



Butternut Squash Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Water
- 1/2 cup Frozen Cauliflower
- 3/4 cup Butternut Squash (frozen, cubed)
- 1/2 Banana (frozen)
- 1/8 tsp Cinnamon
- 1/2 cup Arbonne Vanilla Protein Powder
- 1 tbsp Whole Flax Seeds
- 1 tbsp Almond Butter

Directions

1

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!



Almond Butter & Banana Shake

1 serving
5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1 cup Frozen Cauliflower
1/2 Banana
4 Ice Cubes
1 tbsp Almond Butter
1/2 cup Arbonne Vanilla Protein Powder
1 1/2 tsps Ground Flax Seed

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Lucky Green Protein Smoothie

1 serving
10 minutes

Ingredients

- 3/4 cup Frozen Mango
- 1 Lime (juiced)
- 1 cup Baby Spinach (packed)
- 1 tbsp Whole Flax Seeds
- 2 tbsps Hemp Seeds
- 1/2 cup Water
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder (4 scoops)
- 1/2 Avocado

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!



Lemon Tart Smoothie

1 serving
10 minutes

Ingredients

- 1 Lemon (zested and juiced)
- 1 cup Frozen Cauliflower
- 1 cup Unsweetened Almond Milk
- 1/2 cup Water (and ice if desired)
- 1/2 Banana
- 1 serving Arbonne Vanilla Protein Powder
- 1 tbsp Coconut Butter

Directions

- 1 Place all ingredients in your blender and blend until smooth. Enjoy!



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Frozen Raspberries
- 1 Lemon (zested and juiced)
- 1/2 cup Arbonne Vanilla Protein Powder
- 1 tbsp Whole Flax Seeds
- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Cauliflower
- 1 tbsp Coconut Butter
- 1 tbsp Ginger
- 1/2 cup Water

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Pumpkin Pie Protein Smoothie

1 serving
10 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Pureed Pumpkin
- 1 tsp Vanilla Extract
- 1 tsp Pumpkin Pie Spice
- 1/2 cup Arbonne Vanilla Protein Powder (2 scoop)
- 2 tbsps Ground Flax Seed
- 1 tbsp Coconut Butter

Directions

1

Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!



Chocolate Zucchini Bread Smoothie

1 serving

5 minutes

Ingredients

1 1/2 cups Unsweetened Almond Milk
1/2 Zucchini (chopped)
1/2 cup Arbonne Chocolate Protein Powder
1/2 Banana
1 tbsp Almond Butter

Directions

1 Add all ingredients into a high-speed blender and blend until smooth.



Chocolate Cherry Green Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Frozen Cherries (fresh and pitted, or frozen)
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Coconut Butter
- 1/2 cup Arbonne Chocolate Protein Powder
- 1 tbsp Whole Flax Seeds

Directions

1

Add all ingredients in a blender and blend very well until smooth. Divide into glasses and enjoy!



Chocolate Avocado Smoothie

1 serving
5 minutes

Ingredients

- 1/2 Avocado
- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Almond Butter
- 1 cup Baby Spinach
- 1/2 cup Arbonne Chocolate Protein Powder
- 1/2 cup Water

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Double Chocolate Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Water
- 1 cup Baby Spinach
- 1/2 Zucchini (chopped, frozen)
- 1/4 Avocado (frozen)
- 1/4 Banana (frozen)
- 1/2 cup Arbonne Chocolate Protein Powder
- 1 tbsp Cacao Powder
- 1 1/2 tsps Almond Butter
- 1 1/2 tsps Cacao Nibs (optional)

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Chocolate Cauliflower Shake

1 serving
5 minutes

Ingredients

- 1 cup Frozen Cauliflower
- 2 tbsps Almond Butter
- 2 tbsps Cacao Powder
- 1/4 cup Arbonne Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1 tbsp Coconut Butter

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!



Berry & Yogurt Smoothie

1 serving
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1 cup Frozen Berries
1/2 Lemon (zested and juiced)
1/2 cup Unsweetened Coconut Yogurt
2 tbsps Sunflower Seeds
1/2 cup Arbonne Vanilla Protein Powder
1/2 cup Water

Directions

- 1 Add all ingredients to a high-speed blender and blend until very smooth.
- 2 Pour into a glass and serve immediately. Enjoy!



Peach Cobbler Smoothie

2 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Coconut Milk
- 2 Peach (pitted)
- 1/2 cup Oats (quick or rolled)
- 2 tbsps Coconut Butter
- 1 tsp Cinnamon
- 1/2 cup Arbonne Vanilla Protein Powder
- 2 tbsps Sunflower Seeds

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Mango Coconut Green Smoothie

1 serving
10 minutes

Ingredients

1/4 cup Frozen Cauliflower
1/2 cup Baby Spinach
1/2 cup Frozen Mango
1 1/2 cups Unsweetened Almond Milk
1/2 cup Arbonne Vanilla Protein Powder
1 tbsp Coconut Butter
1 tbsp Chia Seeds

Directions

1

Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!



Creamy Apple Pie Smoothie

1 serving

5 minutes

Ingredients

1/2 Apple (medium)
4 Ice Cubes
1/2 cup Arbonne Vanilla Protein Powder
1 tbsp Almond Butter (or other nut butter)
3/4 tsp Cinnamon (ground)
1 tbsp Whole Flax Seeds
1 cup Unsweetened Almond Milk
1/4 cup Oats

Directions

1

Add all ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!



Blueberry Protein Smoothie

1 serving
5 minutes

Ingredients

- 1/2 cup Arbonne Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 cup Frozen Blueberries
- 1 cup Baby Spinach
- 1/2 cup Water (cold)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Coconut Butter

Directions

1

Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!



Glowing Green Mango Energy Smoothie

1 serving
10 minutes

Ingredients

- 2 cups Baby Spinach
- 1/4 Cucumber
- 1/2 Lime (juiced)
- 1/2 Lemon (juiced)
- 1/4 Apple (skin removed and diced)
- 1/2 cup Frozen Mango
- 1/2 cup Water
- 1/2 Avocado
- 1/2 cup Arbonne Vanilla Protein Powder
- 1 cup Unsweetened Almond Milk

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Enjoy!



Pineapple Turmeric Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Pineapple (diced into chunks)
- 1 1/2 tsps Ginger (peeled and grated)
- 1/2 cup Arbonne Vanilla Protein Powder
- 1/2 tsp Turmeric (powder)
- 1 tbsp Coconut Butter
- 1 tbsp Whole Flax Seeds

Directions

1

- Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Strawberry Banana Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Strawberries
- 1/2 Banana
- 2 tbsps Oats (quick or rolled)
- 1 cup Unsweetened Almond Milk
- 1/2 cup Arbonne Vanilla Protein Powder
- 1 1/2 tsps Whole Flax Seeds
- 2 tbsps Unsweetened Coconut Flakes

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!