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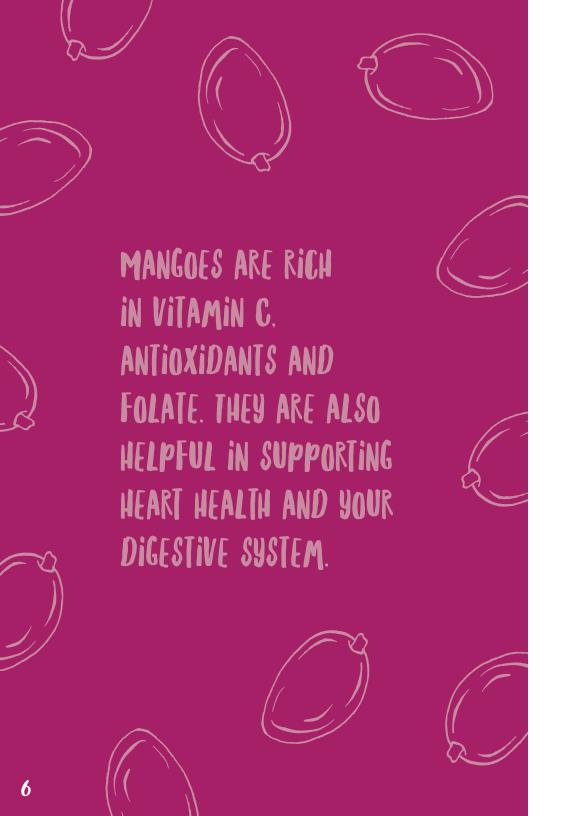
At Moda, we're committed to helping our members on their journeys to whole wellness, and a big part of that is highlighting steps you can take in making sure your diet is packed with essential vitamins and nutrients.

Smoothies offer a quick and convenient way to increase your daily nutrition. The key to maximizing the benefits of smoothies is focusing on whole, nutrient-dense foods while avoiding added sugars. Ready in a matter of minutes, smoothies can help:

- √ Improve your immune system
- √ Reduce inflammation
- **√** Aid digestion
- √ Deliver antioxidants
- ✓ Provide sustained energy
- √ Boost brain function
- √ Reduce cravings for less healthful foods

And, with the right blend of vegetables, fruits, protein (from seeds and nuts) and fats (from Greek yogurt or nut butters), a smoothie can be substantial enough for a meal.

If you've got a blender, we recommend keeping a few healthy smoothie recipes in your back pocket. Each recipe in this booklet is nutritious and delicious as is, or can be used for inspiration to create your own nutrient powerhouse in a glass.





#### MANGO & YOGURT SMOOTHIE

 $\frac{1}{4}$  teaspoon ground cinnamon

 $1\frac{1}{2}$  cups plain yogurt

 $2\,{}^1\!/_{\!\! 2}$  cups frozen mango chunks

1 tbsp honey

Juice from half a lime

Instructions: Put all ingredients in a blender and blend on high. If needed, add a small amount of water to help the ingredients combine.





HEMP HEARTS ARE
A GREAT SOURCE OF
ESSENTIAL FATTY ACIDS
AND OFFER 10 GRAMS
OF COMPLETE PROTEIN
IN JUST 3 TABLESPOONS
(THE AMOUNT NEEDED
FOR THIS RECIPE)!





