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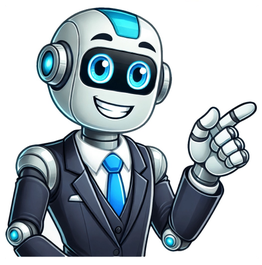

Consuming protein shakes for energy can be a great way to give yourself a little boost. Whether its first thing in the morning, before a workout, or just when youre feeling a little flat, energy smoothies and shakes can help. Packed with energy-rich ingredients, theyre natural and delicious ways to get a quick and sustained energy boost. In this article learn about the most energy-rich smoothie ingredients and 10 protein and energy shake recipes to power up your day. Energy-rich protein shakes are increasingly popular for several reasons Quick and Sustainable Energy: They contain carbohydrates, which are quickly absorbed and converted into energy by your body. They can provide an instant boost while also helping to sustain your energy levels throughout the day. Pre or Post-Workout Fuel: Energy-rich protein shakes can be an excellent pre or post-workout fuel source. This can help you power through your exercise routine and aid in muscle recovery after a workout. Satisfying and Filling: Protein shakes with energy-rich ingredients can also be more satisfying and keep you feeling fuller for longer. They can be a convenient and nutritious meal replacement option (when combined with a balanced diet). So, what should you put into your energy smoothies and shakes? Well some ingredients are more calorie dense than others or provide a quick release of energy more easily. When combined with high-protein ingredients, they make for a satisfying and nutritious smoothie or shake. Heres a list of high-energy smoothie and shake ingredients you can incorporate into your own recipes Bananas: A natural source of carbohydrates, bananas are a go-to ingredient for energy-packed protein shakes. Dates: Dates are rich in natural sugars, providing a sweet and energizing addition to your shakes. Pineapple: With its natural sweetness, pineapple adds a tropical burst of energy to your protein shakes. Mango: Mangoes are loaded with natural sugars, making them a delicious and energy-rich smoothie ingredient. Avocado: Avocado is one of the most energy-dense fruits due to its healthy fats. Its rich in monounsaturated fats and provides about 240 calories per fruit on average. Coconut Milk: Coconut, both the flesh and the milk, is calorie-dense. Coconut meat contains about 354 calories per 100 grams, and coconut milk (canned) provides around 230 calories per cup. Apples: Apples offer a mix of simple sugars and fiber, giving you a steady release of energy. Oranges: Bursting with natural sugars and vitamin C, oranges are perfect for an energizing shake. Sweet Potatoes: Cooked sweet potatoes are a great source of complex carbohydrates, providing lasting energy. Oats: Rolled oats are a fantastic source of complex carbohydrates and fiber, making them a filling and energy-boosting ingredient. A half-cup of oats adds around 150 calories to your smoothie. Coconut Water: Coconut water, with its natural sugars and electrolytes, adds a refreshing and hydrating energy boost. Coffee: Brewed coffee adds a caffeine kick to your protein shakes, providing a quick energy boost and enhanced alertness. Nut Butters: Nut butters like peanut butter, almond butter, and cashew butter are rich in healthy fats and protein. They add creaminess and calories to your smoothie. Two tablespoons of peanut butter, for example, contribute around 190 calories. Seeds: Chia seeds, flaxseeds, hemp seeds, and sunflower seeds are nutrient-dense and calorie-rich. They also provide a good dose of healthy fats, fiber, and protein. Just two tablespoons of chia seeds can add approximately 140 calories to your smoothie. Greek Yogurt: Greek yogurt is not only a great source of protein but also offers a creamy texture and a calorie boost to your smoothie. A cup of plain, full-fat Greek yogurt can provide about 220 calories. Honey or Maple Syrup: Natural sweeteners like honey or maple syrup can enhance the taste of your smoothie while adding calories. They contribute about 64 calories per tablespoon. Protein Powder: Protein powder, whether whey, plant-based, or casein, not only boosts protein content but also provides additional calories. Depending on the brand and type, it can add anywhere from 100 to 150 calories per scoop. Coconut Oil: A tablespoon of coconut oil adds about 120 calories to your smoothie. Its an excellent source of healthy fats and can enhance the smoothies texture. Dried Fruits: Dried fruits like raisins, apricots, or figs are calorie-dense and sweet. They can contribute around 300 calories per cup. So, now you know which energy-rich ingredients to include in your shakes, lets get to the recipes 1 ripe banana 3-4 pitted dates 1 cup almond milk 1 scoop vanilla protein powder 1/2 cup brewed coffee, chilled1 cup frozen mango chunks 1/2 cup pineapple chunks 1 cup coconut water 1 tablespoon honey 1 scoop plant-based protein powder 1/2 cup brewed coffee, chilled1 apple, cored and chopped 1/2 cup rolled oats 1 cup unsweetened soy milk 1 teaspoon cinnamon 1 scoop vanilla protein powder 1/2 cup brewed coffee, chilled2 oranges, peeled 1 cup Greek yogurt 1 tablespoon honey 1 scoop orange-flavored protein powder1 cooked sweet potato, peeled 1 cup unsweetened almond milk 1/2 teaspoon ground cinnamon 1/4 teaspoon ground nutmeg 1 scoop plain or vanilla protein powder 1/2 cup brewed coffee, chilled1 ripe banana 1 cup brewed coffee, chilled 1/2 cup coconut milk 1 scoop coffee-flavored protein powderYou might also like this Easy Coffee & Banana Protein Smoothie.1/2 cup rolled oats 1 cup almond milk 1 tablespoon almond butter 1 scoop vanilla protein powder1/2 cup pitted dates 1/4 cup walnuts 1 cup unsweetened soy milk 1 scoop