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## Vegan smoothie recipes for breakfast

These 10 Best Vegan Smoothie Recipes are the perfect way to pack in tons of nutrients into a delicious meal for any of the four seasons of the year. I don't know about you, but I love smoothies for so many reasons. They are so versatile, delicious, healthy, and easy. Smoothies make a great meal for any time of the day. If you're always on the go, make a smoothie to take with you. If you don't feel like cooking, make a smoothie in under 5 minutes with minimal clean-up and from ingredients in your freezer. One of the best things about smoothies is that you can shove tons of fruit and vegetables into them, and you can still make them taste however you want! So bring on the nutrients. I've been enjoying my smoothies in the morning to make sure to start my day off right, and I don't have to spend time cooking a big breakfast. The Best Equipment for Vegan Smoothies Ninja Smoothie Bowl Blender This smoothie bowl blender is fantastic at whipping up creamy and smooth smoothies. And the best part; it's super affordable. I'm obsessed with mine. Vitamix Vitamix is the OG smoothie blender because of its high power and durability. Smoothie Travel Mug This smoothie travel mug is perfect if you take your smoothies on the go. It keeps them cold and fresh for hours at a time. Wide Straws If you like your smoothies thick, 'extra-wide straws' are a smoothie must. Glass Cleaning Brushes These brushes are the best for cleaning out mason jars, straws, blenders and water bottles! 1 Banana, Frozen½ Cup Rolled Oats1 Tsp Vanilla Extract1 Scoop Vanilla Protein Powder1 Tbsp Sprinkles1 Cup Cashew Milk Add all ingredients to a blender and combine until smooth. Add coconut whipped cream and sprinkles on top if desired. Calories: 266kcal, Carbohydrates: 43g, Protein: 13g, Fat: 5g ¼ cup Pecans, soaked in warm water for a 1/2 hour2 Medjool dates, soaked in warm water for a 1/2 hour1½ cups Almond milk½ cup Ice cubes¼ tsp Cinnamon½ tsp Vanilla Extract Combine all ingredients in a blender until smooth. Top with coconut whipped cream as desired. 1 Cup Blueberries1 Frozen Banana1 Tsp Chia Seeds1 Cup Coconut Yogurt1 Cup Cashew Milk Add all ingredients to a blender and combine until smooth, apart from 1 tbsp of coconut yogurt. Before pouring in a glass, swirl the tbsp of coconut yogurt around the inner edges to create the galaxy look.Pour the smoothie in the glass and enjoy! Top with coconut whipped yogurt and crushed graham crackers as desired. Calories: 461kcal, Carbohydrates: 90g, Protein: 5g, Fat: 13g 1 Cup Frozen Cherries1 Cup Frozen Strawberries1 Tbsp Cocoa Powder½ Tsp Vanilla Extract1.5 Cup Oat Milk1 Tsp Beetroot Powder, Optional Combine all ingredients in a blender until smooth. Serving: 1.5Cup, Calories: 379kcal, Carbohydrates: 56g, Protein: 3g, Fat: 3g 3 cups Frozen Berries3 cups Baby Spinach½ cup Vanilla Protein Powder2 tbsps Chia Seeds2 tbsps Ground Flax Seed4 cups Unsweetened Almond Milk Throw all ingredients in a blender, and combine until smooth!If preparing ahead of time, add all ingredients apart from the almond milk to a freezer bag for a super quick smoothie. 1.5 Cups Frozen Berries 2 Tbsp All Natural Peanut Butter 2 Tbsp Chia Seeds1 Cup Unsweetened Almond Milk Optional: Unsweetened coconut flakes, chia seeds, more frozen berries and hemp hearts for topping. Add the frozen berries, peanut butter, chia seeds and almond milk to a blender. Pour the smoothie mixture in a bowl and add your toppings of choice. 3 tbsp Plant milk of choice1½ cups Chopped frozen banana1½ tsp High quality matcha powder1 tsp Hemp hearts Blend and enjoy. Add more vegan milk as desired to get the consistency you want. 2 tbsp Rolled oats1 cup Frozen banana2 tbsp Peanut Butter, or powdered2 tsp Cocoa Powder¼ cup Plant Milk 1½ cup ¼ cup Coconut yogurt2 tbsp Vegan vanilla protein powder Add plant milk - if needed! ½ cup ½ cup Frozen Banana1 handful Blueberries1 handful Raspberries¼ Avocado1 handful Spinach½ cup Plant Milk Blend and enjoy! It's a reddish color and tastes tropical so kids will never know. ½ cup Plant milk of choice1½ Bananas, frozen½ cup Ice¼ tsp Peppermint extract1 Medjool date1 handful Spinach Coconut whip cream and cacao nibs. for topping Blend all ingredients until smooth and enjoy! Vegan Recipes for You 1 of 7 Vegan Strawberry Oatmeal Breakfast Smoothie Donald Childs 2 of 7 Vegan Strawberry Oatmeal Breakfast Smoothie Erin Steffens 3 of 7 Vegan Strawberry Oatmeal Breakfast Smoothie Janeka Mearon 4 of 7 Vegan Strawberry Oatmeal Breakfast