



Eat to compete

Smoothie Recipes

Smoothies are a great way of getting extra fruit in and are easy to take, especially if you are in a hurry. These are some examples of smoothie recipes that give amounts of ingredients. The carbohydrate (CHO) and protein values per serving (300mls) are indicated under the recipe.

Tropical fruit

1 banana
100g mango (fresh, tinned or frozen)
150g natural yogurt
300mls pineapple juice
Makes 650mls; 40g CHO, 5g protein per 300mls

Strawberry and Pineapple

150g strawberries (fresh or frozen)
150mls pineapple juice
150g low fat strawberry yogurt
Makes 400mls; 40g CHO, 6g protein per 300mls

Chocolate banana

1 banana
150g low fat vanilla yogurt
1 tablespoons drinking chocolate powder
150mls low fat milk
Makes 400mls; 50g CHO, 9g protein per 300mls

Cranberry and Mango

200g mango (fresh, frozen or tinned)
200mls cranberry juice
150g low fat peach yogurt
Makes 550mls; 50g CHO, 4g protein per 300mls

Peach and Orange

400g tinned peaches in natural juice
150g low fat peach or apricot yogurt
200mls orange juice
A little honey
Makes 750mls; 35g CHO, 4g protein per 300mls

Banana and Almond

2 ripe bananas
450mls low fat milk
40g ground almonds
Pinch of ground cinnamon
A little honey
Makes 700mls; 35g CHO, 11g protein per 300mls

Banana and Peanut Butter

1 banana

300mls low fat milk
1 tablespoon peanut butter
Makes 400mls; 30g CHO, 12g protein per 300mls

Apricot

200g tinned apricots in natural juice
150g low fat apricot yogurt
150mls low fat milk
Makes 500mls; 30g CHO, 7g protein per 300mls

Kiwi, Melon and Passion fruit

300g watermelon
2 kiwi fruits
200mls passion fruit juice
Makes 620mls; 30g CHO, 2g protein per 300mls

Orange, Raspberry and Blueberry

50g raspberries (frozen or fresh)
50g blueberries (frozen or fresh)
1 banana
2 tablespoons natural yogurt
300mls orange juice
Makes 620mls; 30g CHO, 4g protein per 300mls

Blackberry and grape

125g frozen blackberries
300mls purple grape juice
3 tablespoons low fat fromage frais
1 teaspoon honey
Makes 500mls; 30g CHO, 4g protein per 300mls

Prune, Apple and Cinnamon

65g ready-to-eat prunes
Pinch of ground cinnamon
350mls apple juice
3 tablespoons natural yogurt
Makes 500mls; 40g CHO, 4g protein per 300mls

Strawberry

200mls low fat milk
200g low fat vanilla yogurt
150g strawberries (fresh or frozen)
Makes 550mls; 30g CHO, 8g protein per 300mls



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Banana and Date

2 bananas

4 dates (pitted)

1 tablespoon drinking chocolate powder

5 tablespoons low fat vanilla yogurt

150mls pineapple juice

Makes 600mls; 60g CHO, 5g protein per 300mls