

# 10 Fantastic Breakfast Smoothie Recipes

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If you are like me, mornings are always a rush.

It seems there is never enough time to get ready and have a healthy breakfast.

Enter quick breakfast smoothies - just throw in the fruits, vegetables and your chosen liquid, press the button on the blender and within a minute it's ready.

To make it even easier for you, here are some of the best breakfast smoothies there are: delicious, easy and ready to take on the go.

Not only that, but they are healthy, fresh, and packed with nutrients to help you get through the morning. Some are low calorie smoothies recipes, that should be perfect if you're looking to lose weight!

Best of all - your whole family will enjoy them and reap the healthy benefits.

So, get your blenders out and let's get started!

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# 10 Fantastic Breakfast Smoothie Recipes

## Fruits, Veggies & Greens: Memorable Smoothies for Breakfast

### Wild Over Bananas

#1 Heart Healthy: Banana Avocado Smoothie



Recipe and image via [Foodal](#)

Prepare the ingredients the night before. Pop them in your blender in the morning and voila! A tasty, creamy breakfast that will load you with sustaining energy through your day.

[Bananas](#) and avocados together pack a punch of nutrients: vitamins A, B, C, E & K; potassium, heart-healthy fatty acids; fiber; antioxidants; and anti-inflammatory properties. The naturally sweet banana will put a smile on

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Servings: 2 tall glasses

- 1/2 avocado
- 1 medium banana
- 8 medium strawberries
- 1/3 kiwi
- 1 handful baby spinach
- 1/2 cup ice cubes
- 2 tbps. honey
- 1/2 cup almond milk

1. Blend all ingredients until smooth.

#2 The Classic: Pineapple Banana Orange Breakfast Smoothie

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Recipe and image via [Simple Being Mommy](#)

Pineapple Banana Orange Breakfast Smoothie - a delicious smoothie using frozen fruits.

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Using fresh or frozen fruit, this smoothie is a winner. The frozen fruit will give you a thicker texture. This recipe is easy to prepare ahead of time so in the morning you can just throw the ingredients in the blender and hit blend.

**Almond milk** is loaded with protein, vitamins, fiber and minerals. It helps maintain blood pressure, promotes a healthy heart and muscles, and is great for kidney and skin health. It also boosts your immune system.

Pineapple has a lot of health benefits you are probably unaware of. It is full of vitamins, minerals and fiber. It is known to support joint health and can alleviate arthritis symptoms. It boosts the immune system. It also has enzymes that help prevent coughs and colds.

Easy to fix, great fruity flavor, and a ton of health benefits!

Servings: 16 oz smoothie

Prep time: 5 mins

Cook time: 5 mins

Total time: 10 mins

- 3 1/2 oz FROZEN bananas (about 8 - 1 inch slices)
- 3 oz FROZEN pineapple chunks (about 10 - 1 inch chunks)
- 1 tbsp Chia seeds
- 8 oz orange juice
- 4 oz vanilla almond milk

1. Add all ingredients to a blender; blend on high until smooth. For a thicker smoothie, blend in 1/2 - 1 cup ice cubes until smooth.

#3 Let the Sun Shine In: Sunrise Breakfast Smoothie

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Recipe and image via [Almost Supermom](#)

Just the name of this smoothie wants to make me smile and stretch toward the sky in a good morning world pose! A lot of fruity goodness goes into this smoothie.



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Yogurt is a star here not just for creaminess but a great nutrition source as well.

[Greek yogurt](#) is loaded with more protein which is great if you're on a quest to lose weight. However watch for added sugars.

Coconut water has a lot of healthy benefits. It contains protein, fiber, vitamins, minerals and is low in fat and calories. It is full of antioxidants and fights against diabetes and kidney stones; it supports heart health and reduces blood pressure; and restores hydration and replenishes electrolytes.

Add in the trifecta flavors of strawberry, banana, and orange with the creamy goodness of Greek yogurt and you have a smoothie that no one can deny.

Servings: 1

- 2 cups coconut water
- 1 cup Chobani Vanilla Greek Yogurt
- 1 cup frozen strawberries
- 1 cup frozen pineapple
- 1 fresh orange peeled

1. Combine all ingredients in a blender and mix on high until well combined.
2. To make layers, mix the strawberries, pineapple and oranges separately each with a 1/3 of the yogurt and coconut water.
3. Pour the orange first, then the strawberry and top with the pineapple to create a sunrise effect

**#4 Mellow My Yellow Smoothie**

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Recipe and image via [Vegaprocicy](#)

Here's a breakfast smoothie your kids will love... and so are you!

Perfect for those busy mornings when you want to have a healthy breakfast without wasting a single minute.

