

From the Armstrong Kitchen - Smoothies

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Golden Eye Smoothie

I love a good smoothie and this one is one of my favorites. It is packed full of flavor, rich in nutrients, and very filling.

Ingredients:

8-12 oz water

1 Scoop Vanilla Protein Powder (I use GNC Wheybold Extreme – sweetened with Stevia extract)

1 small-medium Banana

1 cup frozen blueberries

1 Cup spinach

¼ cup unsweetened coconut flakes

¼ cup pecans

1 tbsp flax seed

1 tbsp chia seed

½ tbsp cinnamon (optional)

Ice – for changing the consistency and increasing volume)

Directions:

Add frozen blueberries first, then banana, and the pecans. Next pour the water. Then dump in the protein powder, (cinnamon,) seeds, and coconut. Finally, the spinach. (Adding the powders and spinach last allows for the liquid and weight of the blueberries to push it all into the blades if using an inverted blender.)

Health Benefits: *Calories* around 350-400 (definitely enough for breakfast); *Protein* – Around 30g depending on your powder; *Carbs* – Around 40g (banana has around 25 so leave it out if you need less); *Fats* – Around 28g fat (nuts add a lot but these are good fats – no contributors to high cholesterol); Good amounts of fiber, antioxidants, vitamins A, B, C, and protein

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Simple Protein Shakes

There are many options when it comes to premade drinks, but I prefer to make my own. Most premade have fillers, fake sugars, and unnecessary ingredients that make them less than ideal.

Here is a simple protein shake that is a great option for breakfast or during a fast.

INGREDIENTS

1 scoop Protein Powder

8-12 oz unsweetened almond milk

1 tbsp olive oil

5-6 ice cubes (more or less depending on desired consistency)

*Protein considerations: you want a low carb, 100% whey, high density protein in which the total grams per serving is not more than 5-8 grams higher than the amount of protein per serving. This gives you the most bang for your buck without leaving you bloated with extra fillers. Also, look for a powder that has the fewest ingredients possible and nothing artificial.

DIRECTIONS

Add liquid first, then ice, then powder, and blend until thoroughly mixed and consistency is as desired.

In a non-fasting time, add:

1 cup spinach (fresh or frozen)

1-1 ½ cup berries (blue, black, rasp, or straw)

Same procedure but add spinach closest to the blade so other ingredients push it down and blend it thoroughly.

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Purple Power

INGREDIENTS

½ cup frozen blueberries (can use fresh)

1 banana

1 cup spinach/kale (fresh or frozen)

1 cup vanilla unsweetened almond milk

1 tbsp cinnamon

1 scoop vanilla protein powder (I like Bodylogix)

INSTRUCTIONS

Start with heaviest ingredients, then liquid, then fresh greens (frozen can go with fruit), and finally the powders. Blend until chunks are completely gone.

NOTES

If more liquid is needed, add water.

If using more fresh ingredients than frozen, add ice for a thicker colder consistency.