



Hungry Hobby High Protein Smoothie Recipes Ebook



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<https://hungryhobby.net/meal-plans/>

Love smoothies? This recipe ebook is for you! Included in this ebook are 15 super filling, ultra-creamy and delicious smoothies for you to enjoy!

Make sure you also check out:

- [How to Make A Smoothie More Filling](#)
- [SmoothieBox - Smoothie Packs Delivery Service Review \(& Special DISCOUNT!\)](#)
- [All Hungry Hobby Smoothie Recipes](#)

- Kelli



Make-Ahead Power Smoothie Freezer Packs (BF)

8 servings

10 minutes

Ingredients

- 4 Zucchini
- 8 Banana
- 1 1/2 cups Organic Coconut Milk Canned ((use 1 can))
- 1/3 cup Cacao Powder (or cocoa powder)
- 1/4 cup Maple Syrup (OPTIONAL)
- 8 cups Spinach
- 8 cups Unsweetened Almond Milk (I used unsweetened vanilla almond milk)
- 2 cups Chocolate Protein Powder

Directions

- 1 Blend 1 can of coconut milk with cocoa powder. Optional to add additional sweetener here. Pour mixture into ice cubes and let freeze.
- 2 Add 1/2 chopped zucchini, 1 sliced banana, and 1 cup spinach into a freezer bag. When ice cubes are done add 2 chocolate coconut milk ice cubes to each freezer bag. Store in the freezer until you are ready to make your smoothie!
- 3 Empty contents of one freezer bag into a blender with 1 cup milk and 1 serving (1/4 cup) chocolate protein powder. Blend until smooth and enjoy your easy breakfast!

Nutrition

Amount per serving	
Calories	372
Fat	13g
Carbs	43g
Fiber	8g
Sugar	24g
Protein	25g
Cholesterol	4mg
Sodium	245mg
Potassium	1185mg
Vitamin A	3584IU
Vitamin C	36mg
Calcium	635mg
Iron	3mg
Vitamin D	101IU



High Protein Post Workout Green Smoothie

1 serving

5 minutes

Ingredients

- 1/4 cup Protein Powder (vanilla)
- 1 cup Water (cold)
- 1/4 Avocado
- 1/2 Banana (frozen)
- 1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	226
Fat	8g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	21g
Cholesterol	4mg
Sodium	71mg
Potassium	743mg
Vitamin A	2924IU
Vitamin C	19mg
Calcium	177mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach, Use kale instead.

No Protein Powder, Add a few spoonfuls of hemp seeds.



Berry & Greek Yogurt Smoothie - or Bowl

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 1/2 tsps Raw Honey
- 1/2 Banana (frozen)
- 1 cup Frozen Raspberries
- 1 tbsp Ground Flax Seed
- 1 cup Water
- 3 Drops Stevia Drops (optional)

Nutrition

Amount per serving	
Calories	286
Fat	6g
Carbs	48g
Fiber	9g
Sugar	27g
Protein	15g
Cholesterol	17mg
Sodium	82mg
Potassium	469mg
Vitamin A	767IU
Vitamin C	37mg
Calcium	321mg
Iron	2mg
Vitamin D	50IU

Directions

- 1 Add all ingredients to a high-speed blender and blend until very smooth.
- 2 Pour into a glass and serve immediately. Enjoy!

Notes

Ultra Creamy, Use milk instead of water.

No blender?, Eat as a yogurt bowl (no water).

No yogurt or dairy free?, Use 1/2 cup ice + 1 scoop of preferred vanilla protein powder.



Salted Mocha Smoothie

1 serving
15 minutes

Ingredients

- 1/4 cup Chocolate Protein Powder (I used whey - but use whatever you like best!)
- 1/2 Banana (Frozen)
- 1 Stevia Drops (optional depending on preferred sweetness)
- 1 tsp Instant Coffee (optional)
- 1 cup Unsweetened Almond Milk (chocolate flavored)
- 1 cup Ice Cubes
- 1/8 tsp Sea Salt (Coarse)

Directions

- 1 Blend all ingredients (except coffee beans and salt) in a high powered blender until smooth. Add salt and coffee beans and blend for 30 more seconds.
- 2 Pour into a cup and top with a bit of sea salt as desired!

Nutrition

Amount per serving	
Calories	179
Fat	3g
Carbs	17g
Fiber	4g
Sugar	7g
Protein	21g
Cholesterol	4mg
Sodium	495mg
Potassium	368mg
Vitamin A	537IU
Vitamin C	5mg
Calcium	568mg
Iron	1mg
Vitamin D	101IU



Cherry "Cheesecake" Protein Smoothie Bowl

2 servings

5 minutes

Ingredients

- 2 cups Frozen Cherries (red - pitted)
- 1 cup Cottage Cheese (any percentage - I used whole milk)
- 2 tbsps Honey
- 1/2 cup Unsweetened Vanilla Almond Milk
- 1/4 cup Cherries (fresh, pitted, cut in half)
- 1/4 cup Granola (of choice I used cocoa and cashew granola)

Directions

- 1 Blend all ingredients until smooth.
- 2 Pour into two bowls, and top with your desired toppings! Grab a spoon and dig in!

