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10 SUPERFOOD SMOOTHIE RECIPES TO KICKSTART YOUR DAY



If you're one of those people that is skipping breakfast due to time constraints, then these smoothie recipes are for you.

Most of these recipes can be whipped up in two minutes flat, especially if you prep the ingredients the night before. And they're all jam-packed with superfoods, meaning you'll have energy to burn all day long.

01. Strawberry and Goji Berry Smoothie

Goji berries are packed with antioxidants, vitamins, minerals, and even fiber. This smoothie, by Skinny Ms, pairs gojis with another amazing berry: the strawberry. Strawberries are one of my favorite fruit: they're sweet, summery and full of vitamin C.

Vitamin C helps our bodies absorb iron from plant-based foods and enables the immune system to protect us from illness. It also is needed to make collagen, which is vital for healthy skin.

INGREDIENTS (MAKES 2 CUPS)

- | | |
|-----------------------------|----------------------|
| ✓ 2 tbsp dried goji berries | ✓ 2 cups almond milk |
| ✓ 1 cup strawberries | ✓ Ice |
| ✓ 2 tsp honey | |

DIRECTIONS

In a small bowl mix the goji berries and 1 tablespoon of water, leave for 15 minutes to make the berries softer. (Note: this can also be done overnight if preferred). Then blend the goji berries and other ingredients until smooth.

02. Kick Booty Kale Smoothie

In terms of protein, this packs a serious punch. According to the My Fitness Pal recipe calculator, one smoothie serves up an incredible 27 g of protein, thanks to the kale, Greek yogurt, milk and peanut butter.

This tropical fruit is also a rich source of manganese, which is essential in developing strong bones and connective tissue. The quarter cup used in this smoothie contains 20% of our RDV.

INGREDIENTS (MAKES 1)

- | | |
|--|-----------------------------------|
| ✓ 2 cups lightly packed chopped kale leaves, stems removed | ✓ 1/4 cup plain Greek yogurt |
| ✓ 3/4 cup milk of choice | ✓ 1/4 cup frozen pineapple pieces |
| ✓ 1 frozen banana, cut into chunks | ✓ 2 tbsp peanut butter |
| | ✓ 1 to 3 tsp honey, to taste |

DIRECTIONS

Blend all the ingredients until smooth. Add more liquid if you prefer a thinner consistency.

03. Blueberry Flax Smoothie

Blueberries, ground flaxseed, spinach, Greek yogurt and coconut milk make for a fairly impressive list of superfoods, am I right?

One cup of these bad boys contains 35% of the RDV of vitamin K. This fat-soluble vitamin is essential for building strong bones, preventing heart disease and helping vitamin D perform at its best in the body.

INGREDIENTS (MAKES 1)

- | | |
|-----------------------------|---------------------------------|
| ✓ 1 cup blueberries, frozen | ✓ 1/4 cup full-fat Greek yogurt |
| ✓ 1 tbsp ground flaxseed | ✓ 1 cup coconut milk |
| ✓ Handful of spinach | |

DIRECTIONS

Blend all the ingredients until smooth.

04. Spiced Green Tea Smoothie

Not your usual berry mix, or even 'green monster', this spiced tea concoction is a smoothie with a difference. Thankfully, Health.com made a green tea smoothie. They also added in cayenne pepper for a boost in flavor. On top of these two weight loss wonders, fiber-rich pears are known to be an incredible aid in fighting flab.

INGREDIENTS (MAKES 1)

- | | |
|--|---|
| ✓ 3/4 cup strong green tea,
chilled | ✓ 1 small pear, skin on, cut into
pieces |
| ✓ 1/8 tsp cayenne pepper | ✓ 2 tbsp fat-free plain yogurt |
| ✓ Juice of 1 lemon | ✓ 6-8 ice cubes |
| ✓ 2 tsp agave nectar | |

DIRECTIONS

Blend all the ingredients until smooth.

05. Antioxidant Smoothie Bowl

Sometimes, you want to sit down and enjoy breakfast at a leisurely pace – something that's tough to do with a smoothie. Enter, the smoothie bowl. It's exactly as it sounds – a smoothie in a bowl, but there's something more satisfying about eating breakfast with a spoon rather than gulping it down from a glass.

