

Stay powered up with a protein packed smoothie.

Making a different delicious smoothie every day is as simple as 1, 2, 3, 4. Pick a liquid, throw in your favorite fruit and veggies, add some protein and finish it off with some flavor.

MIX IT UP—there are literally thousands of possible combinations.

1 Start with a liquid.

Dairy and plant based milks (such as rice, soy or almond milk) and 100% fruit juice are great options. Water is a good choice when watching calories.



2 Add fruits & veggies.

Choose what's fresh and in season when possible—frozen is a great choice when fresh options are limited.



3 Give it some protein.

Adding protein is a great way to make a power packed smoothie. Keep it clean by choosing an organic protein supplement, like an organic protein powder or shake, or try an old favorite like yogurt or peanut butter.



4 Finish it with flavor.

Get creative—chocolate and vanilla are time tested favorites, but don't overlook all the many options to make your smoothie sing with flavor like: peppermint, honey or even cayenne pepper.



Enjoy these delicious recipes for some of our favorite protein-packed smoothies!

Low Sugar Berry Smoothie

By Megan Roosevelt, Registered Dietitian
@HealthyGroceryGirl



INGREDIENTS:

- 1/2 of a fresh, ripe avocado (seeded, peeled & sliced)
- 1 cup of frozen mixed berries
- 1/2 cup of unsweetened almond milk
- 1 tablespoon of chia seeds
- 2 scoops Orgain Vanilla Bean Plant-Based Protein Powder

DIRECTIONS:

Add all ingredients into a high speed blender and blend on high for 20-30 seconds. Enjoy!

*Makes 1 Smoothie

Nutrition Facts

Serving size	1 Smoothie
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 34g	12%
Dietary Fiber 17g	61%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 2mcg	10%
Calcium 210mg	15%
Iron 8mg	45%
Potassium 482mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tropical Twist Smoothie

By Acacia Wright, Orgain Registered Dietitian



INGREDIENTS:

- 1 cup frozen mango
- 1/2 cup frozen raspberries
- 1/2 frozen banana
- 1 cup unsweetened almond milk
- 2 scoops Orgain Vanilla Bean Plant-Based Protein Powder

DIRECTIONS:

Combine all ingredients in a high speed blender and blend until smooth. Enjoy!

*Makes 1 Smoothie

Nutrition Facts

Serving size	1 Smoothie
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 63g	23%
Dietary Fiber 14g	50%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 2mcg	10%
Calcium 619mg	50%
Iron 8mg	45%
Potassium 230mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Super StrawBana Smoothie

By Acacia Wright, Orgain Registered Dietitian



INGREDIENTS:

- 1 Orgain Kids Organic Nutritional Shake, Strawberry
- 1 small frozen banana, halved
- 1/2 cup frozen strawberries
- 1/4 cup non-fat Greek yogurt, vanilla
- 1 cup of ice

DIRECTIONS:

Combine all ingredients in a high speed blender and blend until smooth. Pop a straw in and enjoy!

*Makes 1 Smoothie

Nutrition Facts

Serving size	1 Smoothie
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 63g	23%
Dietary Fiber 10g	36%
Total Sugars 34g	
Includes 9g Added Sugars	18%
Protein 14g	
Vitamin D 6mcg	30%
Calcium 423mg	35%
Iron 1mg	6%
Potassium 586mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.