

welcome to the SMOOTHIE CHALLENGE!

I know the impact food can have on your body, your health and your dreams. Before I started drinking smoothies and following a plant-based diet (mostly plants, with a little cheese, chicken, fish and half and half mixed in), I felt exhausted, stressed-out and frustrated with my body. I made a commitment to put food in my body that would allow me to go after the things that mattered to me. I wanted to be an active mom, passionate wife and adventurous friend, so I committed to making my health a priority without sacrificing my sanity.

Embracing nutrient-dense whole foods with quick, tasty recipes gave me the vitality to do more than just survive each day. I was able to live out dreams that had been long buried.

- Starting a backyard family farm with raised beds, compost bins, chickens and rabbits
- Running across the Grand Canyon twice in a single day (49 miles!)
- Hiking to the top of the tallest waterfall in North America with my kids
- Volunteering as a disaster relief worker during hurricane crisis

Through my journey came my mission to help others "fuel their passion."

By blending plant-powered smoothies, we can start to unlock the energy and strength inside ourselves to go after the things that matter most to us. I've celebrated with hundreds of thousands of people (just like you!) who've completed a smoothie challenge.

They've fueled their bodies and ignited their passions. Now, the results don't happen overnight, but they also won't be painfully difficult to achieve either. Think of it as a journey that requires you to listen to your body, push yourself to reach new milestones and strive to be the best version of yourself. After all, if it doesn't challenge you, it doesn't change you. So let's get rawkin'!



xoxo
Jen Hansard

creator of Simple Green Smoothies

PS: I love hosting free challenges, creating pretty guides (like this one!), and sharing my recipes with you. If you love a recipe, please share the blog post link with a friend. This helps grow my blog and allows me to keep doing free challenges.

Grocery List

Each smoothie recipe in the challenge makes one serving, and the shopping list is calculated based on this. Feel free to double (or triple) the shopping list and smoothie recipes if doing this with your loved ones.

FRESH PRODUCE

- baby spinach: 1 cup
- bananas: 7 ½
- ginger root: 1 ½ inches
- lemon: 1
- navel orange: 1

FROZEN PRODUCE

- blueberries: 1 cup
- sliced carrots: ½ cup
(can also freeze fresh carrots)
- cauliflower florets: ¼ cup
- mango: 1 cup
- peaches: 1 cup
- pineapple: ½ cup
- strawberries: 1 cup

PANTRY ITEMS

- cacao powder: 2 tbsp
- cinnamon, ground: 1 tbsp
- honey: 2 tbsp
- peanut butter: 1 tbsp
- turmeric, ground: 1 tbsp
- vanilla extract: 1 tsp
- optional items: protein powder, collagen, chia seeds

REFRIGERATED ITEMS

- unsweetened plain yogurt: 1 ½ cups (ex: greek yogurt, cashew yogurt, coconut yogurt, kefir)
- unsweetened non-dairy milk: 4 ¾ cups (ex: almond milk, oat milk, cashew milk, rice milk, soy milk or hemp milk)

Don't stress! If you can't find an item or you don't like an ingredient, swap it for something sorta similar that you do like. You can also email us at hello@simplegreensmoothies.com if you're feeling stuck.

jen's tips

Non-Dairy Items: Look for unsweetened and unflavored versions (we're using fruit to sweeten and flavor our smoothies). If you can't find unsweetened and unflavored options, pick the best option you can (it'll be okay!)

Frozen Fruit: Buying frozen fruit saves time and money and will chill your smoothie. You can also use fresh fruit if you prefer.

Protein Powder: You can use any of these smoothies as meal replacements by adding additional protein. Try making my [homemade plant-based protein powder](#), or buy one that's unflavored and unsweetened. ex: Collagen can also be used. By adding additional protein with some healthy fats, it'll help you stay full, energized and nourished for hours.

Peanut Butter: Can we swapped for any other nut/seed butter you prefer.