Servings: 2

Total time: 3 mins

- 1 bunch celery
- 1 cup frozen mango slices/cubes
- 1 cup frozen pineapple cubes
- 1 frozen banana, sliced
- 1 tablespoon cinnamon

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1. Juice the celery in a juicer. If celery isn't in the fridge, try juicing a cucumber or some orange juice and add a splash of that instead. If that's too much fruit for you, omit the veggie/fruit juice and add some vegan milk instead.
2. Place everything in the blender and blend! This creates a wonderful and sweet blend to wake up your morning.

## Berrylicious Smoothies

### #5 Very Berry: Berry Oatmeal Breakfast Smoothie

A healthy, thick, full of protein and fiber chilled drink made with oatmeal, yogurt and berries.



Recipe and image via [Peanut Butter and Peppers](#)

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This is a fabulous berry smoothie with the added foundation of oatmeal. Fair warning: this recipe has a lot of seeds from strawberries to blueberries and finally chia seeds. If you don't like seeds you might not like this recipe. That being said, let's get on with the show!

**Oatmeal**, like so many of our other ingredients, is loaded with vitamins, minerals, fiber, and antioxidant benefits. It helps to lower cholesterol and improves blood sugar control. It also has that "stick to your ribs" quality that will give you lasting satisfaction throughout the morning.

Add in all the benefits of the berries and chia seeds and you have one powerful smoothie that will taste great and support your body's nutrition all at once.

Servings: 1 3/4 Cups

Prep time: 5 mins

Total time: 5 mins

- 1/2 cup strawberries, fresh or frozen
- 1/4 cup blueberries
- 1/4 cup rolled oats (I used Gluten Free)
- 1/2 cup greek yogurt plain
- 1/2 cup non-fat milk
- 1 tbsp Chia seeds

1. Place all ingredients in a blender and process until smooth.
2. If using fresh fruit, add about 1/4 cup of ice.

Calories: 254.6, Fat: 3.9, Cholesterol: 2.5, Sodium: 89, Potassium: 484, Carbs: 37, Fiber: 7.7, Sugar: 14.5, Protein: 20.4

#6 Blueberry Smoothie with Cashew Nut Milk and Bananas

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This easy 3-Ingredient blueberry smoothie with cashew nut milk and bananas is double thick, creamy, nutritious and satisfying, making a perfect breakfast or anytime snack.



Recipe and image can be found in [Loving it Vegan](#)

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Just three ingredients in this smoothie: blueberries, any non-dairy milk and frozen bananas.

We've talked about the fabulous features of blueberries and bananas in previous recipes. They bring a variety of vitamins, minerals, potassium, antioxidants, fiber and much more. Bananas are rich and creamy. Blueberries are, well, just plain old yummy.

The Cashew nut milk in this recipe makes it even more attractive. This creamy vegan milk closely resembles the look and texture of dairy milk.

If you've ever wondered how a Cashew nut milk is made - the secret is simply blending the cashews with water, and optional salt, maple syrup and vanilla extract.

This milk is rich in protein, magnesium and vitamin K. Store bought milk will also be fortified with vitamins A, B-12, and D.

Throw these ingredients in your blender tomorrow and enjoy a thick, healthy blueberry smoothie.

- You can put ice cubes into the smoothie if you would like it to be a thicker consistency.
- I use coconut milk because it only has 80 calories per serving (any milk would do)
- If you're breastfeeding: try to toss in either flax seed or chia seed to boost milk production.

## Lean & Green Smoothies - Low Calorie Smoothies Recipes

#7 Popeye's Dream: My Morning Green Smoothie

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Popeye would love this smoothie that is chock full of fruits, nuts, greens and his favorite - spinach. This smoothie is large enough for the whole family making over 64 oz. at a time.

Don't have a big enough blender? Cut the recipe in half.

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Kale and spinach are awesome superfoods. Kale is loaded with vitamins and minerals. Spinach also has some powerful nutrients such as iron, calcium and magnesium. It can lower blood pressure, help with bone health, and diabetes management.

Get your greens through this tasty, nutty smoothie and soon you'll be singing, "I'm Popeye the Sailor Man. I'm strong to the finish, cause I eats me spinach."

Servings: 1

- 1/2 cup coconut milk
- 1/2 cup almond milk, sweetened or unsweetened (depending on how sweet you want the smoothie to be)
- 1 banana
- 1 handful of pecans
- Kale leaf, stem removed
- 1 cup spinach
- 1/2 cup pineapple chunks

1. Place all ingredients in a blender and process until smooth.

**#8 The Grass is Greener on the Other Side of the Fence:  
Green Protein Power Breakfast Smoothie**



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Recipe and image via [I Love Vegan](#)

Turn the power on with this great green smoothie. The green comes from the superfood spinach. The power comes from the combination of almond milk, pumpkin seeds and hemp hearts.

[Pumpkin seeds](#) boast a lot of protein, magnesium, potassium, antioxidants and they boost your immune system. They can even make you happy

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**Hemp seeds** (or hearts) are also extremely nutritious. They contain the healthy omega-6 and omega-3 fatty acids. They are also rich in essential vitamins and minerals.