Nutrition

Amount per serving	
Calories	332
Fat	10g
Carbs	49g
Fiber	4g
Sugar	38g
Protein	16g
Cholesterol	18mg
Sodium	380mg
Potassium	422mg
Vitamin A	1884IU
Vitamin C	4mg
Calcium	196mg
Iron	2mg
Vitamin D	28IU



Carrot Cake Smoothie Bowl

1 serving
10 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 Banana (Frozen)
1 cup Unsweetened Almond Milk
1 Ice Cubes
1/2 tsp Cinnamon
1 tbsp Walnuts
1 tbsp Organic Raisins
1/3 cup Grated Carrot

Directions

- 1 Combine smoothie ingredients in blender and blend until creamy.
- 2 Pour into a bowl then top with carrot cake toppings and enjoy!

Nutrition

Amount per serving	
Calories	319
Fat	8g
Carbs	44g
Fiber	8g
Sugar	23g
Protein	23g
Cholesterol	4mg
Sodium	232mg
Potassium	830mg
Vitamin A	7708IU
Vitamin C	13mg
Calcium	611mg
Iron	2mg
Vitamin D	101IU



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

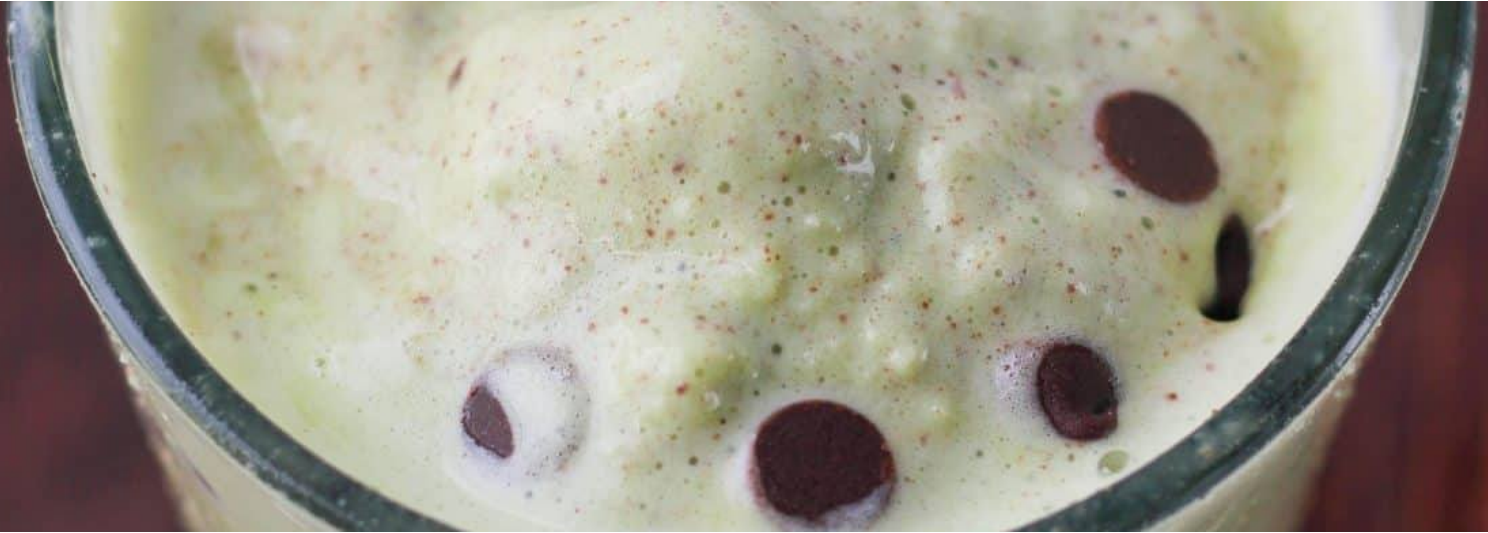
Make it Mocha, Replace half of the almond milk with chilled coffee.

Likes it Sweeter, Add pitted medjool dates.

No Maca Powder, Leave it out or use cinnamon instead.

Nutrition

Amount per serving	
Calories	450
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Potassium	1345mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg
Vitamin D	101IU



Healthy Shamrock Milkshake

1 serving
15 minutes

Ingredients

- 1/2 cup Whole Milk (Frozen into Ice Cubes)
- 4 Ice Cubes
- 1/2 Banana (Frozen)
- 1/2 cup Whole Milk (milk, or non-dairy milk I used water to keep the calories in check)
- 8 Stevia Drops
- 1/4 cup Vanilla Protein Powder
- 1/4 tsp Mint Extract
- 1/4 cup Spinach (the more you put in the darker green it will be)
- 1/2 oz Dark Organic Chocolate (pay attention to directions for proper adding!)