## ENERGIZING GREEN BREAKFAST SMOOTHIE

1 frozen banana

 $\frac{1}{2}$  cup frozen strawberries

 $\frac{1}{2}$  cup frozen mango

 $1\,\mathrm{cup}$  of raw spinach or baby kale

1/8 cup parsley leaflets

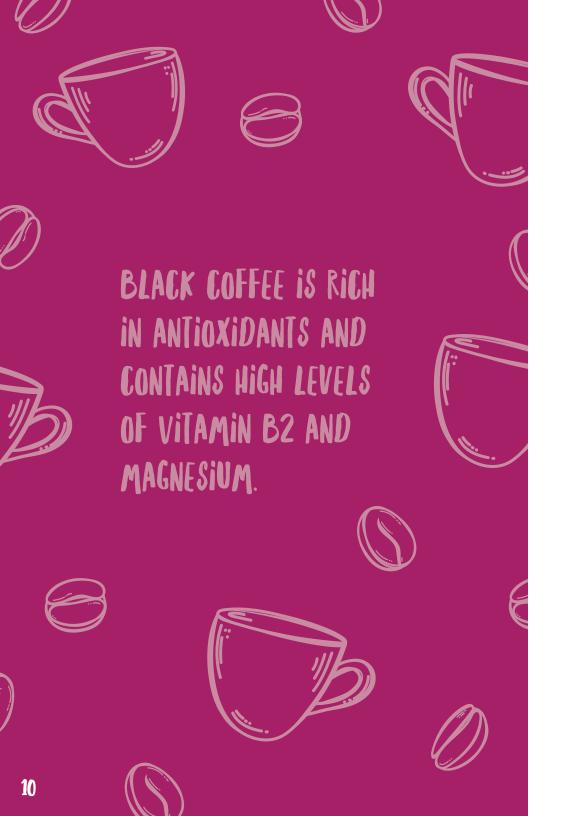
3 tbsp hemp hearts

 $1\!\!/_{\!\!4}$  tsp matcha green tea powder

 $\frac{1}{4}$  tsp fresh lemon juice

 $1\frac{1}{2}$  cups unsweetened coconut water







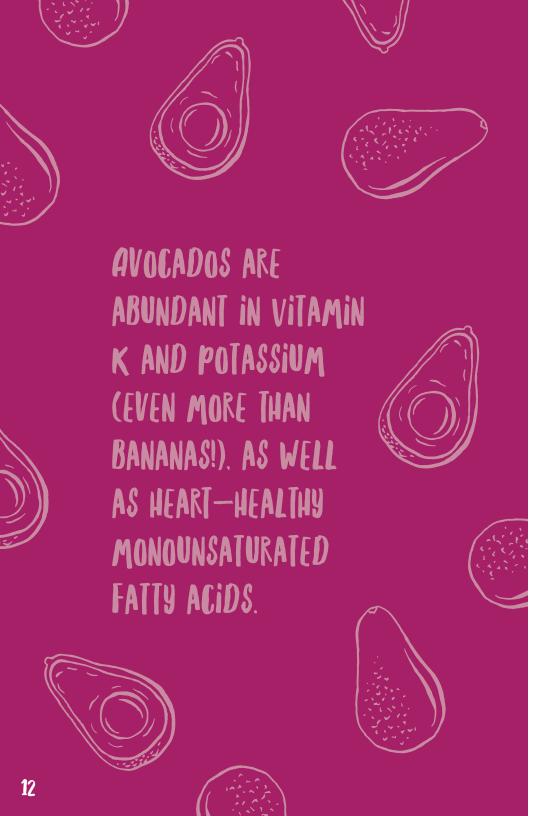
#### COFFEE BANANA SMOOTHIE

1 cup chilled coffee - Freeze the coffee in ice cube trays and you can omit the ice cubes
1 banana, cut into chunks
1 cup non-fat plain Greek yogurt
1 tbsp ground flax seed
2 tsp honey or agave nectar

½ tsp ground cinnamon

¼ tsp grated nutmeg

6 ice cubes





#### AVOCADO MANGO SMOOTHIE

1 cup frozen mango
½ pitted avocado
½ cup Greek Yogurt
1 cup almond milk
(or other milk substitute)
1-2 tbsp honey









BLUEBERRIES ARE SOME OF THE MOST NUTRIENT— DENSE BERRIES AVAILABLE. ONE CUP OF BLUEBERRIES CONTAINS 4 GRAMS OF FIBER, AND A QUARTER OF THE RECOMMENDED DAILY VALUE OF VITAMIN C. VITAMIN K AND