Strawberry Banana Smoothie

SERVES 1

One sip of this smoothie will put a smile on anyone's face. Who knew you could sneak in cauliflower?! This mild veggie is packed with fiber and when blended, adds an extra creaminess. Use cashew milk, oat milk or even almond milk for a tasty blend. Strawberries help with inflammation and lower your risk of heart disease. Plus, the antioxidants in strawberries are a great defense against various types of cancer. Wanna get wild? Add some frozen cherries, too!

INGREDIENTS

1 cup strawberries, frozen
1 ½ bananas
1 cup non-dairy milk
¼ cup cauliflower, frozen

DIRECTIONS

1. Blend strawberries and non-dairy milk until creamy.
2. Add remaining ingredients and blend again.
3. Pour into a glass, snap a picture and enjoy!



Creamy Blueberry Smoothie

SERVES 1

This deliciously rich and healthy blueberry smoothie is infused with nutritious superfood blueberries and non-dairy milks and yogurts. It's as gorgeous as it is tasty. Blueberries are high in vitamin K1, manganese and vitamin C as well as antioxidants that fight aging, cancer, promote heart health and help naturally regulate blood sugar.

INGREDIENTS

1 cup blueberries, frozen
1 cup non-dairy milk
½ cup plain unsweetend yogurt
½ banana

DIRECTIONS

1. Blend blueberries and non-dairy milk until creamy.
2. Add rest of ingredients and blend until smooth.
3. Pour into a glass, snap a picture and enjoy!



Creamy Banana Smoothie

SERVES 1

Get ready for a super creamy, super protein-charged smoothie that can jumpstart your day. If this smoothie is too thick for your blender blades to handle, try adding a bit more liquid, stirring up the ingredients, then blending again. Bananas are great sources of fiber, antioxidants, potassium, vitamin B6, and manganese. Bananas, while sweet, are actually a lower glycemic (low sugar) fruit. Watching your blood sugar levels? Try using just one banana and add a scoop of collagen.

INGREDIENTS

2 bananas, frozen
½ cup plain unsweetend yogurt
1 cup non-dairy milk
1 tsp vanilla extract

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into a glass, snap a picture and enjoy!



Beginner's Luck Smoothie

SERVES 1

Ready for your first delicious plant-powered green smoothie? I know a green smoothie doesn't sound (or look) very appealing at first sight, but it can be beyond delicious. This recipe is really a tropical energy drink in disguise. This simple green smoothie is great for beginners because it's naturally sweetened with fruit (no added sugars) and loaded with greens.

INGREDIENTS

1 cup spinach
1 cup water
½ cup mango, frozen
½ cup pineapple, frozen
1 banana

DIRECTIONS

1. Blend spinach and water until smooth.
2. Add remaining ingredients and blend again.
3. Pour into a glass, snap a picture and enjoy!



Honey Turmeric Smoothie

SERVES 1

Treat yourself to an anti-inflammatory Honey Turmeric Smoothie with a refreshing blend of mango, carrots, orange, ginger, turmeric and honey. Your immune system will enjoy the nourishment in this bright, delicious smoothie recipe too! Turmeric is at the heart of this smoothie. With a warming earthy flavor and beautiful golden color, this spice delivers powerful anti-inflammatory benefits. Plus a boost of antioxidants for optimal health.

INGREDIENTS

- 1 tbsp ginger root, peeled
- 1 orange, peeled
- ¾ cup non-dairy milk
- ½ cup mango, frozen
- ½ cup sliced carrots, frozen
- 1 tbsp honey
- 1 tsp ground turmeric

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



Perfect Lemon Smoothie

SERVES 1

This vibrant and refreshing smoothie is just what your body needs to stay energized and healthy. Frozen peaches, lemon and honey as well as ginger and turmeric are blended into a nutritious drink. It even tastes like a blast of citrusy sunshine. This smoothie calls for a whole lemon without the rind, yet try and keep the white pith on the lemon—it provides fiber to help you feel full longer and has the most vitamin C. Lemons also give this smoothie a dose of vitamin C, which is just what your body needs to fend off both cold and flu viruses.