chocolate protein powder 1/2 cup brewed coffee, chilled1 cup frozen pineapple chunks 1/2 cup coconut water 1/4 cup coconut milk 1 scoop vanilla protein powder1 orange, peeled 1/2 cup mango chunks 1 cup coconut water 1 scoop orange or tropical-flavored protein powderMore Protein-Packed Shakes Recipes Classic Oat Milk Shake, Nutella Shake, or Blueberry & Banana Shake. Energy-rich protein shakes are a tasty and nutritious way to power up your day. With high-energy ingredients like bananas, dates, pineapple, oats, and the energizing kick of coffee, these shakes provide an immediate and long-lasting boost. So, whether you need a pre-workout energizer or a satisfying meal replacement, these high-energy protein shake recipes are perfect. Written by Caroline, a qualified nutritionist with a Masters degree in Human Nutrition, bachelors degree in Sports Science and English, Diploma in Personal Training, and 15+ years of experience in the health and fitness industry. Are you looking to shed those extra pounds and reach your weight loss goals? Look no further than high-protein smoothies for weight loss! These refreshing and filling beverages are not only delicious but also packed with nutrients that can support your weight loss journey. Want to drop some extra weight and hit your weight loss targets? High-protein smoothies for weight loss might be just what you need! These mouthwatering and filling drinks taste great and have loads of nutrients and solid protein to help you shed weight like a pro. In this complete guide, well look at the many ways protein smoothies can help you lose weight. Well talk about how these healthy drinks can boost your diet, and well give you 10 tasty and simple recipes to get you started. So, get your blender ready and prepare to drink your way to lasting weight loss that works! Protein is key when youre trying to shed pounds. It helps you feel full and content cutting down on cravings that might throw you off track. Plus, protein can rev up your metabolism helping your body burn calories more . Adding protein smoothies to your meals is a tasty and easy way to get more high-quality protein. You can mix up these smoothies with all sorts of things fruits, veggies, and protein powders to make them both healthy and yummy. By drinking protein smoothies, you can boost your weight loss efforts while enjoying great flavors. On top of that, these yummy smoothies are full of key vitamins important minerals, and strong antioxidants. They give your body all the healthy stuff it needs to grow and do well. This leads to you enjoying good flavors while still feeding your body the right way. The best part? You dont have to deal with feeling hungry to lose those extra pounds. Instead, you can drink these good-for-you shakes and feel full and satisfied throughout the day. => Join the 21 Day Smoothie Weight Loss Challenge One of the key ingredients in high-protein smoothies is protein powder. Protein powder is a convenient and versatile way to add extra protein to your smoothies. It comes in various forms, including whey, casein, pea, and soy protein. Choose a protein powder that suits your dietary needs and preferences. Protein powder not only enhances the nutritional value of your smoothies but also improves their texture and taste. It adds a creamy and velvety consistency, making your smoothies more enjoyable to drink. Additionally, protein powder comes in a variety of flavors, allowing you to create delicious and satisfying smoothies without the need for excessive added sugars or artificial sweeteners. Recommended Brand: Optimum Nutrition Gold Standard 100% Whey Protein Powder Now that we understand the benefits of protein smoothies lets dive into the best ingredients to include in your high protein smoothies for weight loss. These ingredients are packed with nutrients that can support your weight loss goals, keep you feeling satisfied, and provide your body with the fuel it needs to thrive. Greek Yogurt Greek yogurt is a nutritional powerhouse. It is rich in protein, calcium, and probiotics, which can support gut health. Including Greek yogurt in your smoothies adds creaminess and a tangy flavor. Opt for plain Greek yogurt to avoid added sugars and artificial flavors. Leafy Greens Leafy greens, such as spinach and kale, are low in calories and high in fiber, vitamins, and minerals. They add a vibrant green color to your smoothies and provide a host of health benefits. Leafy greens are also a great source of antioxidants, which can protect your cells from damage. Berries Berries, including strawberries, blueberries, and raspberries, are not only delicious but also packed with antioxidants and fiber. They add natural sweetness to your smoothies without the need for added sugars. Berries are also relatively low in calories, making them a perfect choice for weight loss. Nut Butter Nut butter, such as almond or peanut butter, adds a creamy texture and nutty flavor to your smoothies. It is a great source of healthy fats and protein, which can keep you feeling full and satisfied for longer. Just be mindful of the portion size, as nut butter is calorie-dense. Chia Seeds Chia seeds are tiny powerhouses of nutrition. They are loaded with fiber, omega-3 fatty acids, and antioxidants. When soaked in liquid, chia seeds form a gel-like consistency, adding thickness and texture to your smoothies. They also provide a boost of satiety, helping you stay full and satisfied. Weve covered the benefits of protein smoothies and the best ingredients to include, so lets dive into the recipes! These 10 high-protein smoothie recipes are not only delicious but also easy to make. They require minimal ingredients and are packed with nutrients to support your weight