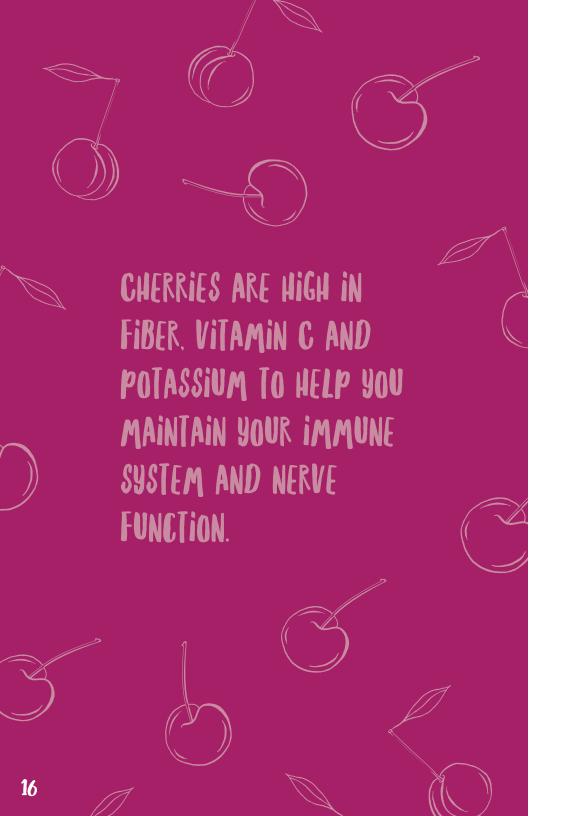


#### TROPICAL BLUEBERRY SMOOTHIE

1 tbsp honey 1 cup chopped pineapple 1½ cups frozen blueberries 1 orange, seeded and cut into quarters  $\frac{1}{2} - \frac{3}{4}$  cup water

**Instructions:** Put all ingredients in a blender and blend on high.







#### CHOCOLATE CHERRY SMOOTHIE

1 frozen banana

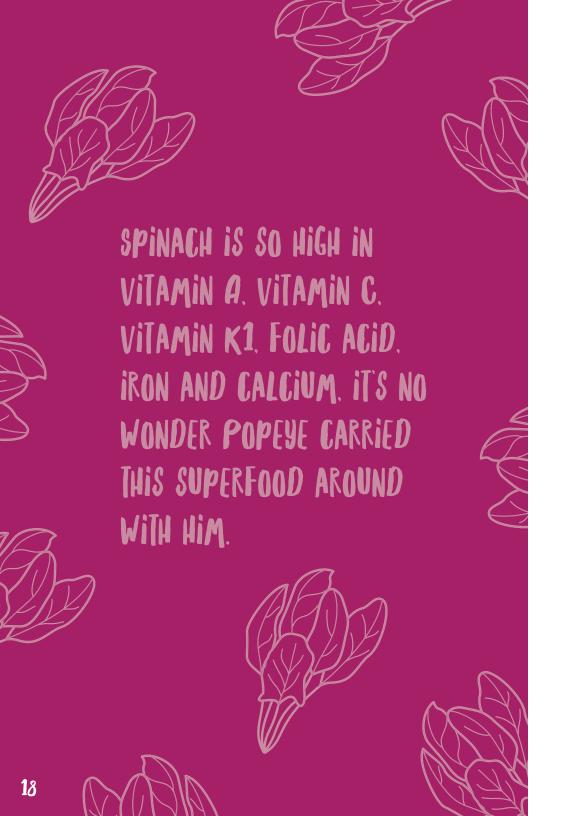
1 cup frozen unsweetened dark cherries

3 tbsp hemp hearts

 $\frac{1}{2}$  cup raw spinach or baby kale

3 tbsp unsweetened cacao powder

 $1\frac{1}{2}$  cups unsweetened coconut water





#### GOOD TO BE GREEN SMOOTHIE

1 cup raw spinach
1 frozen banana
1 cup fresh, whole strawberries
1 cup non-fat milk
(or milk alternative)





