

Healthy Breakfast Smoothies



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Introduction



Why Should I Eat Breakfast?

Breakfast is the most important meal of the day. It gives us the energy to make it through the day and keeps our metabolism high as well. It's easy to skip breakfast with everything we have going on in the morning. After all, we have to walk the dog, get the kids ready for school, feed the cat, iron the blouse we're planning on wearing to the office etc. Fixing a healthy and nutritious breakfast just doesn't seem to fit in.

How Am I Supposed To Find Time To Cook Breakfast Every Morning?

The solution is a breakfast smoothie. You'll find quick and easy recipes for a variety of smoothies in this ebook. The nutritious shakes blend together in a matter of minutes. Just pour your favorite breakfast smoothie in an insulated cup and you have breakfast to go.

What About Dinner?

Evening can be almost as hectic for many of us. We have the best intentions to feed our families nutritious meals, but then reality sets in. We spend all day driving the kids around, or are running late because of a long meeting at work and before we know it is 6 pm and there isn't a green vegetable or lean piece of meat in the fridge.

That's where we come in. We've prepared the Ultimate Meal Planning Pack for complete with Family Friendly, Healthy and Vegetarian Menus and categorized grocery lists. No more reason to order take-out or a pizza. You will have everything you need to cook a healthy dinner for your family. Give us a try today at www.MenuPlanningCentral.com

Fruity Smoothies

Strawberry-Banana Breakfast Smoothie

One Serving

- 1 cup orange juice
- 3 tbsp nonfat dry milk powder
- 1/2 banana; cut into pieces
- 10 fresh strawberries; hulled
- 3 ice cubes

Combine all the ingredients in your blender. Blend until thick and frothy.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 209 |
| Total Fat | 0 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 0 milligrams |
| Sodium | 70 milligrams |
| Total Carbohydrate | 45 grams |
| Dietary Fiber | 1 grams |
| Sugars | 29 grams |
| Protein | 7 grams |



Orange Splash Smoothie

Two Servings

- 1 6-ounce can frozen orange juice concentrate
- 1 cup cold water
- 1 cup non-fat milk
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 10 ice cubes

Combine the first five ingredients in a blender; process at high speed. Add ice cubes, a few at a time, blending until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 190 |
| Total Fat | 0 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 2 milligrams |
| Sodium | 62 milligrams |
| Total Carbohydrate | 45 grams |
| Dietary Fiber | 0 grams |
| Sugars | 44 grams |
| Protein | 4 grams |



Tropical Fruit Shake

One Serving

- 1/2 mango
- 2 Tablespoon frozen pina coloda mix (non-alcoholic)
- 1/2 banana -- frozen
- 4 strawberries -- frozen
- 6 ice cubes
- 1 and 1/4 cup cold water

Combine all ingredients in a blender and blend until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 149 |
| Total Fat | 2 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 0 milligrams |
| Sodium | 10 milligrams |
| Total Carbohydrate | 30 grams |
| Dietary Fiber | 1 grams |
| Sugars | 18 grams |
| Protein | 0 grams |



Blueberry Smoothie

Two Servings

- 1 pint fresh blueberries or 2 cups (10 oz.) frozen blueberries -- slightly thawed
- 1 cup pineapple or orange juice
- 1 container (8 oz.) lowfat vanilla yogurt
- 2 teaspoon sugar

Combine all ingredients in your blender and blend until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 175 |
| Total Fat | 2 grams |
| Saturated Fat | 1 grams |
| Cholesterol | 8 milligrams |
| Sodium | 80 milligrams |
| Total Carbohydrate | 35 grams |
| Dietary Fiber | 0 grams |
| Sugars | 32 grams |
| Protein | 6 grams |



Cereal and Bran Shakes

Fruit Bran Milk Shake

One Serving

- 2 cups Skim milk
- 1/4 cup All bran cereal
- 1/4 tsp Cinnamon
- 1/2 tsp Vanilla
- 1 Medium apple (sliced)

Freeze 1 1/2 cups of the milk in a cube tray overnight. Put the bran, cinnamon, vanilla, and apple into a blender. Add the remaining 1/2 cup of milk. Blend for 20 seconds.

Continue blending and slowly, one at a time; add of the frozen milk cubes.

