

In 3 minutes or less...

**+2 Bonus Recipes!**  
*Try these deliciously healthy  
treats to satisfy your cravings.*

# 10 of the tastiest protein smoothies ever

Transform your Health & Energy!





# Smoothies to Build a Healthier You

Everyone needs protein to maintain a strong and healthy body. Now you can get the most nutritious, complete, sustaining protein with the touch of a blender button.

Our tried-and-true recipes take all the guesswork out of smoothie making and make it easy to get healthy food, fast. And the variety means your taste buds will never get bored.

Each smoothie is full of clean, complete proteins sourced from organic superfoods. They provide optimal nutrition for all ages (from young to young-at-heart).

The “magic” inside each of these smoothies is **Organic Super Protein**. Just two scoops of this creamy vanilla powder provide 18g of protein sourced from superfoods, along with energizing MCTs and organic omegas. And it’s free of all of the bad stuff hidden in most protein powders so you get pure goodness.

**So, here are my top 10 recipes for the tastiest protein smoothies to transform your health and energy. Just break out the blender and you can start enjoying them in minutes.**



*Eddie Stone*

Founder, [TheGoodInside.com](http://TheGoodInside.com)

P.S. While organic plant-based proteins are preferred for optimal health, we can't provide medical advice. So if you have a specific health concern or condition, always check with your healthcare practitioner first.





## Wake Me Up!

Get your morning started on the right track with any of these satisfying smoothies to fuel energy and keep you going.

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## Stay Strong All Day

These smoothies (and one “bites” recipe) are perfectly balanced to make lunch a power meal. They also get you through any tough workout or workday.

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## Bonus (You Deserve a Treat)

Having a treat doesn't have to mean unhealthy. These satisfying desserts taste so good and are good for you.

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**Coffee:** antioxidants

**Banana:** potassium, fiber

**Almonds:** plant protein, vitamin E

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Banana Latte Power Smoothie

Start the day with a delightfully creamy latte that gives you the fuel to power through your to-do list. Over 20g of plant protein satisfies any hunger pangs, plus energizing MCTs help to crush mid-morning cravings. It's a delicious way to get a quick coffee fix and the goodness your body needs.

### The Good Inside:

- 1 banana (can also be chopped & frozen)
- 2 to 3 ice cubes (if using fresh banana)
- $\frac{3}{4}$  cup (6 oz.) of almond milk
- $\frac{1}{2}$  to 1 teaspoon organic instant coffee powder
- 1 tablespoon almond butter
- 2 scoops **Organic Super Protein**

### Put it together:

Blend all ingredients until smooth. Enjoy!



**Berries:** vitamin C, boost brain health

**Steel Cut Oats:** fiber, protein

**Banana:** potassium, fiber

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Strawberry Oat Smoothie Bowl

This superfood bowl of goodness satisfies your appetite and gives sustained energy. As you savor the sweet berry deliciousness, you'll also power up with organic proteins that crush cravings. It's a perfect healthy fix for breakfast.

### The Good Inside:

1 cup (8 oz.) of your favorite nut milk

½ banana (can be sliced and frozen)

¼ cup organic steel cut oats

1 cup sliced organic frozen strawberries

2 scoops **Organic Super Protein**

### TOPPINGS:

2 or 3 sliced organic strawberries

Handful of organic blueberries

Shredded organic coconut

### Put it together:

Blend all ingredients until smooth. Add or reduce the nut milk to your thickness preference. Pour in bowl, add your favorite toppings and enjoy!





**Cashews:** plant protein, minerals

**Banana:** fiber, potassium

**Blueberries:** antioxidants

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Blueberry Body Builder

It's not only athletes that need to build and repair muscle—we all need the right blend of daily protein for optimal energy and recovery. This creamy blueberry cashew smoothie hits the sweet spot with organic superfoods rich in branched-chain amino acids (BCAAs) for healthy muscles. It's the perfect balance of plant protein and antioxidants to power your day.

### The Good Inside:

1 cup (8 oz.) cashew milk (or your favorite nut milk)

½ banana (can be sliced and frozen)

Handful of raw organic cashews

Dash of organic vanilla extract

½ cup frozen organic blueberries

2 scoops **Organic Super Protein**

### Put it together:

Blend all ingredients (except blueberries) until smooth. Set aside half the shake, and then blend the blueberries with the remaining mixture. Pour the two blends alternately and garnish with a few frozen blueberries. Enjoy!



**Banana:** fiber, potassium

**Raspberries:** vitamin C, quercetin

**Acai:** antioxidants, heart-healthy omegas

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Creamy Acai Raspberry Smoothie

Build, strengthen and recover in one delicious step with this protein-rich berry delight. This creamy berry shake provides 18g of plant protein from organic superfoods, with extra energy and oomph from antioxidants. Use it after workouts or any day when your reserves are running a little low.

