Smoothie GUIDEBOOK

Blend It Better: Tips from Orgain's Nutrition Professionals

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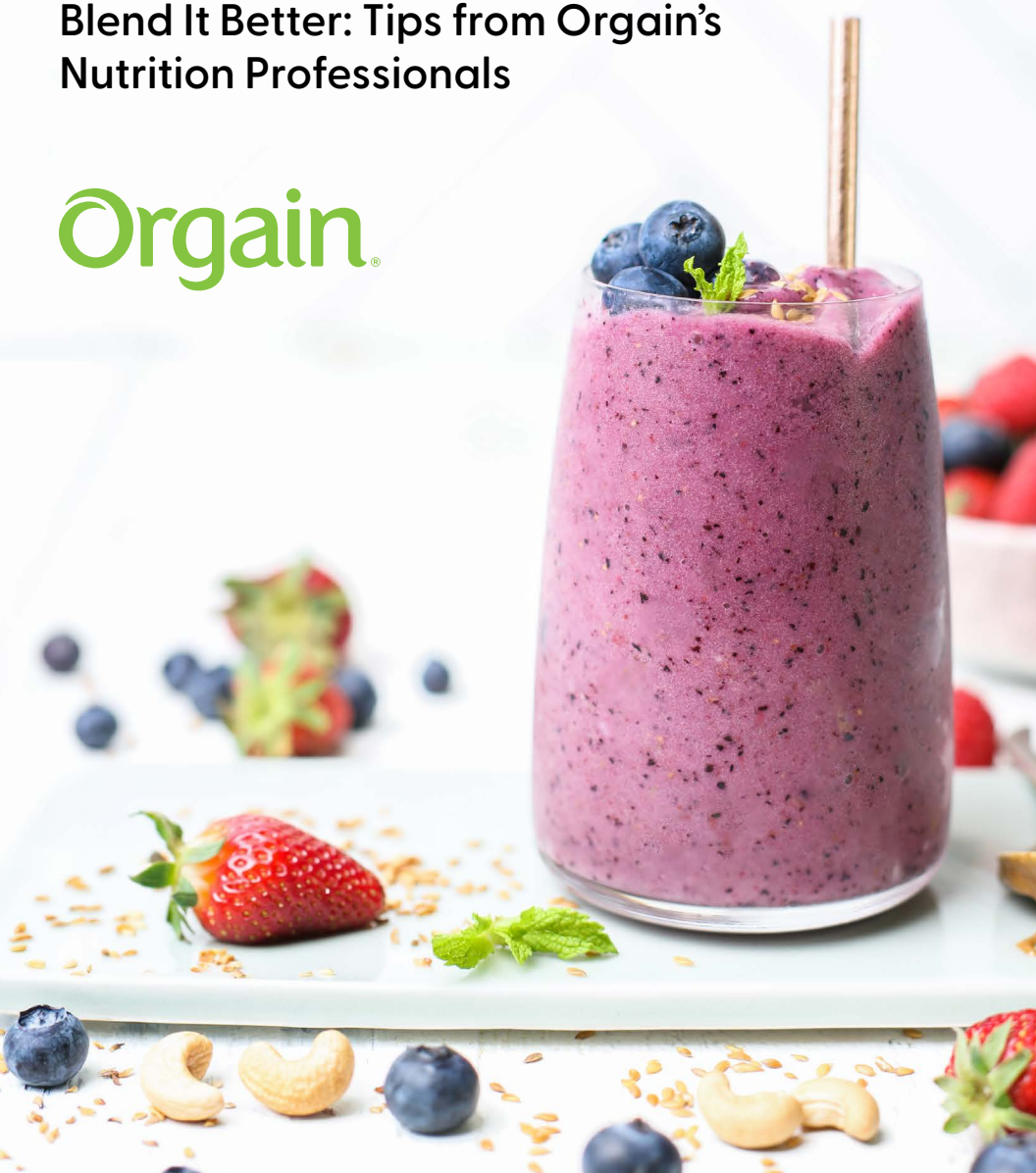

Learn how to create *smooth, creamy, nutrient-dense* smoothies from Orgain's physician founder and registered dietitians.



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This guide offers general smoothie making guidelines.
Results may vary depending on the ingredients selected and equipment used, and may require adjustments to measurements, ingredients, or equipment.

Why SMOOTHIES?

Smoothies are a convenient and customizable way to support your nutrition goals when built with intention. They can serve as a balanced meal or satisfying snack, and when used strategically, they offer a delicious way to increase key nutrients, such as protein and fiber, to support optimal health.

