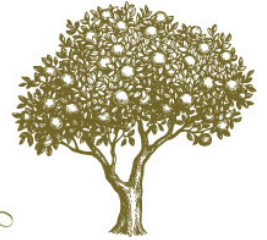




MONTEREY BAY CERTIFIED FARMERS MARKETS

EDIBLE PARADISE

COOKING SEASONALLY FROM THE FARMERS MARKETS



Smoothie Recipes

- High Protein Smoothies
- Tropical Smoothies
- Green Smoothies
- Microgreens Smoothies

Supercharge Your Smoothie with Protein Add-ins

Protein helps smoothies feel satisfying and sustaining.

Greek yogurt
Kefir
Cottage cheese
Silken tofu
Hemp seeds
Chia seeds
Pumpkin seeds
Nut butters
High protein oats
Sunflower seeds
Pasturized egg whites
Ricotta cheese

Building a Better Smoothie

One of the nicest things about smoothie-making is how adaptable it becomes once you understand a few basic building blocks.

Whether you're blending breakfast before work, refueling after a morning at the farmers market, or looking for an easy way to incorporate more fruits and vegetables into your day, smoothies offer a flexible and approachable starting point. And perhaps most importantly, healthy

doesn't have to taste boring — or “healthy” in the unpleasant sense of the word.

Some of the most surprising combinations turn out to be the most delicious: berries with basil, peaches with ginger, spinach with pineapple, strawberries with kefir and mint. A handful of greens can disappear beautifully into seasonal fruit while adding color, nutrients, and freshness almost effortlessly.

Tips for Making a Protein-Rich Smoothie

- Start with 1 1/2 cups of fruit, such as fresh or frozen berries, bananas, or peaches.
- Add 1 cup of liquid for every 1 1/2 - 2 cups of frozen fruit.
- Choose a few add-ins, including high-protein options, like pumpkin or chia seeds, cacao powder, fresh kale, or cinnamon.
- Opt for a protein source, such as Greek yogurt, nut butter, or tofu.
- Combine your ingredients in a high-speed blender until the smoothie reaches your desired texture.

Did You Know?

California helped spark the smoothie craze in the 1930s, when health-minded locals began blending fresh fruit, milk, and ice into quick, refreshing drinks long before smoothies were trendy.

HIGH PROTEIN SMOOTHIES

Strawberry Cottage Cheese Smoothie

1 cup strawberries
1/2 cup cottage cheese
1/2 frozen banana
1/2 cup milk, kefir, or yogurt
1 teaspoon honey
1 teaspoon vanilla extract
1 tablespoon chia seeds

Place all ingredients in blender.
Blend until smooth and creamy.
Frozen strawberries may be substituted for thicker smoothie.

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Chocolate-Peanut Butter Protein Shake

1 cup milk or nondairy milk alternative
3/4 cup frozen banana slices
1/2 cup plain Greek yogurt
1 tablespoon cocoa powder
1/2 teaspoon vanilla extract
1 tablespoon natural peanut butter

Place all ingredients in blender.
Blend until smooth and creamy.

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Cherry-Almond Smoothie

1 cup frozen cherries
1/2 cup Greek yogurt
3/4 cup almond milk
1 tablespoon almond butter
1 teaspoon cocoa powder
1 teaspoon honey

Place all ingredients in blender.
Blend until smooth and creamy.

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Peach-Kefir Smoothie

1 ripe peach, sliced
3/4 cup plain kefir
1/2 frozen banana
1 tablespoon hemp seeds
1 teaspoon honey

Place all ingredients in blender.
Blend until smooth and creamy.

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Mango Lassi

1 pitted Medjool date
1 cup whole milk
1/4 cup whole-milk Greek yogurt
1 cup frozen mango chunks
1/4 teaspoon cardamom
1 tablespoon hemp seeds

Place all ingredients in blender.
Blend until smooth and creamy.

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GREEN SMOOTHIES

Green Monster Smoothie

1 cup milk
1/2 cup plain yogurt
1 frozen banana
1 tablespoon peanut butter
2 cups spinach
1 cup ice, optional

Place all ingredients in blender.
Blend until smooth and creamy.

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Tropical Kale Smoothie

1 1/2 cups frozen pineapple chunks
1 cup chopped kale
1 banana
1 cup almond milk

Place all ingredients in blender.
Blend until smooth and creamy.

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Spinach, Peanut Butter and Banana Smoothie

1 cup kefir
1 tablespoon peanut butter
1 cup spinach
1 frozen banana
1 tablespoon honey, optional

Place all ingredients in blender.
Blend until smooth and creamy.

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Cucumber-Melon Cooler

1 cup cucumber
1 cup honeydew melon
1/2 avocado
1/2 cup coconut water
Juice of 1 lime
Fresh mint leaves

Place all ingredients in blender.
Blend until smooth and creamy.

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Superfood Berry-Green Smoothie

1 1/4 cups almond milk
1 clementine, peeled
1/2 cup frozen raspberries
1 cup spinach
1 tablespoon chia seeds
1 tablespoon flaxseed meal
1 cup frozen blueberries
1/2 cup cottage cheese

Place all ingredients in blender.
Blend until smooth and creamy.



Creamy Matcha Smoothie

1 teaspoon matcha powder
1 frozen banana
1/2 cup plain Greek yogurt
3/4 cup milk or unsweetened almond milk
1 handful fresh spinach
1 teaspoon honey or maple syrup
1 tablespoon hemp seeds or chia seeds
1/4 teaspoon vanilla extract
Ice cubes, if needed

Place all ingredients in blender.
Blend until smooth and creamy.