INGREDIENTS

1 lemon, peeled
½ cup water
1 tbsp honey
½ tsp ginger root, fresh
1 cup peaches, frozen
½ tsp ground turmeric

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into your favorite glass and enjoy!



Peanut Butter Chocolate Smoothie

SERVES 1

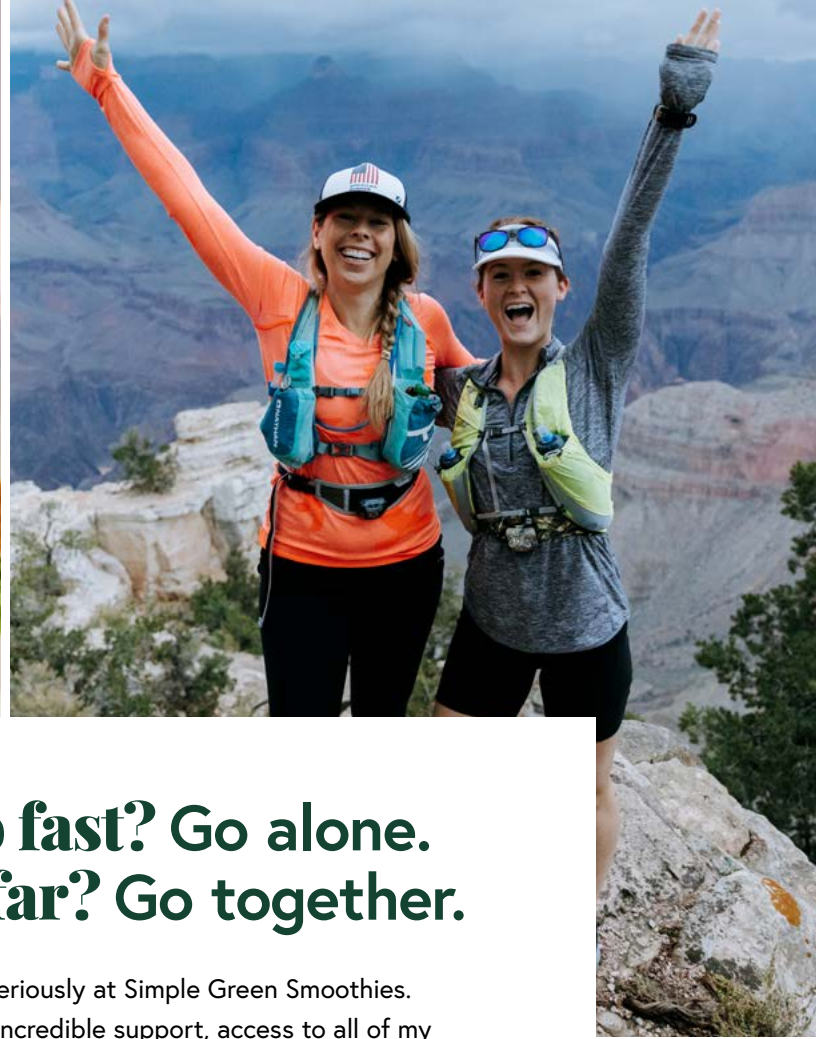
Better than a milkshake! This plant-based peanut butter chocolate smoothie is so creamy and decadent, you'll think it's ice cream. Your body will thank you for enjoying this all-natural, no-sugar-added sweet treat. Peanuts contain 7 grams of protein per 2 tablespoon serving, along with good amounts of magnesium, phosphorus, zinc, niacin and vitamin B6. It contributes both protein and healthy fat in the chocolate peanut butter smoothie.

INGREDIENTS

2 bananas, frozen
1 tbsp peanut butter
2 tbsp cacao powder
1 cup non-dairy milk

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into a glass, snap a picture and enjoy!



Wanna go fast? Go alone. Wanna go far? Go together.

We take community seriously at Simple Green Smoothies. Join Rawk the Year for incredible support, access to all of my recipes (ad-free!), live cooking demos and additional resources to go farther with me on your plant-powered journey.

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