The size of your smoothie matters. A smaller smoothie may be easier to fit in between work and a workout, while a larger smoothie can be more satisfying. Made simply with just a few ingredients or packed with nutrient-rich add-ins, smoothies can offer a powerful way to add high-quality, delicious nutrition that's tailored to your personal preferences.

Whether you are searching for a new breakfast regimen, an easy option for supplemental nutrition, or a snack hack to add to your repertoire, smoothies may be the perfect fit for you.



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SMOOTHIE FORMULA *Basics*



Follow this easy 5-step formula from Orgain's nutrition professionals to build traditional, creamy, protein-packed smoothies every time.



1 *Start* WITH A LIQUID

Add ½ - 1 cup of your choice of milk or plant-based milk.

2 *Add* FRUIT & VEGGIES

Add 1 cup of fresh or frozen fruit and/or veggies.

3 *Add* HEALTHY FATS

Boost flavor and nutrition with healthy fats.

4 *Add* ORGAIN PROTEIN POWDER

Scoop in a serving of your favorite Orgain Protein Powder for added protein.

5 *Blend* IT ALL TOGETHER

Toss in a handful of ice cubes, 1/4-1/2 cup filtered water and blend until smooth.

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SMOOTHIE *Strategy*

How to *Blend* with Intention

1. Tips to Enhance Texture

Prevent Clumps

Start building your smoothie by adding your liquid ingredients first. Once blending, gradually add more liquid if needed to achieve desired consistency.

Examples

- Orgain ready-to-drink products
- Milk
- Plant milk
  (e.g., oat, almond, coconut, soy)
- Juice
  (e.g., 100% fruit or vegetable)
- Coconut water
- Water



Why optimize texture?

The right texture can turn a smoothie from something you drink because it's healthy into something you genuinely crave. And when you enjoy it, you're more likely to make it a regular part of your routine and reap the nutritional benefits.

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Create Creamy Texture

Consider choosing frozen versions of the fruits or vegetables. This helps create a rich, thicker consistency without diluting flavor.

Select fruits and/or vegetables that are naturally creamy when blended from frozen.

Examples

FRUITS

- Banana
- Mango
- Peach
- Papaya
- Avocado

VEGETABLES

- Sweet potato
- Pumpkin puree
- Cauliflower



For Convenience:

Purchase frozen fruits and vegetables, which are often harvested and frozen at peak ripeness.

OR

Prep Ahead:

Purchase fresh produce at peak ripeness, cut into blendable pieces, and freeze for later use.

Both options provide a convenient and nutritious way to enjoy fruits and vegetables.

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Make it Frosty

Add ice cubes for a slushy-like texture. Ice can increase volume without adding calories and may help tone down overly sweet flavors.

Equipment Essentials:

A strong blender (example: Vitamix®, Nutribullet®, Ninja®, etc.) helps ensure a smoother, creamier blend. Consider single-serve blenders, cups and attachments for convenience of preparing, cleaning, transporting, or even blending on the go!

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2. Tips to Prioritize Protein

Add in sources of protein to achieve a well-balanced smoothie.

Examples



Orgain Protein Powder

Vanilla is most commonly used in smoothies for its flavor and sweetness. However, for minimal flavor change, consider Orgain's Natural Unsweetened Plant-Based Protein Powder or Unflavored Whey Protein Powder.



Orgain ready-to-drink protein shake

Consider using protein shakes in place of traditional smoothie liquids for a creamy, high protein base!



Yogurt

Pump up the protein by incorporating unsweetened Greek or Icelandic yogurt. Additionally, some yogurts containing live and active cultures may provide beneficial microorganisms that can support digestion and may positively influence aspects of the gut microbiome.[1]



Tofu

Want an extra-creamy smoothie? Reach for silken tofu as a protein source. As the softest variety, it blends effortlessly and creates a smooth, velvety texture.



Nut Butter Powder

By using powdered nut butter, you can boost protein with fewer calories and less fat than traditional nut butters.

Why add protein?

Protein plays an important role in satiety, metabolic regulation, and muscle maintenance.[2,3]

Find your personalized daily protein target with **Orgain's Protein Calculator** at **Orgain.com** to discover how much protein you need to support your health and wellness goals.

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3. Tips to Boost Fiber

Volumize your smoothie with high-fiber sources.

Examples

- Seeds (e.g., chia, flax, pumpkin, hemp)
- Rolled oats
- Fruits (e.g., berries, kiwi, banana)
- Vegetables (e.g., leafy greens, cauliflower, beets)

Nutrition Note:

Fruit contributes carbohydrate to your smoothie. If you are looking for a more balanced smoothie, aim for one serving of fruit - or a mix of smaller amounts of several fruits. If you are monitoring carbohydrate intake, consider a more vegetable forward smoothie.