Smoothie lutzfcfat 5 of 7 Vegan Strawberry Oatmeal Breakfast Smoothie Alysia Neely 6 of 7 Vegan Strawberry Oatmeal Breakfast Smoothie Chee-Eun 7 of 7 Vegan Strawberry Oatmeal Breakfast Smoothie France C Photo Courtesy: Moyo Studio/iStock by Getty Images You've probably seen lots of recipes for breakfast smoothies — they can be a simple and tasty time-saver on busy mornings. But is a liquid breakfast the right way to go? Check out these four tips to make a breakfast smoothie with the nutrition you need to start your day. Photo Courtesy: Foxys\_forest\_manufacture/iStock by Getty Images Smoothies can be a great way to get your fruits and veggies first thing in the morning — but some shakes and smoothies can leave you feeling hungry again soon after. For example, a carb-heavy smoothie made with only fruits won't fill you up like a solid breakfast. So how can you make a smoothie that will keep you feeling full longer and avoid the dreaded midmorning sugar crash? The trick is to choose ingredients with a healthy balance of carbs, fats, protein and fiber. 1. Skip the Added Sugars — Use Whole Fruits Instead Photo Courtesy: rudisill/iStock by Getty Images Store-bought breakfast shakes and smoothies usually have a lot of added sugar. Check the label on store-bought shakes and ask about the nutrition info when ordering from a restaurant or coffee shop. Or make your breakfast shakes at home, so you know all the ingredients. And beware of so-called "natural" or "healthy" added sugars, like honey, raw sugar, maple syrup or agave syrup. These are still added sugars that increase the calories in a smoothie without adding any other nutrients — so it's best to skip them or use only a very small amount. If you like a sweet breakfast, use whole fruits as a sweetener instead! Fresh or frozen whole fruits are a great way to add some sweetness to your shake or smoothie — but unlike added sugars, whole fruits also give you a healthy dose of vitamins and fiber. Berries and bananas are both good options to sweeten your drink. 2. Pump Up the Protein Photo Courtesy: 5PH/iStock by Getty Images No meal is complete without some protein — even a breakfast smoothie. Protein helps you feel full longer and provides the long-lasting energy you need to get through your day. Yogurt is a popular way to get some protein in your breakfast drink. If you don't eat dairy, soy or other plant-based yogurts can work, too. Or try throwing some peanut, almond or cashew butter in the blender — nuts are another healthy protein source. 3. Add a Healthy Fat Photo Courtesy: viennetta/iStock by Getty Images Fat is another important part of a balanced meal, and it can help make your smoothie more satisfying. Avocados and nuts are quick, easy ways to add some healthy unsaturated fats to your breakfast shake. Some people also like adding full-fat yogurt or coconut milk to up the fat content in their smoothies. Flaxseed oil is another good option, since it's high in healthy omega-3 fatty acids. 4. Go for High Fiber Photo Courtesy: Ivan Bajic/iStock by Getty Images If you want to feel full for hours after breakfast, fiber is the way to go! Leafy greens, cucumber, avocado and whole fruits are all good ways to increase the fiber in your smoothie. Or you can throw in some flax seeds or chia seeds — these can help thicken your shake and are high in healthy fiber. Resource Links: MORE FROM SYMPTOMFIND.COM Photo Courtesy: Matt Lincoln/Getty Images In recent years, smoothies have gained popularity for their nutritional value, especially among people who are looking for quick breakfasts on the go and those who want to get more fresh produce into their diets. Smoothies are typically packed with sweet and flavorful fruits that, when balanced with dark leafy greens — including kale or spinach — can help maintain your blood sugar levels and also control food cravings. Those effects are due in large part to the healthful fiber found in fresh fruits and vegetables. Because smoothies are so popular today, it's getting easier to find them in stores. But you can't be sure if shops are adding extra sugars and other ingredients, and it's a great morning ritual to make your own smoothie before tackling the day. If you want to get started making nutritious, delicious drinks at home, sip your way to good health with these five healthy, easy-to-prepare smoothie recipes.Wonderful Wheatgrass SmoothieWheatgrass has long been a popular item at health-food stores — have you ever seen a juice bar that serves wheatgrass shots? — but it's becoming more widely available just about