### The Good Inside:

1 cup (8 oz.) of your favorite nut milk

½ banana (can be sliced and frozen)

¼ cup fresh organic raspberries

1 pack (100g) organic unsweetened frozen acai

2 scoops **Organic Super Protein**

### Put it together:

Blend all ingredients until smooth. Enjoy!





**Coconut Oil:** energizing MCTs

**Orange Juice:** vitamin C, calcium

**Mango:** antioxidants, vitamin C

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Tropical Recovery Smoothie

Speed up recovery after your workout with a tasty tropical smoothie packed with muscle-building plant protein. With organic superfoods rich in branched-chain amino acids (BCAAs) you'll get the protein you need for a lean, athletic look. Full of flavorful fruits and creamy vanilla, this shake will hit the sweet spot after any workout.

### The Good Inside:

$\frac{3}{4}$  cup (6 oz.) organic coconut milk (in the carton)

1 tbsp. organic coconut oil

$\frac{1}{4}$  cup fresh orange juice

$\frac{1}{2}$  cup frozen organic mango chunks

$\frac{1}{2}$  banana (can be chopped and frozen)

2 scoops **Organic Super Protein**

### Put it together:

Blend all ingredients until smooth.

### Quick Tip

*No coconut milk? You can also sub out for your favorite nut milk.*



anytime



**Banana:** fiber, potassium

**Super Green Juice** has 44 organic superfoods, probiotics, vitamins, minerals, enzymes, fiber & calcium in every scoop!

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Alkalizing Super Smoothie

Get energized, reduce oxidative stress and support sports performance with a deliciously simple smoothie. The dynamic duo of **Organic Super Protein** and **Super Green Juice** make one powerhouse smoothie. With easy prep, it's healthy fast food for when you are at home or on-the-go. Use it pre-workout to give your body energy, or post-workout for a nutritious recovery, or anytime to power your day.

### The Good Inside:

1 cup (8 oz.) organic almond milk

½ frozen banana (sliced then frozen)

1 scoop Super Green Juice

2 scoops **Organic Super Protein**

### Put it together:

Blend all ingredients until smooth and creamy. Enjoy!



**Cherries:** antioxidants (anthocyanins)

**Cocoa:** resveratrol, flavanols

**Dates:** vitamin A, minerals

**Walnuts:** heart-healthy omegas

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Nuts for Cherry Chocolate

Meeting your daily protein goals is now deliciously doable, thanks to 18g of plant protein sourced from organic superfoods. Add in delightfully sweet dark cherries and decadent cocoa powder and you have one signature super smoothie for good health. It tastes like a drinkable dessert but works to curb cravings, keep hunger at bay, and support muscle repair and recovery.

### The Good Inside:

1 cup (8 oz.) nut milk

½ cup frozen dark sweet cherries

1 tbsp. organic cocoa powder

2 dates (pitted and chopped)

Handful of walnuts (optional for texture)

2 scoops **Organic Super Protein**

### Put it together:

Blend all ingredients until smooth. Enjoy!





**Turmeric:** anti-inflammatory

**Coconut Oil:** energizing MCTs

**Ginger:** soothes digestion, antioxidant

**Cinnamon:** supports blood sugar

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Golden Spiced Smoothie

Warm, sweet spices and satisfying protein make this smoothie a wonderful way to refuel. Organic superfoods provide complete proteins to build and repair the body, while golden turmeric calms inflammation to soothe muscles. With warm, nutty flavors this golden smoothie will soon be a favorite. Enjoy every day or use it following a tough workout to give your body extra support for repair and recovery.

### The Good Inside:

¾ cup (6 oz.) unsweetened vanilla almond milk

½ cup frozen banana slices (about half a banana)

1 tbsp. organic coconut oil

1 tbsp. organic peanut butter (or your favorite nut butter)

1 tsp. ground organic turmeric

½ tsp. ground organic ginger

1/8 tsp. ground organic cinnamon

2 scoops **Organic Super Protein**

### Put it together:

Blend all ingredients until smooth and creamy. Enjoy!



**Medjool dates:** vitamin A, minerals

**Cocoa:** resveratrol, flavanols

**Almond butter:** plant protein, vitamin E

**Coconut oil:** energizing MCTs

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## No Bake Chocolate Bites

These delicious no-bake chocolate bites taste like a brownie treat but are packed with satisfying protein to fuel energy and endurance. They're vegan, easy to prep, and full of organic superfoods that boost your spirit and stamina.

### The Good Inside:

1 cup (approx. 8) large Medjool dates, finely chopped

5 tbsp. almond butter

2 tbsp. organic maple syrup

2 tbsp. organic coconut oil

¼ tsp. organic vanilla extract

¼ cup (2 oz.) almond meal

¼ cup (2 oz.) unsweetened organic coconut flakes

¼ cup (2 oz.) sesame seeds

4 tbsp. organic cocoa powder

¼ cup (2 oz.) chopped walnuts

4 scoops of **Organic Super Protein**

### Put it together:

In a large bowl, mix all wet ingredients together (almond butter, maple syrup, coconut oil, and vanilla). Next mix in the finely chopped dates.