INGREDIENTS (MAKES 1)

- | | |
|-------------------|--|
| ✓ 1 frozen banana | ✓ 1/2 cup frozen cherries or
frozen berries |
|-------------------|--|

- ✓ 1 tbsp hemp seeds
- ✓ 1/2 cup almond milk
- ✓ 1/2 fresh banana, sliced
- ✓ Fresh raspberries
- ✓ Fresh blackberries
- ✓ 1 tsp chia seeds
- ✓ 1 tbsp pepitas
- ✓ 1 tbsp coconut flakes
- ✓ 1/4 cup pomegranate seeds

DIRECTIONS

Add frozen banana, cherries, hemp seeds, and almond milk to a blender. Blend until smooth and pour into a bowl. Top smoothie with sliced bananas, raspberries, blackberries, chia seeds, pepitas, coconut flakes, and pomegranate seeds.

06. Chocolate Avocado Smoothie

This creamy avocado based smoothie from Paleo Magazine tastes like dessert in a glass. Avocado, which makes this breakfast so damn creamy, is a staple in my diet these days.

INGREDIENTS (MAKES 2)

- ✓ 1 avocado
- ✓ 2 frozen bananas
- ✓ 1/2 cup raspberries, fresh or frozen
- ✓ 1-2 tbsp unsweetened cocoa powder
- ✓ 2 cups almond or coconut milk

DIRECTIONS

Blend all the ingredients until smooth.

07. Plum Quinoa Smoothie

Quinoa has been used to fuel people since the days of the Inca warriors, so expect a major energy burst after this drink. One cup of quinoa boasts 39 g of carbs, 8 g of protein and 15% of your RDV of iron.

INGREDIENTS

- | | |
|---|---------------------------------|
| ✓ 1 large ripe plum, pitted and cut into chunks | ✓ 1 cup unsweetened almond milk |
| ✓ 1/2 large frozen banana | ✓ 1/4 tsp cinnamon |
| ✓ 1/4 cup cooked quinoa | ✓ 4 or 5 large ice cubes |
| ✓ 1 tsp pure vanilla extract | |

DIRECTIONS

Blend all the ingredients until smooth.

08. Oat Coconut Smoothie

If you want to get on the smoothie bandwagon, but can't shake the idea of oatmeal for breakfast, this recipe by Martha Stewart will help you make the transition. Another food that made that list, and happens to be in this smoothie, is Greek yogurt. Packed with protein, one third of a cup will give you about 5.5 g towards your daily requirement.

This awesome smoothie also contains coconut oil which is full of lauric acid, an anti-viral that also helps balance cholesterol levels. Make sure to melt the coconut oil before adding to the smoothie or you'll end up with lumps!

INGREDIENTS

- | | |
|-------------------------------------|------------------------|
| ✓ 1/2 banana | ✓ 1/3 cup Greek yogurt |
| ✓ 1/4 cup old-fashioned rolled oats | ✓ 2 tbsp coconut oil |
| | ✓ 1 tbsp honey |

✓ 1/3 cup freshly squeezed
orange juice

✓ 1/2 cup ice

DIRECTIONS

Blend all the ingredients until smooth.

09. Swamp Smoothie

In the words of its creator Gena at Choosing Raw, 'this smoothie looks like mud, but tastes amazing'!

INGREDIENTS

✓ 1 cup strawberries

✓ 1/2 small banana

✓ 1/2 cup chopped broccoli,
steamed or raw

✓ 1 handful raw spinach

✓ 1 cup almond or hemp milk

✓ 1 heaping tbsp cacao or carob
powder

✓ 3 tbsp hemp protein powder
(or protein powder of choice)

✓ 1 tbsp shelled hemp seeds

✓ Stevia to taste (optional)

DIRECTIONS

Blend all the ingredients until smooth.

10. Coconut Turmeric Smoothie

This superfood combo was featured in the Chalkboard Mag.

INGREDIENTS

✓ 1 cup coconut milk

✓ 1/2 cup frozen pineapple

✓ 1 frozen banana

✓ 1 tbsp coconut oil

✓ 1/2 to 1 tsp turmeric

✓ 1/2 tsp cinnamon

✓ 1/2 tsp ginger

✓ 1 tsp chia seeds

✓ 1 tsp maca

DIRECTIONS

Blend all the ingredients until smooth.

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