Nutritional Facts Per Serving:

| | |
|--------------------|----------------|
| Calories | 261 |
| Total Fat | 1 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 10 milligrams |
| Sodium | 320 milligrams |
| Total Carbohydrate | 52 grams |
| Dietary Fiber | 11 grams |
| Sugars | 22 grams |
| Protein | 17 grams |

Sunny Start Smoothie

Two Servings

- 1 cup of orange juice
- 2 bananas - cut
- 2 Tablespoons of honey
- 1 orange - peeled and cut
- 1/4 cup of granola

Combine all ingredients in a blender and blend until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 296 |
| Total Fat | 2 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 0 milligrams |
| Sodium | 30 milligrams |
| Total Carbohydrate | 71 grams |
| Dietary Fiber | 6 grams |
| Sugars | 27 grams |
| Protein | 4 grams |



Oatmeal Smoothie

One Serving

- 1 cup apple juice
- 1 frozen banana
- 3 heaping tablespoons of uncooked oatmeal
- 3 tablespoons of maple syrup
- additional frozen fruit if desired

Combine all ingredients in a blender and blend until smooth.

Nutritional Facts Per Serving: (Without Additional Fruit)

| | |
|--------------------|----------------|
| Calories | 375 |
| Total Fat | 2 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 0 milligrams |
| Sodium | 106 milligrams |
| Total Carbohydrate | 90 grams |
| Dietary Fiber | 4 grams |
| Sugars | 43 grams |
| Protein | 3 grams |



For The Coffee Lover

Banana Coffee Smoothie

Two Servings

- 2 small frozen bananas
- 1 and 1/2 cups low fat milk
- 1 (8oz.) container low-fat coffee yogurt
- 1/4 teaspoon ground cinnamon
- Dash nutmeg

Combine frozen bananas, milk, yogurt, cinnamon, and nutmeg in a blender and blend till smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|----------------|
| Calories | 275 |
| Total Fat | 2 grams |
| Saturated Fat | 1 grams |
| Cholesterol | 11 milligrams |
| Sodium | 174 milligrams |
| Total Carbohydrate | 52 grams |
| Dietary Fiber | 3 grams |
| Sugars | 25 grams |
| Protein | 12 grams |

Mocha Java Smoothie

One Serving

- 1 cup vanilla soymilk
- 1 and 1/2 cup ice
- 1/3 cup tofu firm
- 3/4 cup bananas -- sliced/frozen
- 1/4 cup chocolate syrup
- 2 teaspoons instant coffee

In a blender, combine all ingredients. Blend until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 229 |
| Total Fat | 1 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 0 milligrams |
| Sodium | 85 milligrams |
| Total Carbohydrate | 52 grams |
| Dietary Fiber | 4 grams |
| Sugars | 11 grams |
| Protein | 3 grams |



All About Soy

Chocolate Banana Soy Smoothie

One Serving

- 1 cup soy milk (plain or vanilla)
- 1 medium banana - quartered
- 2 tablespoons chocolate syrup
- 3 ice cubes

Add all ingredients to the blender and blend until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 177 |
| Total Fat | 1 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 0 milligrams |
| Sodium | 85 milligrams |
| Total Carbohydrate | 40 grams |
| Dietary Fiber | 3 grams |
| Sugars | 11 grams |
| Protein | 3 grams |

Peanut Butter Banana Soy Smoothie

One Serving

- 1 cup soy milk (plain or vanilla)
- 1 medium banana - quartered
- 1 tablespoon peanut butter
- 3 ice cubes

Add all ingredients to the blender and blend until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 177 |
| Total Fat | 1 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 0 milligrams |
| Sodium | 85 milligrams |
| Total Carbohydrate | 40 grams |
| Dietary Fiber | 3 grams |
| Sugars | 11 grams |
| Protein | 3 grams |



Coffee Banana Soy Smoothie

Two Servings

- 2 bananas (frozen)
- 1 and 1/2 cups vanilla soy milk
- 1 8-ounce cup of coffee yogurt
- 1/4 teaspoon cinnamon
- Dash ground nutmeg
- 2 or 3 ice cubes

Cut bananas into chunks. Put all ingredients in the blender and mix until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|----------------|
| Calories | 265 |
| Total Fat | 2 grams |
| Saturated Fat | 1 grams |
| Cholesterol | 8 milligrams |
| Sodium | 144 milligrams |
| Total Carbohydrate | 54 grams |
| Dietary Fiber | 3 grams |
| Sugars | 25 grams |
| Protein | 7 grams |



Protein Blasts

Banana Berry Protein Shake

One Serving

- 1 cup of berries (any mix)
- 1/2 banana
- 1/2 soy milk (or any kind of milk)
- 1 scoop any kind of protein powder (or if you don't have protein powder add 1 egg white)
- 3/4 cup yogurt (your choice what kind)
- 1 cup ice