In a separate bowl, mix dry ingredients together (almond meal, coconut flakes, sesame seeds, cocoa powder, walnuts, and Organic Super Protein).

Pour dry ingredients into wet, and mix well until combined. Mixture will be crumbly but moist. Roll into 1" bites (makes 36).

For added flavor, roll some in cocoa powder for an even more intense chocolate bite, and others in sesame seeds for added nutty taste. Enjoy!

### Nutrition Stats:

- Makes 36 one-inch no-bake chocolate bites
- Serving size is 3 bites providing 6g of protein and under 200 calories





**Pumpkin:** vitamin A, antioxidants

**Chai tea:** heart-healthy polyphenols

**Pumpkin seeds:** fiber, linoleic acids

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Pumpkin Pie Smoothie Jar

Celebrate favorite fall flavors all year round with this tasty take on a smoothie bowl. It's filled with anti-aging antioxidants from pumpkin, and comes with 18g of satisfying organic plant proteins. And in a to-go jar you can enjoy it anywhere.

### The Good Inside:

½ cup (4 oz.) unsweetened vanilla almond milk (or your favorite)

¼ cup organic pumpkin puree

½ cup frozen banana slices

¼ cup strong chai tea (steep 2 bags in ¼ cup boiling water for 20 min)

1/8 teaspoon pumpkin spice

2 scoops **Organic Super Protein**

### TOPPINGS:

Sliced Banana

Pumpkin Seeds

Organic Granola

### Put it together:

Blend all ingredients until smooth and creamy. Layer banana slices, granola, pumpkin seeds and smoothie in a jar. Enjoy!

#### Quick Tip

*Instead of brewing tea, you can buy liquid chai tea concentrate.*

*Note: This tends to have a much stronger and sweeter flavor than plain chai tea, so start with a tablespoon and add as desired.*



**Avocado:** vitamin E, healthy fats

**Cocoa:** resveratrol, flavanols

**Hazelnuts:** plant protein, minerals

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Double Chocolate Hazelnut Treat

Our mouthwatering double chocolate hazelnut dessert is filled with satisfying protein, organic superfoods and healthy fats. This vegan treat tastes really good, and is remarkably good for you, so you can reach for it anytime.

### The Good Inside:

- ½ cup (4 oz.) mashed avocado (we used the Hass variety)
- ½ cup unsweetened hazelnut milk (or your favorite nut milk)
- 2 or 3 tbsp. unsweetened organic cocoa powder (we used 3 for extra flavor)
- 2 tbsp. organic maple syrup
- 1/8 tsp. organic hazelnut extract (substitute vanilla if needed)
- 2 scoops of **Organic Super Protein**

### TOPPINGS:

- 2 tbsp. roughly chopped hazelnuts
- 2 squares 70% organic dark chocolate (finely grated)

### Put it together:

Blend all ingredients until smooth and creamy. This thickens quickly so add a little extra nut milk if needed. Spoon into bowls and sprinkle toppings. Enjoy!

### Nutrition Stats:

- Makes 2 bowls of chocolate hazelnut pudding
- Each serving provides 11g organic protein, and 275 calories





**Peaches:** vitamin A & C, minerals

**Coconut Milk:** energizing MCTs

**Raw Honey:** antioxidants, enzymes

**Organic Super Protein** has 18 grams of organic vegan plant protein, energizing MCTs and organic omegas.

## Peaches & Cream Popsicles

Fresh, sweet peaches are a summertime treat but you can find them frozen year-round to make this creamy, peachy delight. Each non-dairy superfood popsicle is full of goodness and packs 6g of satisfying plant protein.

### The Good Inside (makes 6):

- 1 cup (8 oz.) organic light coconut milk
- 2 cups organic peaches (thinly peel, roughly chop)
- 3 tbsp. organic raw honey (or your fav vegan sweetener)
- 1/8 tsp. organic vanilla extract
- 4 scoops **Organic Super Protein**

### Put it together:

Set aside half the peaches (1 cup). Blend all the remaining ingredients, and then start making your chunky peachy pops.

First, from the peaches you have set aside, add a few pieces to each of the empty popsicle molds. Then pour in your blended mix to about halfway.

Then add the popsicle sticks, and a few more pieces of peach in each one before topping up with the blended mix (drink any leftovers).

Then freeze your peachy popsicles and enjoy!

### Nutrition Stats:

- Makes 6 creamy, peachy popsicles at only 145 calories each
- Each pop has 6g of organic plant protein from superfoods

# Build, strengthen and recover in one delicious step!

## ORGANIC SUPERFOODS

 *plant-based* weight management 

**SOY & DAIRY FREE!**

 easy to digest



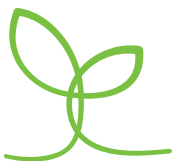
no added sugar 18g protein



## 18g Organic, Superfood Protein

**Organic Super Protein** gives you clean, complete protein to support everyday activities and an active lifestyle.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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