Smoothie Recipe Ideas

Breakfast smoothie - ½ cup berries - ½ cup pure juice - 2 Tbsp oatmeal - 1 Tbsp wheat germ - 1 tsp honey - ¼ cup plain yogurt/ tofu/ protein powder	Cinnamon-coffee shake - 1 tbsp grain coffee - 1 tsp cinnamon - ½ cake silken tofu - ½ tbsp molasses - 2/3 cup almond or rice milk - 1 tsp maple syrup
Berry shake - 2/3 cup almond or rice milk/ water - 2/3 cup berries - 1 banana - ½ cake silken tofu or ¼ cup protein powder - 2 tsp vanilla	Omega 3 smoothie - 2/3 cup liquid (water/ juice/ rice or soy milk) - ½ cup berries - 1 Tbsp ground flax seeds - 1 Tbsp Udo's/ flax oil - 1/3 cup hemp protein
High energy smoothie - 1 cup rice milk - 1 Tbsp tahini paste (sesame) - 1 Tbsp almond butter - 1 banana - 1 tsp carob or cocoa powder	Ultimate smoothie - 2/3 cup water or pure juice - 2/3 cup berries - 1 Tbsp greens powder - 1 scoop protein powder - 1 Tbsp ground flax seeds - 1 Tbsp hemp seeds

Other healthy ingredients for variety:

- Ground flax seeds/ hemp hearts/ lecithin granules/ nuts
- Flax seed oil/ Udo's oil (1Tbsp)
- Flavored protein powder (Absolute Whey, Soy, Rice)
- Powdered greens supplement (Blueberry Force, VegeGreens)
- Cinnamon/ cocoa
- Liquid Calcium:Magnesium
- Scoop of nut butter or tahini
- Dates
- Blackstrap molasses
- Wheat germ
- Powdered vitamins (e.g Vit. C, acidophilus); or empty vitamin capsules into smoothie