everywhere these days. Coming from the Triticum aestivum plant, wheatgrass is actually the first early sprouts of what eventually grows into the wheat we make bread and pasta with. And these bright green shoots are packed with nutrients like iron, calcium and magnesium that our bodies need to work their best. In addition, wheatgrass is full of amino acids, antioxidants, vitamins and chlorophyll to keep your body's cells healthy. Photo Courtesy: kirin\_photo/Getty Images On its own, wheatgrass doesn't taste too appetizing; it has a bitter, earthy flavor that can make your lips pucker. But, when you blend it with other healthy ingredients, like the banana, orange and coconut water in this recipe from Blender Babes, you'll enjoy fresh flavors and plenty of health benefits. Note that it's important to blend the wheatgrass on its own first before adding the other ingredients to ensure everything mixes up smoothly.Satisfying Strawberry Banana SmoothieWho doesn't love the classic combination of fresh strawberries and banana? These tried-and-true flavors are especially satisfying in a smoothie. As an added bonus, strawberries are packed with fiber and vitamin C. Plus, thanks to their vitamin B6, bananas "are known to reduce swelling, protect against developing Type 2 diabetes, aid in weight loss, strengthen the nervous system and help with production of white blood cells," according to LiveScience. Sometimes simple turns out to be best. Photo Courtesy: Lutai Razvan/EyeEm/Getty Images If you're looking to add more of these fruits to your morning, try this strawberry banana smoothie recipe from Love & Lemons. It's made with almond milk, but you can easily substitute it with your preferred type of milk. If you find that the smoothie is tart, you can also add a tablespoon of honey or maple syrup. For a thick smoothie, use frozen fruit. For an even thicker smoothie, start things out by blending your ingredients with less milk. Gradually add more as you blend until the drink reaches your desired consistency.Super Spinach SmoothieA spinach smoothie might not sound the most appetizing, but it's sweet and delicious and packed with health benefits — similarly to the wheatgrass smoothie. Spinach has an abundance of vitamins, nutrients, antioxidants and fiber. It supports your immune system function; can help improve your blood pressure; and may even help reduce the risk of breast, stomach, skin, prostate and ovarian cancers. Photo Courtesy: Vedrana Susic/EyeEm/Getty Images While you can toss a handful of fresh spinach leaves into just about any smoothie to start enjoying this leafy green's health benefits — it doesn't impart much flavor — following this formula from 100 Days of Real Food can help you whip up a tasty, healthy green version. Simply combine 2 cups of spinach, 2 cups of your preferred liquid and 3 cups of any of the listed fruits to create a custom smoothie you'll love.Amazing Apricot and Pineapple SmoothieChances are that you probably never thought of combining apricots and pineapple chunks together in a smoothie. It's not the most common ingredient pair, but it's a deliciously unconventional one that makes for a tasty twist. Photo Courtesy: Igor Jovanovic/500px/Getty Images With these fruits and the addition of strawberries, you can expect to enjoy a generous supply of healthy nutrients like iron, copper, potassium, beta-carotene, fiber and vitamins. This smoothie from Natasha's Kitchen also incorporates flaxseed oil, which is rich in heart-healthy omega-3 fatty acids that can help lower high blood pressure, keep cholesterol and blood sugar levels down, and potentially even reduce some symptoms of menopause.The Mean Green Tea SmoothieSmoothies often contain water, fruit juice or milk as their base liquid to help the frozen ingredients blend up evenly. But why not use tea — and enjoy its variety of health benefits — instead? Green tea in particular is known for helping with alertness and may provide protective effects against heart disease and cancer. Photo Courtesy: Sunisa Kanphan/EyeEm/Getty Images This smoothie from Eating Well is a great option to try as you're getting started with using teas in your different blends. The avocado adds some extra creaminess — which you might miss since you're using tea instead of milk. It also incorporates healthy spinach and frozen grapes for a dash of sweetness. The mild caffeine content of this drink can help boost your energy levels to start your morning off right. Resource Links: MORE FROM SYMPTOMFIND.COM





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