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TROPICAL SMOOTHIES

Virgin Piña Colada Smoothie

1 cup frozen pineapple chunks
1 cup pineapple-coconut sparkling water
1 scoop vanilla protein powder (or other protein substitute)
1 teaspoon coconut extract

Place all ingredients in blender.
Blend until smooth and creamy.

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Pink Dragon Smoothie

1 1/2 cups milk or nondairy milk
1/2 cup Greek yogurt
1 small cooked beet
1 cup frozen raspberries
1 medium-large dragon fruit, peeled and chopped or frozen dragon fruit puree packet
Pinch of salt
2 teaspoons honey or agave

Place all ingredients in blender.
Blend until smooth and creamy.

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Protein Mango Smoothie

1/2 mango, chopped
1/2 cup vanilla Greek yogurt
1/2 cup almond milk
1/2 cup ice
1 teaspoon honey, optional

Place all ingredients in blender.
Blend until smooth and creamy.

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Strawberry Matcha Smoothie

1 cup strawberries
1 teaspoon matcha powder
1/2 cup Greek yogurt
1/2 frozen banana
3/4 cup milk or almond milk
1 teaspoon honey

Place all ingredients in blender.
Blend until smooth and creamy.

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Orange Mango Flaxseed Smoothie

1 peeled mandarin orange
1 cup frozen mango
1 1/4 cups Greek yogurt
1/2 cup ice
1/2 cup water
3 tablespoons ground flaxseed
1/2 teaspoon vanilla
1/2 teaspoon orange extract

Place all ingredients in blender.
Blend until smooth and creamy.

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Orange Julius Smoothie

2 oranges, peeled and chopped
1 cup plain Greek yogurt
1 tablespoon inulin powder
1/4 cup egg white powder
1 tablespoon vanilla extract
1 teaspoon orange extract
1 cup ice

Place all ingredients in blender.
Blend until smooth and creamy.

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MICROGREEN SMOOTHIES

Apple-Ginger Smoothie

1/2 apple, cored and quartered
1/2 pear, cored and quartered
1 celery stalk
A handful of mixed microgreens such as sunflower, pea, or buckwheat
5 leaves fresh mint
1 teaspoon dried ginger powder
1/3-1/2 cup water or coconut water
Optional: 1 teaspoon additional sweetener or stevia to taste

Place all ingredients in blender.
Blend until smooth and creamy.

Greek yogurt contains more than twice the amount of protein in regular yogurt, which makes it a better choice if you want to increase your protein intake.

Mango Mint Smoothie

1 mango, peeled and cut into chunks
1-inch piece ginger root, peeled and chopped
Juice from 1 lemon
A handful of microgreens (sunflower, peashoots, etc.)
6-8 large mint leaves
1/2 cup coconut water or pure water
Optional: 1 teaspoon additional sweetener or stevia to taste

Place all ingredients in blender. Blend until smooth and creamy.

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Pomegranate-Berry Smoothie

8 oz. almond milk
1/4 cup pomegranate juice
1 cup mixed red berries
1/2 banana
Handful of broccoli microgreens
1/4 cup hemp hearts

Place all ingredients in blender. Blend until smooth and creamy.

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Chocolate Sunflower Smoothie

1 1/2 cups milk or unsweetened almond milk
3 tablespoons cocoa powder
2 tablespoons maple syrup
1 1/2 teaspoons vanilla extract
1 pinch salt
1 ripe medium banana, sliced and frozen
1/4 cup sunflower microgreens
1 teaspoon additional sweetener, to taste

Place all ingredients in blender. Blend until smooth and creamy. Freeze until firm (like a soft ice cream texture).

Smoothies are just fruit and veggies in a better outfit.

Microgreens!

- Microgreens are one of the easiest ways to dramatically boost nutrition without changing how you already eat. A handful disappears right into a smoothie.
- Start with small amounts of microgreens (about 1/2 cup) until you learn which flavors you enjoy.
- Pea shoots and sunflower shoots are the most approachable for smoothies.
- Stronger microgreens like radish or arugula work best in savory smoothies or juices.
- Frozen fruit helps melt stronger greens and improves texture.
- Microgreens are best added raw to preserve flavor and nutrients.

Orange Pineapple Smoothie

1 ripe banana, peeled
1/2 cup fresh pineapple
1 cup orange juice
2 - 3 cups microgreens or baby kale
1 tablespoon chia seeds
1 tablespoon hemp hearts
4 ice cubes

Place all ingredients in blender. Blend until smooth and creamy.

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Kiwi and Honeydew Melon Smoothie

4 ripe kiwis, peeled and sliced
2 cups honeydew melon, seeded and peeled, cut into chunks
Handful of favorite microgreens
2 tablespoons fresh lime juice
1 tablespoon agave nectar (or honey)
6 ice cubes
2 mint sprigs, optional, for garnish

Place all ingredients in blender. Blend until smooth and creamy.

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Apricot Pineapple Smoothie

1/4 cup crushed pineapple
4 fresh Blenheim apricots, quartered
1/2 ripe banana
1/2 cup Greek yogurt or cottage cheese
Handful of favorite microgreens
1 teaspoon flax seed oil
1 cup ice

Place all ingredients in blender. Blend until smooth and creamy.

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www.edibleparadise.com

