

How to create a healthy high protein smoothie

Start with a protein source:

- Plant based - Vega Essentials Vanilla, Garden of Life Vanilla - 22g protein
- Whey - SFH Pure Whey Protein, My Protein - 26 to 35g protein depending on variety
- Collagen - Bulletproof Collagen Peptides Vanilla - 19 to 23g protein

Hemp & Pea proteins are also good options to be considered

Alternative protein sources:

- Greek Yogurt (1/2 cup 2%) – 11g protein
- Cottage Cheese (1/2 cup 2%) – 10g protein
- Beans (1/4 cup lima beans) – 4g protein

High protein veggie options:

- Spinach (1 cup) – 5g protein
- Kale (1 cup) – 3g protein
- Sweet Potato (1/2 cup, mashed) – 2.5g protein
- Cauliflower (1 cup) – 2g protein

High protein fruit options:

- Guava (1 cup) – 4g protein
- Avocado (1 medium avocado) – 4g protein
- Kiwi (1 cup) – 2g protein
- Blackberries (1 cup) – 2g protein

Alternative fruit options either fresh or frozen:

- Banana (1 medium) - high in potassium & fibre
- Berries like blueberries, raspberries, strawberries, blackberries (1 cup) - high in vitamins, fibre, antioxidants & are low in sugar which will benefit the insulin response

High protein nut options (optional due to high calorie content):

- Almonds (23 almonds) – 6g protein
- Peanuts (28 peanuts) – 7g protein
- Cashews (18 cashews) – 5g protein
- Walnuts (7 walnuts) – 4g protein
- Pecans (19 pecans) – 3g protein

High protein seed options:

- Pumpkin Seeds (1 tablespoon) - 7g protein
- Sunflower Seeds (1 tablespoon) – 6g protein
- Hemp Seeds (1 tablespoon) – 3g protein
- Chia Seed (1 tablespoon) – 2g protein
- Flax Seeds (1 tablespoon) – 2g protein

How to bring it all together

1. Choose your base be it frozen fruit or fresh fruit with 1 cup of ice.
2. Choose your protein source, it can be multiple such as 1 scoop of powder, 1 tbsp of seeds or 1 tbsp of nuts or nut butter.



Adding yogurt or avocado can really thicken up your smoothie & gives extra protein & a nice texture. You don't need a full avocado for this either, half is plenty

3. Choose your liquid, water is typically your best option given all the variety of flavours going on already but half water & half milk or juice is an option. Start with ½ to 1 cup & add as needed.
4. Blend it all together, adding liquid as needed to get the desired consistency.

Sample recipes:

Banana Protein Shake - approx. 32g of protein (recipe based on average protein content of 22g in protein powder)

- ¾ cup nonfat greek yogurt
- 1 to 1.5 cups frozen banana
- 1 scoop Vega Essentials Vanilla protein powder (or powder of choice)
- 1 to 2 cups milk (any type) depending on how thick you like your shakes
- 1 tbsp of nut butter
- 1 tsp vanilla extract (optional)
- Blend & enjoy

Greens Protein Shake - approx. 28g protein (recipe based on average protein content of 22g in protein powder)

- 2 cups spinach or mix of spinach & kale
- ½ a medium to large avocado
- 1 cup frozen berries of choice
- ½ banana fresh or frozen
- 1 scoop of protein powder of choice
- 1 tbsp of Greens Powder (should contain spirulina, chlorella, wheatgrass, buckwheat or close to)
- 1 to 2 cups water depending on how thick you like your shakes
- Blend & enjoy

Berry Protein Shake - approx. 25g protein if using almond milk 31g protein if using soy (recipe based on average protein content of 22g in protein powder)

- 1.5 cups of frozen berries
- 1 medium banana fresh or frozen though frozen is best
- 1 tbsp chia seeds
- 1 scoop of protein powder of choice
- 1 to 1.5 cups of almond or soya milk (soy provides an additional 3g of protein per 100ml or 6.5g per cup)



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