#### PINK BREAKFAST SMOOTHIE

1 cup strawberries

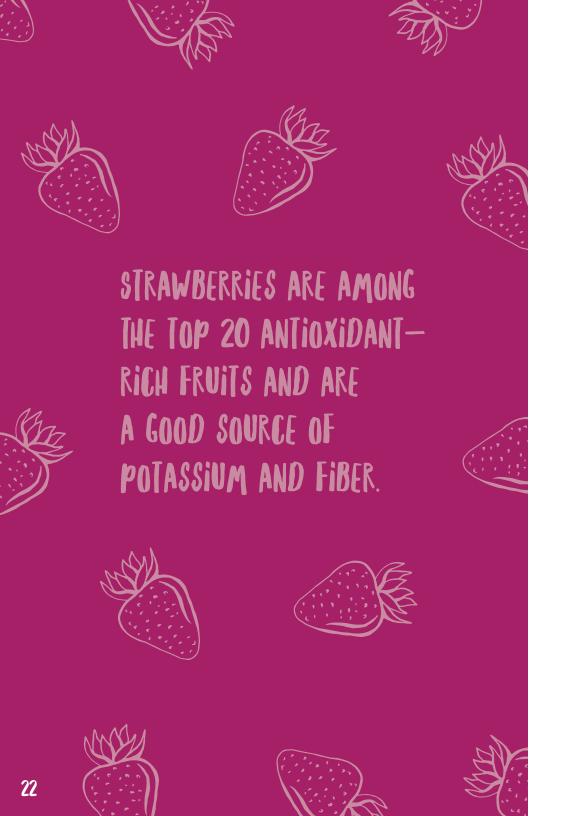
1 banana

 $\frac{1}{2}$  cup oats

1tsp raw honey

1 cup almond milk (or other milk substitute)

Handful of ice cubes





## STRAWBERRY, MANGO & YOGURT SMOOTHIE

1¼ cups apple juice1 cup plain yogurt1 cup fresh or frozen strawberries2 cups fresh or frozen mango chunks

**Instructions:** In a blender, combine all ingredients and puree until smooth.

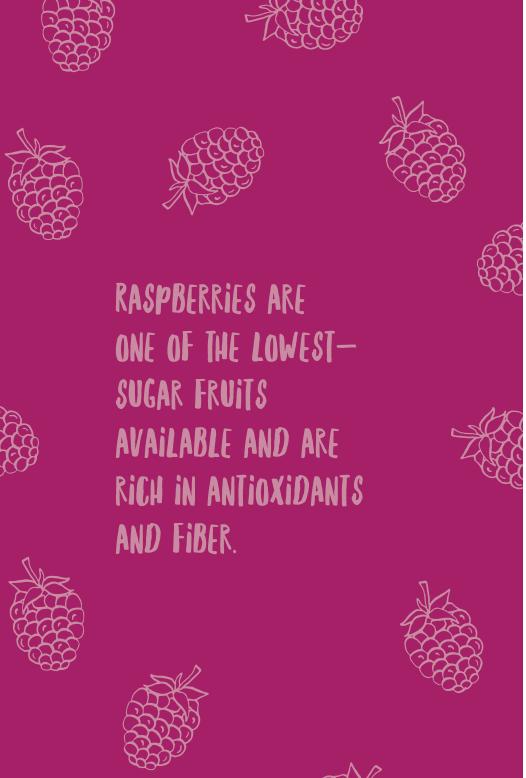




#### APPLE PIE SMOOTHIE

½ cup unsweetened applesauce
 ¼ cup non-fat milk
 (or milk alternative)
 ¼ tsp ground cinnamon
 1 - 2 ice cubes

**Instructions:** In the order listed, add everything to the blender and pulse until smooth. Drink immediately.





#### PURPLE BERRY SMOOTHIE

1/2 cup fresh or frozen raspberries
1/2 cup fresh or frozen blueberries
6 large strawberries
(fresh is best but frozen is ok)
1/2 cup coconut water
1/2 cup non-fat Greek yogurt
Optional – 1 tbsp honey or to taste
Optional – 1/2 tsp vanilla

**Instructions:** Add all ingredients in the order listed to your blender or food processor. Add more coconut water if it's too thick.





