate	40 grams
Dietary Fiber	3 grams
Sugars	11 grams
Protein	3 grams

### Peanut Butter Banana Soy Smoothie

One Serving

- 1 cup soy milk (plain or vanilla)
- 1 medium banana - quartered
- 1 tablespoon peanut butter
- 3 ice cubes

Add all ingredients to the blender and blend until smooth.

Nutritional Facts Per Serving:

Calories	177
Total Fat	1 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	85 milligrams
Total Carbohydrate	40 grams
Dietary Fiber	3 grams
Sugars	11 grams
Protein	3 grams



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## Coffee Banana Soy Smoothie

Two Servings

- 2 bananas (frozen)
- 1 and 1/2 cups vanilla soy milk
- 1 8-ounce cup of coffee yogurt
- 1/4 teaspoon cinnamon
- Dash ground nutmeg
- 2 or 3 ice cubes

Cut bananas into chunks. Put all ingredients in the blender and mix until smooth.

### Nutritional Facts Per Serving:

Calories	265
Total Fat	2 grams
Saturated Fat	1 grams
Cholesterol	8 milligrams
Sodium	144 milligrams
Total Carbohydrate	54 grams
Dietary Fiber	3 grams
Sugars	25 grams
Protein	7 grams



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## Protein Blasts

### Banana Berry Protein Shake

One Serving

- 1 cup of berries (any mix)
- 1/2 banana
- 1/2 soy milk (or any kind of milk)
- 1 scoop any kind of protein powder (or if you don't have protein powder add 1 egg white)
- 3/4 cup yogurt (your choice what kind)
- 1 cup ice

Add all ingredients to the blender and blend until smooth.

#### Nutritional Facts Per Serving:

Calories	274
Total Fat	0 grams
Saturated Fat	0 grams
Cholesterol	4 milligrams
Sodium	170 milligrams
Total Carbohydrate	58 grams
Dietary Fiber	7 grams
Sugars	18 grams
Protein	11 grams



### Breakfast Protein Smoothie

One Serving

- 1 cup of skim milk
- 1 to 2 scoops of vanilla flavored protein powder
- 1 heaping tbs. of cocoa powder
- 1 sliced banana
- 1 tbs. of natural peanut butter
- 3-4 drops of stevia liquid (natural sweetener) if desired
- 4 or 5 ice cubes

Combine all ingredients in a blender. Blend until smooth.

#### Nutritional Facts Per Serving:

Calories	240
Total Fat	1 grams
Saturated Fat	0 grams
Cholesterol	5 milligrams
Sodium	129 milligrams
Total Carbohydrate	50 grams
Dietary Fiber	3 grams
Sugars	23 grams
Protein	9 grams

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## Low Carb Smoothies

### Low-Carb Strawberry Smoothie

One Serving

- 1 cup frozen strawberries
- 1/4 cup soft tofu
- 1 cup milk
- 1 teaspoon Splenda
- 1 20-gram scoop of low-carb soy powder

Put all ingredients in the blender and mix until smooth.

#### Nutritional Facts Per Serving:

Calories	155
Total Fat	0 grams
Saturated Fat	0 grams
Cholesterol	5 milligrams
Sodium	125 milligrams
Total Carbohydrate	32 grams
Dietary Fiber	3 grams
Sugars	24 grams
Protein	10 grams



### Non-Dairy Peach Smoothie

One Serving

- 1/2 frozen peach
- 1/4 cup soft tofu
- 1 cup soy milk
- 1 teaspoon Splenda
- 1 20-gram scoop of low-carb soy powder

Put all ingredients in the blender and mix until smooth.

#### Nutritional Facts Per Serving:

Calories	70
Total Fat	0 grams
Saturated Fat	0 grams
Cholesterol	0 milligrams
Sodium	85 milligrams
Total Carbohydrate	15 grams
Dietary Fiber	0 grams
Sugars	11 grams
Protein	2 grams

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## What's Next?

We hope you enjoyed the breakfast smoothie recipes in this publication.

### Remember these Great Reasons to have Breakfast Daily

- More mentally alert and ready for the day
- Improve mood by keeping your blood sugar levels even
- Better cope with stress
- Consume less calories throughout the rest of the day
- Set a good example for loved ones and friends

So set aside a few minutes in the morning and fix a smoothie before you head out the door.

We would love to help you plan healthy lunches, dinners and snacks as well. For more information and to subscribe to our Healthy Menu Mailer go to [www.healthymenumailer.com](http://www.healthymenumailer.com)

### Susanne Myers & Christine Steendahl

Easily plan healthy lunches, dinners and snacks with help from Healthy Menu Mailer. For more information or to subscribe today, visit [www.healthymenumailer.com](http://www.healthymenumailer.com).



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