Why add fiber?

The USDA recommends daily intake of 38 grams of fiber for men and 25 grams of fiber for women, ages 19-50, yet most Americans consume just 10-15 grams per day.[4]

Adding fiber-rich foods to your diet can help support fullness, promote digestive health and regularity, and lower the risk of certain chronic diseases.

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4. Tips to Incorporate Fats

Add healthy sources of fat to your smoothie to round out the macronutrient balance.

Examples

- Avocado
- Full or reduced fat, unsweetened Greek yogurt or kefir
- Nut/seed butter (e.g.,peanut butter, almond butter, sunflower butter)
- Unsweetened coconut cream

Why add fat?

Incorporating fats into your smoothie is important for palatability, satiety, and helping to support absorption of the micronutrients in your smoothies.[5]



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5. Tips to Enhance Flavor

Consider add-ins to help tailor smoothies for your personal taste preferences.

Examples


1 tbsp acai powder


⅛–¼ tsp ground or freshly grated ginger


¼–½ tsp ground cinnamon


⅛–¼ tsp ground nutmeg


1-2 Tbsp cocoa powder


⅛–¼ tsp dried lavender


1 tsp instant coffee*


½–1 tsp matcha powder*


⅛ tsp flaky salt


1-2 tbsp nut butter powder


5-10 fresh mint leaves


½–1 tsp vanilla extract

*Provides an added caffeine boost.

6. Tips to Optimize Benefits

Consider adding one serving of any of the following popular Orgain powders to help support your unique health and wellness goals:



Orgain Creatine Monohydrate to support muscle and brain health.*‡



Orgain Hydrolyzed Collagen for additional hair, skin and nail support.*



Orgain Organic Superfoods + Probiotics for gut support.*



Orgain Organic Superfoods + Immunity UP!™ for immune system support.*



Colostrum Immune + Gut Health Powder for immune and digestive health support.*

Check out Orgain.com for even more options!

Texture Tip:

If you add any of these additional supplement powders, you may need to increase the amount of liquid to help prevent clumping.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease
‡Studies show that creatine may support brain health in vegetarians and aging individuals.

SMOOTHIE *Inspiration*

There's no one right way to make a smoothie! Mix and match ingredients, flavors, and textures to create blends that suit your taste and nutrition goals. To spark your creativity, check out these smoothie recipes developed by Orgain's nutrition professionals.



Dr. Abraham's Peanut Butter Banana Smoothie with Greens

"My go-to simple smoothie."

Andrew Abraham, MD | CEO, Founder & Integrative Medicine Specialist

INGREDIENTS

1 cup unsweetened almond milk

1 banana, peeled, sliced and frozen

1 cup fresh spinach

1 tbsp natural peanut butter

1 tbsp chia seeds

1 scoop Vanilla Orgain Plant-Based Protein Powder

½ cup ice



DIRECTIONS

1. Add all ingredients, in the order written, into a high-speed blender.
2. Blend until smooth. Add additional water or liquid for desired consistency.
3. Pour into your glass and enjoy!

Nutrition Facts

Serving size: 1 Smoothie | Calories 370 | Total Fat 17g | Saturated Fat 2.5 | Cholesterol 0mg | Sodium 330mg | Total Carbohydrates 40g | Fiber 9g | Total Sugar 14g | Protein 21g | Vitamin D 10% DV | Calcium 45% DV | Iron 35% DV | Potassium 15% DV

Nutrition is estimated using a food database and is only intended to be used as a guideline for informational purposes.

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Keith's Morning Super Smoothie

"Our family's favorite weekend treat."

Keith Hine, MS, RD | VP of Healthcare, Sports & Professional Education

INGREDIENTS

¾ cup unsweetened almond milk

4 fresh intact strawberries

¼ cup fresh blueberries

¼ banana, peeled, sliced and frozen

1 tbsp peanut butter powder

1 scoop Vanilla Orgain Plant-Based Protein Powder + Superfoods

1 scoop Orgain Grass-Fed Collagen Peptides

½ cup ice

2 tbsp filtered water



DIRECTIONS

1. Add all ingredients, in the order written, into a high-speed blender.
2. Blend until smooth. Add additional water or liquid for desired consistency.
3. Pour into your glass and enjoy!

Nutrition Facts

Serving size: 1 Smoothie | Calories 220 | Total Fat 5g | Sat. Fat 0g | Cholesterol 0mg | Sodium 360mg | Total Carbohydrate 32g | Fiber 4g | Total Sugars 12g (Includes 0g Added Sugars) | Protein 20g | Vitamin D 10% DV | Calcium 35% DV | Iron 20% DV | Potassium 8% DV

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SMOOTHIE *Inspiration*



Lauren's Barely Sweet Emerald Blend

"The satisfying mid-afternoon snack I keep on repeat in my blender."