#### PEACH OAT SMOOTHIE

1 ripe peach, quartered, pits removed

½ tbsp chia seeds

 $\frac{1}{4}$  cup rolled oats

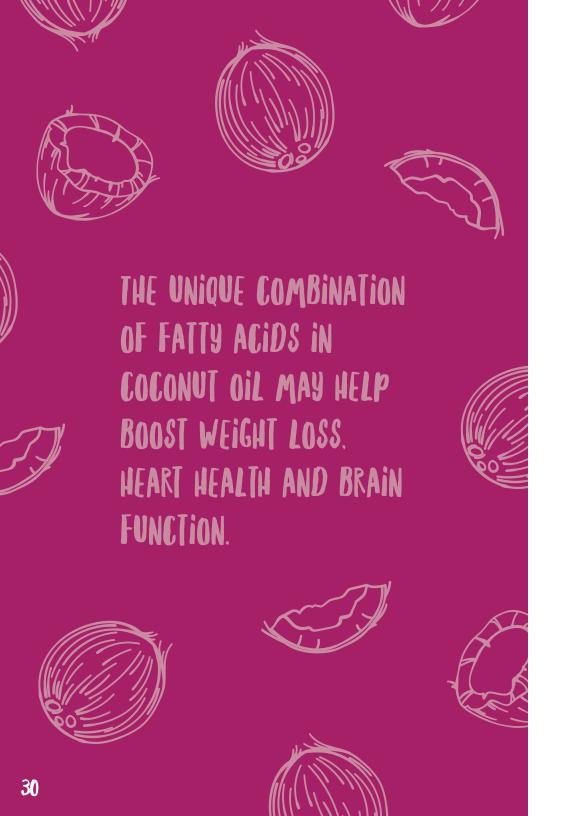
 $\frac{1}{2}$  frozen banana

 $\frac{1}{4}$  cup orange juice

 $\frac{1}{2}$  cup milk or milk alternative

½ tbsp maple syrup

(or another preferred sweetener)