So there you have it, a great smoothie with a foundation built on nuts and seeds. Tasty!

Servings: 1

Prep time: 5 mins

Total time: 5 mins

- 1 cup (250 ml) unsweetened almond milk
- 1 ripe banana, frozen
- ½ cup (125 ml) chopped mango, frozen
- 1-2 large handfuls of baby spinach
- ¼ cup (60 ml) pumpkin seeds (pepita seeds)
- 2 tbsp (30 ml) hemp hearts (hulled hemp seeds)
- optional: ½ scoop vanilla protein powder + ¼ cup water

1. In a blender (or large tumbler if you're using an immersion blender) layer the spinach, banana, mango, pumpkin seeds, and hemp hearts.
2. Add the almond milk and blend until the pumpkin seeds are really really smooth.
3. This recipe makes a single 16 oz serving sized smoothie.

For a nut free option, substitute the almond milk with a certified nut free oat milk, rice milk, hemp milk, soy milk, or coconut milk.

For a higher protein option: Add a scoop of your favorite vanilla protein powder and/or substitute the almond milk with a high protein non-dairy milk such as soy or hemp milk.

This smoothie contains approx. 13g of protein when made with almond milk, substituting it with soy milk will add an additional 6g of protein.

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Adding protein powder will add about 6-15g of protein (depending on the brand and amount of protein powder you use.)

To make a variation of this smoothie without banana, substitute the banana with  $\frac{2}{3}$  cup of frozen mango or frozen peaches.

## Garden Harvest Smoothies

#9 It's the Great Pumpkin Charlie Brown:  
Pumpkin-Apple Breakfast Smoothie

Pumpkin and apple are the perfect pairing in this fall breakfast smoothie.

This healthy Pumpkin-Apple Breakfast Smoothie is made with a pinch of pumpkin pie spice and will keep you full for hours!

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Recipe and image via [Kristine's Kitchen](http://kristineskitchenblog.com)

It seems we can never get enough of the great pumpkin flavor. This delicious smoothie has the power of oatmeal, yogurt, apple, banana, and pumpkin all blended together with a milk of your choice. Easy, peasy.

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**Apples** are one of the healthiest fruits. We have all heard the old adage, “an apple a day keeps the doctor away”. Here’s why: full of fiber, vitamins, minerals and antioxidants; can help lower cholesterol and blood pressure; and are good for bone health.

**Pumpkin** is more than a halloween decoration. It has a lot of nutritional benefits like potassium, vitamins, antioxidants and other minerals. Be aware that canned pumpkin may have added sugar.

Creamy, sweet deliciousness all whipped up for a healthy start to your day.

## #10 Greet the Morning: Detox Carrot Beet Smoothie

If you’ve never tried beets in a smoothie, this vibrant Beet and Carrot Smoothie is a great first recipe to try.

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Recipe and image via [Jeanette's Healthy Living](#)

Not your typical smoothie ingredients, but this smoothie has a lot of nutritional value in this bright red colorful drink. One of the prep steps that could be done the night before is to cook the carrots and beets for about 10-15 minutes. By doing this ahead of time, they will be chilled and there won't be any added stress in the morning rush of things.

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**Root vegetables** like beets and carrots have a lot of benefits. Beets offer antioxidants, anti-inflammatories, and detoxification. They support eye health and the central nervous system. Carrots also fight against colon cancer and heart disease. Both of these roots are heavy on the vitamins.

But...

This recipe gets even healthier than that:

**Ginger** has been used for stomach ailments for centuries. But it can help with so much more.

Its antioxidant powers relieve osteoarthritis pain, it can lower blood sugar and fight against heart disease, it may lower cholesterol levels, it fights against cancer and Alzheimer's disease, and it fights infections.

This bright red smoothie might be fun to serve on Christmas morning or Valentine's Day. Keeps you and your family strong, healthy and happy.

Servings: 1

Prep time: 5 mins

Cook time: 10 mins

Total time: 15 mins

- 1 carrot, peeled, sliced
- 1 beet, peeled, sliced
- ½ cup red grapes
- 1 clementine, peeled
- 1 slice of ginger, peeled, about the size of a quarter
- ½ cup green tea

1. Steam carrot and beet until just tender, about 10-15 minutes, depending on how thick your slices are. Let cool.

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## Fruit & Veggie Smoothie Finale

I hope you enjoyed reading these recipes and finding out how good they really are for you. Get your blender ready and give these recipes a try this week.

Smoothies are not just about flavor, but also about nutrition. I picked these recipes because they are easy, taste great and are good for you. No preservatives or any additives; a lot of fresh flavor.

I'd love to read your comment about the recipes you like from the list, and also send one of your favorites.

As always, be sure to share this article so others can benefit from these nutritious smoothies.