Lauren Bissonnette, MS, RD, LDN | Ambassador Support & Education Manager

INGREDIENTS

½ cup light, unsweetened coconut milk

½ small banana, peeled

1 cup fresh spinach leaves, loosely packed

½ avocado, peeled and pitted

1 scoop Natural Unsweetened Orgain Plant-Based Protein Powder

½ cup ice



DIRECTIONS

1. Add all ingredients, in the order written, into a high-speed blender.
2. Blend until smooth. Add additional water or liquid for desired consistency.
3. Pour into your glass and enjoy!

Nutrition Facts

Serving size: 1 Smoothie | Calories 300 | Total Fat 18g | Sat. Fat 6g | Cholesterol 0mg | Sodium 170mg | Total Carbohydrate 29g | Fiber 6g | Total Sugars 9g (Includes 0g Added Sugars) | Protein 14g | Vitamin D 0% DV | Calcium 6% DV | Iron 25% DV | Potassium 10% DV

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Acacia's Super StrawBana Kids Smoothie

"The smoothie I recommend to prove nutrition can be delicious, simple, and fun."

Acacia Wright, RD, CD | Nutrition Communications & Scientific Affairs Sr. Mgr.

INGREDIENTS

1 Strawberry Orgain Kids Protein Organic Nutrition Shake

1 small frozen banana, peeled

½ cup frozen strawberries

¼ cup vanilla reduced-fat Greek yogurt

1 cup ice



DIRECTIONS

1. Add all ingredients, in the order written, into a high-speed blender.
2. Blend until smooth. Add additional water or liquid for desired consistency.
3. Pour into your glass and enjoy!

Nutrition Facts

Serving size: 1 Smoothie | Calories 350 | Total Fat 8g | Sat. Fat 1.5g | Cholesterol 10mg | Sodium 180mg | Total Carbohydrate 60g | Fiber 7g | Total Sugars 32g (Includes 9g Added Sugars) | Protein 14g | Vitamin D 30% DV | Calcium 35% DV | Iron 6% DV | Potassium 10% DV

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SMOOTHIE *Inspiration*



Genny's Tangy Tropical Smoothie

"My tropical escape in a glass."

Genny Himes, RDN | Associate Manager of Consumer Care

INGREDIENTS

¾ cup plain low-fat kefir

⅓ cup frozen mango chunks

⅓ cup frozen pineapple chunks

1 scoop Vanilla Orgain Grass-Fed Whey Protein Powder

1 tbsp ground flaxseed

1 tbsp lime juice

½ cup ice



DIRECTIONS

1. Add all ingredients, in the order written, into a high-speed blender.
2. Blend until smooth. Add additional water or liquid for desired consistency.
3. Pour into your glass and enjoy!

Nutrition Facts

Serving size: 1 Smoothie | Calories 240 | Total Fat 6g | Saturated Fat 1.5g | Cholesterol 5mg | Sodium 200mg | Total Carbohydrates 33g | Fiber 4g | Total Sugar 19g | Protein 18g | Vitamin D 0% DV | Calcium 25% DV | Iron 25% DV | Potassium 10% DV

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Need some more ideas to get started?

Check out Orgain.com and Healthcare.Orgain.com for delicious, Orgain protein-packed smoothie combinations to spark your creativity!

Orgain.com Recipes

Recipes by Healthcare Professionals

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1. Sarita B, Samadhan D, Hassan MZ, Kovaleva EG. A comprehensive review of probiotics and human health-current prospective and applications. Front Microbiol. 2025 Jan 6;15:1487641. doi: 10.3389/fmicb.2024.1487641. PMID: 39834364; PMCID: PMC11743475.

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3. Tagawa R, Watanabe D, Ito K, Ueda K, Nakayama K, Sanbongi C, Miyachi M. Dose-response relationship between protein intake and muscle mass increase: a systematic review and meta-analysis of randomized controlled trials. Nutr Rev. 2020 Nov 4;79(1):66–75. doi: 10.1093/nutrit/nuaa104. Epub ahead of print. PMID: 33300582; PMCID: PMC7727026.

4. Should I Be Eating More Fiber? - Harvard Health, www.health.harvard.edu/blog/should-i-be-eating-more-fiber-2019022115927. Accessed 24 June 2026.

5. Dietary Fats - IFIC, ific.org/resources/toolkits/dietary-fats/. Accessed 24 June 2026.



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For more inspiration or assistance:

Email medinfo@orgain.com and one of our registered dietitians will be happy to help!