#### PINEAPPLE COCONUT SMOOTHIE

 $\frac{2}{3}$  cup plain Greek yogurt

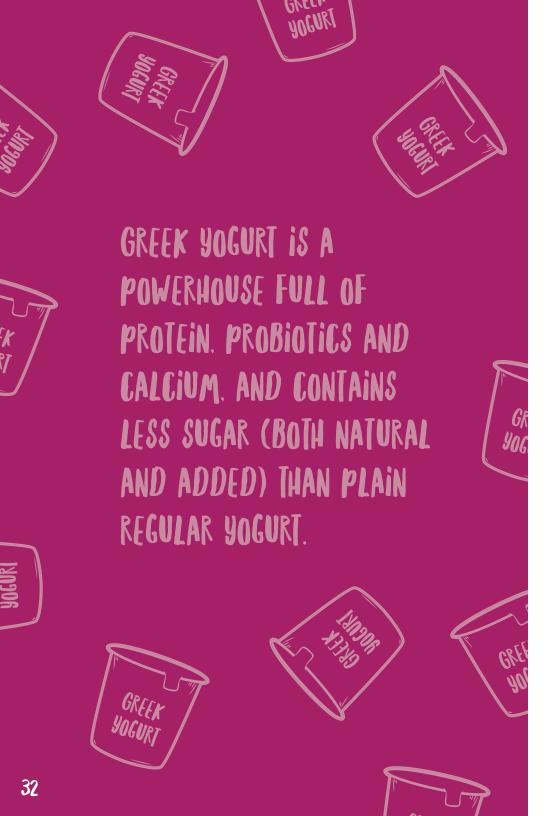
2 peeled frozen bananas, broken in half

 $1\frac{3}{4}$  cups chopped fresh pineapple

2 tbsp raw unrefined coconut oil

1 cup ice

 $\frac{1}{2}$  cup water or coconut milk





#### PEANUT BUTTER & BANANA SMOOTHIE

Half of a frozen banana

½ cup non-fat milk

(or milk alternative)

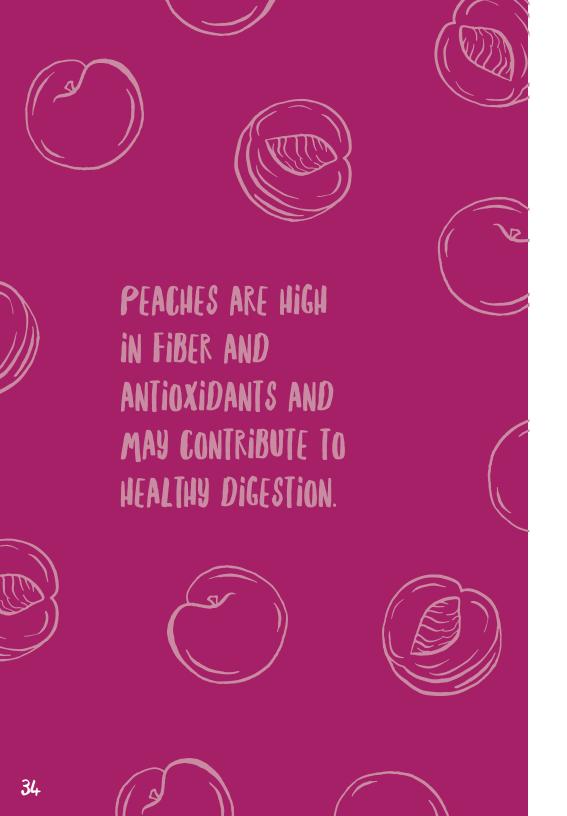
½ cup non-fat plain Greek yogurt

2 tbsp peanut butter

(or other nut butter)

Optional – 1 tsp cocoa powder

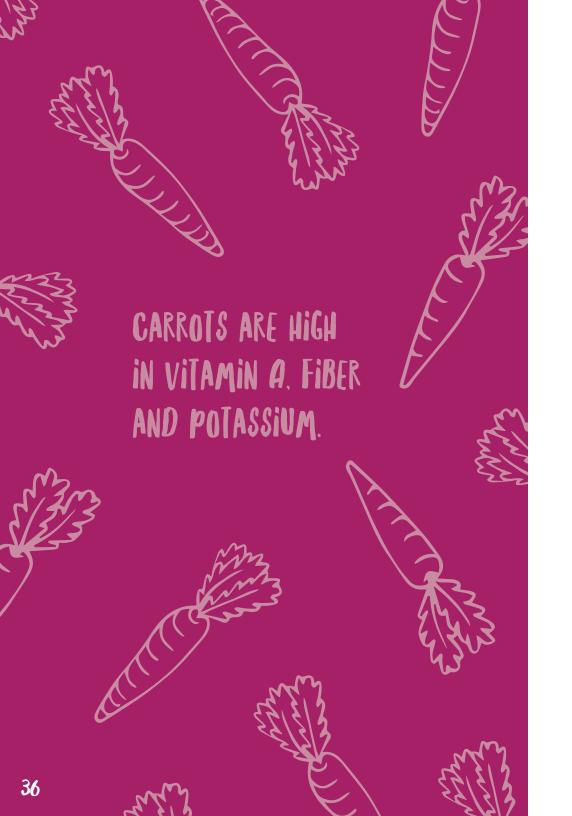
**Instructions:** Place all ingredients in the blender. Blend until thick and creamy