Nutrition

Amount per serving	
Calories	370
Fat	14g
Carbs	33g
Fiber	4g
Sugar	23g
Protein	29g
Cholesterol	28mg
Sodium	156mg
Potassium	696mg
Vitamin A	1136IU
Vitamin C	7mg
Calcium	400mg
Iron	1mg

Directions

- 1 Add everything except chocolate chips to a high powered blender.
- 2 Blend until smooth, if you don't have a high-powered blender you may have to stop and stir several times, but it should work just fine! You may need to add more liquid but try to add the minimum amount possible. The more liquid you add the more liquidity your product will be.
- 3 Once it is smooth, add half your chocolate chips and blend for no more than 10 seconds to get chunks of chocolate in the shake!
- 4 Use the remaining chocolate chips to top off your shake and enjoy!

Vitamin D

124IU



Strawberry Ginger Smoothie

1 serving

5 minutes

Ingredients

3/4 cup Frozen Strawberries
1/2 Banana (frozen)
1/2 cup Lite Coconut Milk
3/4 tsp Ginger (fresh or 1/4 tsp ground)
2 tsps Honey (or maple syrup)
1 oz Collagen Powder

Directions

1

Blend and enjoy! You may want to add additional water or ice to thin or thicken as needed.

Nutrition

Amount per serving	
Calories	322
Fat	7g
Carbs	42g
Fiber	5g
Sugar	25g
Protein	26g
Cholesterol	0mg
Sodium	67mg
Potassium	467mg
Vitamin A	112IU
Vitamin C	74mg
Calcium	45mg
Iron	2mg
Vitamin D	0IU



Chocolate Almond Butter Smoothie Bowl

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

Nutrition

Amount per serving	
Calories	561
Fat	24g
Carbs	59g
Fiber	19g
Sugar	22g
Protein	33g
Cholesterol	4mg
Sodium	223mg
Potassium	1510mg
Vitamin A	789IU
Vitamin C	50mg
Calcium	755mg
Iron	6mg
Vitamin D	101IU

Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

More Flavor, Add cinnamon to your smoothie base.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.

No Smoothie Bowl, Drink as a regular smoothie instead.

Smoothie Consistency, For a creamier texture, use a frozen banana.



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Chocolate Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tbsp Cacao Powder
- 1 tsp Cacao Nibs (optional)

Nutrition

Amount per serving	
Calories	390
Fat	19g
Carbs	30g
Fiber	12g
Sugar	10g
Protein	28g
Cholesterol	4mg
Sodium	210mg
Potassium	968mg
Vitamin A	733IU
Vitamin C	23mg
Calcium	716mg
Iron	4mg
Vitamin D	101IU

Directions

- 1 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 2 Pour into a glass and top with cacao nibs (optional). Enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.



Strawberry Almond Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	479
Fat	20g
Carbs	54g
Fiber	14g
Sugar	27g
Protein	29g
Cholesterol	4mg
Sodium	245mg
Potassium	1113mg
Vitamin A	727IU
Vitamin C	144mg
Calcium	811mg
Iron	3mg
Vitamin D	126IU

Directions

1

Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk, Use coconut milk or cashew milk instead.

Smoothie Consistency, If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber, Add in some chopped leafy greens like spinach or kale.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.



Creamy Apple Pie Smoothie

1 serving

5 minutes

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	358
Fat	13g
Carbs	52g
Fiber	11g
Sugar	27g
Protein	16g
Cholesterol	2mg
Sodium	184mg
Potassium	664mg
Vitamin A	641IU
Vitamin C	14mg
Calcium	601mg
Iron	2mg
Vitamin D	101IU

Directions

1

Add all ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

Notes

Apple Type, For a distinct apple flavour, use a tart variety of apple like a Granny Smith or a McIntosh.

No Almond Milk, Use any other type of milk instead.



Chocolate Collagen Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 5 leaves Romaine (washed and torn)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Strawberries
- 1/2 Banana (frozen)
- 2 tbsps Chia Seeds
- 2 tbsps Cacao Powder
- 1 tbsp Almond Butter
- 1/2 oz Collagen Powder

Nutrition

Amount per serving	
Calories	490
Fat	25g
Carbs	45g
Fiber	20g
Sugar	14g
Protein	27g
Cholesterol	0mg
Sodium	294mg
Potassium	1362mg
Vitamin A	12995IU
Vitamin C	69mg
Calcium	961mg
Iron	7mg
Vitamin D	152IU

Directions

- 1 Combine all ingredients into your blender. Blend until smooth, pour into a glass and enjoy!

Notes

No Almond Milk, Use any other kind of milk like cashew, hemp or rice instead.

No Collagen Powder, Omit or use protein powder instead.

No Romaine, Use spinach or kale instead.



Pumpkin Pie Protein Smoothie

2 servings

10 minutes

Ingredients

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	270
Fat	4g
Carbs	40g
Fiber	9g
Sugar	19g
Protein	23g
Cholesterol	4mg
Sodium	206mg
Potassium	840mg
Vitamin A	19642IU
Vitamin C	16mg
Calcium	609mg
Iron	3mg
Vitamin D	101IU

Directions

- 1 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

Notes

No Pumpkin Pie Spice, Use cinnamon instead.

Toppings, Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up, To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.