Add all ingredients to the blender and blend until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|----------------|
| Calories | 274 |
| Total Fat | 0 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 4 milligrams |
| Sodium | 170 milligrams |
| Total Carbohydrate | 58 grams |
| Dietary Fiber | 7 grams |
| Sugars | 18 grams |
| Protein | 11 grams |



Breakfast Protein Smoothie

One Serving

- 1 cup of skim milk
- 1 to 2 scoops of vanilla flavored protein powder
- 1 heaping tbs. of cocoa powder
- 1 sliced banana
- 1 tbs. of natural peanut butter
- 3-4 drops of stevia liquid (natural sweetener) if desired
- 4 or 5 ice cubes

Combine all ingredients in a blender. Blend until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|----------------|
| Calories | 240 |
| Total Fat | 1 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 5 milligrams |
| Sodium | 129 milligrams |
| Total Carbohydrate | 50 grams |
| Dietary Fiber | 3 grams |
| Sugars | 23 grams |
| Protein | 9 grams |

Low Carb Smoothies

Low-Carb Strawberry Smoothie

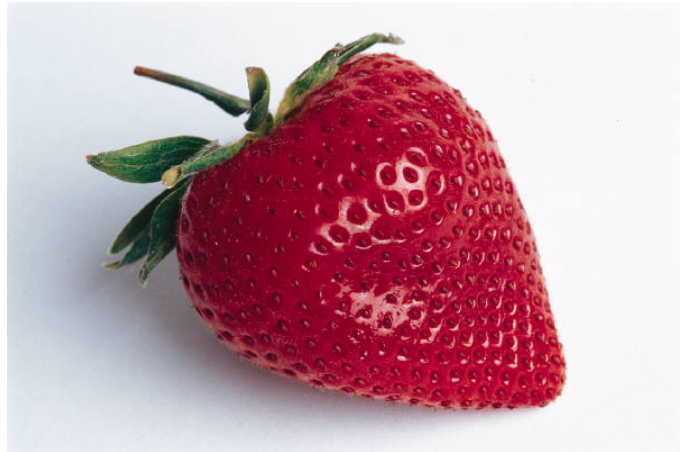
One Serving

- 1 cup frozen strawberries
- 1/4 cup soft tofu
- 1 cup milk
- 1 teaspoon Splenda
- 1 20-gram scoop of low-carb soy powder

Put all ingredients in the blender and mix until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|----------------|
| Calories | 155 |
| Total Fat | 0 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 5 milligrams |
| Sodium | 125 milligrams |
| Total Carbohydrate | 32 grams |
| Dietary Fiber | 3 grams |
| Sugars | 24 grams |
| Protein | 10 grams |



Non-Dairy Peach Smoothie

One Serving

- 1/2 frozen peach
- 1/4 cup soft tofu
- 1 cup soy milk
- 1 teaspoon Splenda
- 1 20-gram scoop of low-carb soy powder

Put all ingredients in the blender and mix until smooth.

Nutritional Facts Per Serving:

| | |
|--------------------|---------------|
| Calories | 70 |
| Total Fat | 0 grams |
| Saturated Fat | 0 grams |
| Cholesterol | 0 milligrams |
| Sodium | 85 milligrams |
| Total Carbohydrate | 15 grams |
| Dietary Fiber | 0 grams |
| Sugars | 11 grams |
| Protein | 2 grams |

What's Next?

We hope you enjoyed the breakfast smoothie recipes in this publication.

Remember these Great Reasons to have Breakfast Daily

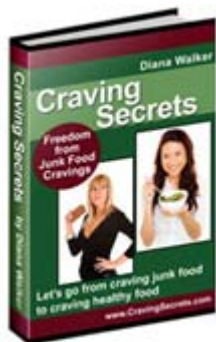
- More mentally alert and ready for the day
- Improve mood by keeping your blood sugar levels even
- Better cope with stress
- Consume less calories throughout the rest of the day
- Set a good example for loved ones and friends

So set aside a few minutes in the morning and fix a smoothie before you head out the door.

We would love to help you plan healthy breakfasts, dinners and snacks as well. For more information and to get your meal planning pack visit www.MenuPlanningCentral.com

Christine Steendahl – “The Menu Mom”

Easily plan healthy breakfasts, lunches, dinners and snacks with help from Menu Planning Central. For more information or to order today, visit www.MenuPlanningCentral.com



Are Food Cravings undermining your plans to stick to a Healthy Eating Plan? We've recently come across a great ebook that deals with food cravings. Learn how you can get rid of food cravings for good.

Visit www.CravingSecrets.com To find out more.