#### PEACH BERRY SMOOTHIE

6 oz plain fat free yogurt 1 medium peach (sliced) ½ cup raspberries ¼ tsp vanilla Optional – 4-5 ice cubes





#### CARROT CAKE SMOOTHIE

1 large frozen banana

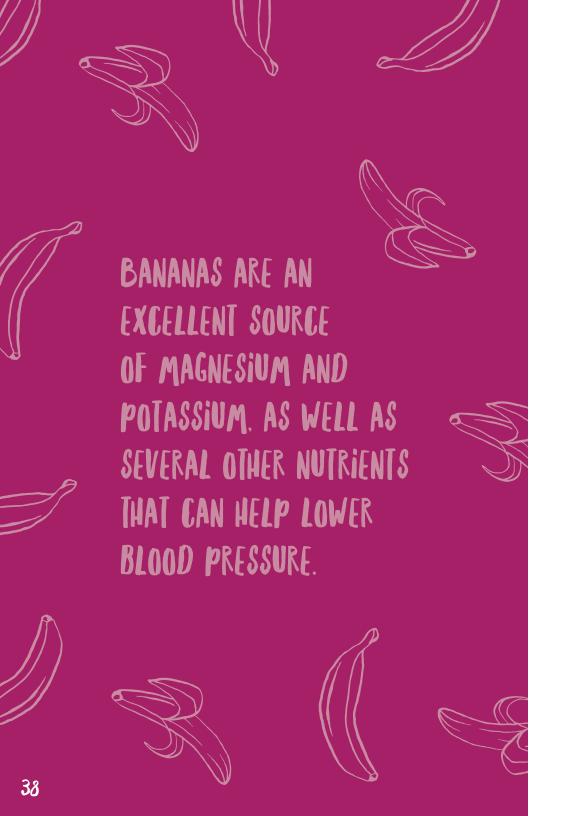
 $\frac{1}{2}$  cup chopped carrot

1 pitted date

½ tsp ground cinnamon

 $\frac{1}{2}$  tsp vanilla extract

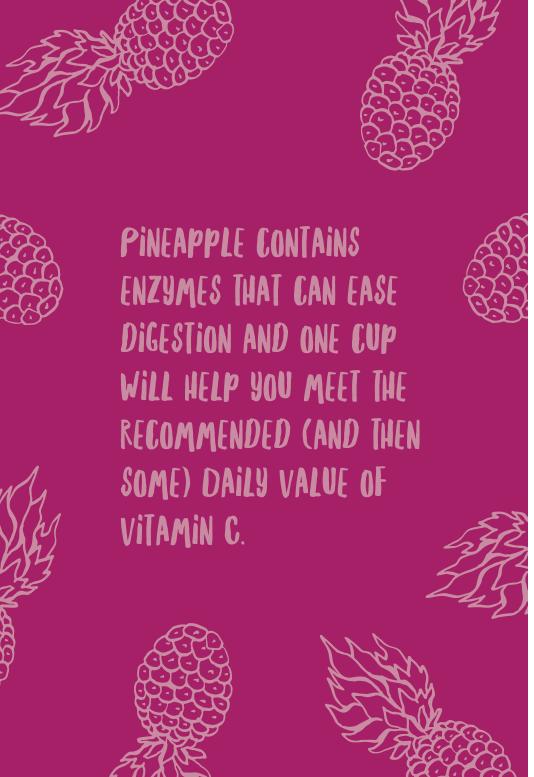
1 tsp fresh grated ginger





## PEANUT BUTTER BLUEBERRY & BANANA SMOOTHIE

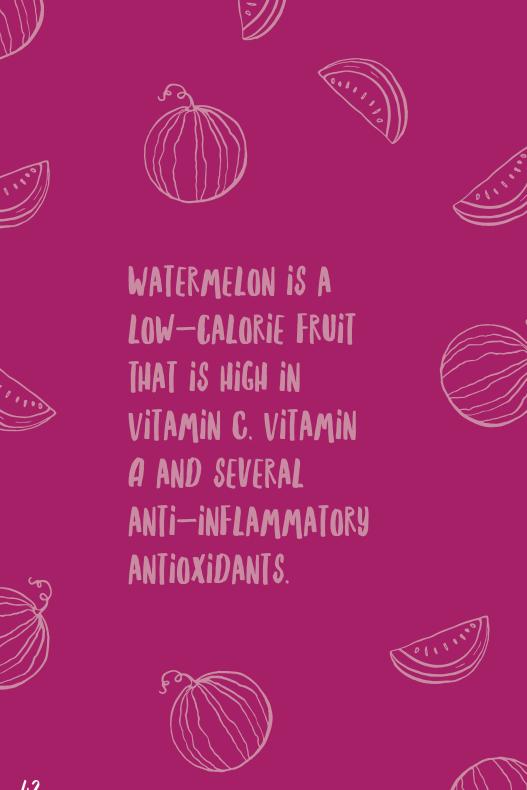
1 banana, fresh or frozen1 cup frozen blueberries1 tablespoon peanut butter1 cup milk (almond, plain, oat, etc.)





#### PINEAPPLE BANANA SMOOTHIE

1 cup pineapple chunks1 small banana1 cup coconut milk





#### WATERMELON COCONUT LIME SMOOTHIE

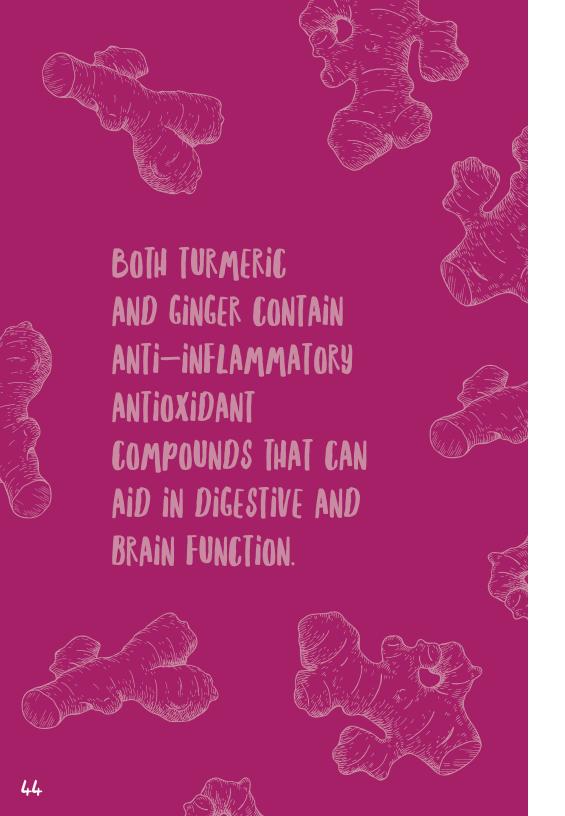
4 cups frozen watermelon

1 tbsp honey

2 tbsp lime juice

 $1\frac{1}{2}$  cups coconut water

**Instructions:** In a small cup, mix the lime juice and honey until the honey dissolves before adding to the blender with the watermelon and coconut water.





# CREAMY GOLDEN MILK SMOOTHIE

1 whole frozen banana

1 cup milk or milk alternative

 $\frac{1}{4}$  cup fresh carrot juice (or  $\frac{1}{2}$  cup sliced carrot)

1 tsp ground turmeric

1 tbsp fresh ginger

1 dash ground cinnamon

1 dash black pepper

1 dash ground nutmeg

1 dash clove

1 dash ground cardamom