loss journey. So, grab your blender, and lets get started! Ingredients: 1 cup unsweetened almond milk 1/2 cup frozen strawberries 1 banana 1 tbsp peanut butter 1 scoop vanilla protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, frozen strawberries, banana, peanut butter, and vanilla protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1/2 cup frozen banana 1 cup baby spinach, packed 1 tbsp nut butter 1 scoop vanilla protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, frozen banana, baby spinach, nut butter, and vanilla protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1 cup of spinach 1/2 cup frozen mixed berries 1/2 cup plain Greek yogurt 1 tbsp chia seeds 1 scoop vanilla protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, kale frozen mixed berries, plain Greek yogurt, chia seeds, and vanilla protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1 cup of spinach 1/2 cup frozen mango chunks 1/2 cup canned pineapple chunks 1 tbsp coconut flakes 1 scoop vanilla protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, spinach, frozen mango chunks, canned pineapple chunks, coconut flakes, and vanilla protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1/2 cup frozen banana 1 tbsp cocoa powder 1 tbsp almond butter 1 scoop of chocolate protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, frozen banana, cocoa powder, almond butter, and chocolate protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1 cup of spinach 1/2 cup frozen mixed berries 1/2 cup plain Greek yogurt 1 tbsp honey 1 scoop vanilla protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, spinach, frozen mixed berries, plain Greek yogurt, honey, and vanilla protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1 cup of spinach 1/2 cup frozen banana 1 tbsp almond butter 1 tbsp shredded coconut 1 scoop of chocolate protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, spinach, frozen banana, almond butter, shredded coconut, and chocolate protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1/2 cup frozen banana 1 tsp matcha green tea powder 1 tbsp honey 1 scoop vanilla protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, frozen banana, matcha green tea powder, honey, and vanilla protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1/2 cup brewed coffee, chilled 1/2 frozen banana 1 tbsp almond butter 1 scoop vanilla protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, brewed coffee, frozen banana, almond butter, and vanilla protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Ingredients: 1 cup unsweetened almond milk 1/2 cup frozen banana 1 tsp cinnamon 1 tbsp almond butter 1 scoop vanilla protein powder Instructions: 1. In a blender, combine the unsweetened almond milk, frozen banana, cinnamon, almond butter, and vanilla protein powder. 2. Blend until smooth and creamy. 3. Pour into a glass and enjoy! Use frozen fruit:Frozen fruit adds thickness and a refreshing chill to your smoothies. Plus, it eliminates the need for ice, which can dilute the flavor. Choose unsweetened almond milk:Opt for unsweetened almond milk to avoid added sugars. It provides a creamy base for your smoothies without adding unnecessary calories. Add a source of healthy fats:Healthy fats, such as nut butter or chia seeds, can help keep you feeling full and satisfied. They also provide a creamy texture and enhance the flavor of your smoothies. Dont forget the protein powder:Protein powder is the star ingredient in high-protein smoothies. Choose a high-quality protein powder that suits your dietary needs and preferences. Customize to your taste:Feel free to customize these recipes to suit your taste preferences. Add more or less of each ingredient, adjust the sweetness level, or experiment with different flavor combinations. Incorporating high-protein smoothies into your weight loss journey can be a game-changer. These delicious and nutritious beverages provide a convenient and tasty way to increase your protein intake and support your weight loss goals. With the 10 recipes provided, you have plenty of options to choose from, ensuring you never get bored. So, grab your blender, stock up on the ingredients, and start sipping your way to a healthier, leaner you! Remember, consistency is key. Make high-protein smoothies a regular part of your routine and pair them with a balanced diet and regular exercise for optimal results. Also Worth Checking Out: Boost the nutritional profilein your favorite protein smoothie with ourCollagen Peptides. A dairy-free alternative to popular whey protein powders, our peptides dissolve instantly in liquids and theyre flavorless so theyll work perfectly in thesmoothieof your choice. Why youll want to add our hydrolyzed Collagen Peptides: They help to promote stronger hair, skin, nails and joints.**Try it out in this light and simple Hemp Protein & Berry Smoothie recipe. Additional protein and healthy fats from raw hemp seeds, sweetened with a banana, and full of nutrients from coconut water and raw kale leaves. Its great asa post-workout shake or a filling snack or dessert.Berry & Hemp Protein SmoothieYields 2 servings1 C coconut water (or regular filtered water)2 C organic frozen berries1 banana6 kale leaves, ribs removed2 T raw hulled hemp seeds2-4 scoopsVital Proteins Collagen PeptidesDirections:Combine all ingredients in a blender and mix until smooth. Enjoy immediately.Shop Collagen Peptides There are hundreds of protein powders to shop for, but finding an unflavored protein powder that has a good texture is much harder to discover. Whether youre adding them to a smoothie or making healthified baked goods, unflavored protein powder is a great add-in for a quick nutrition boost in the kitchen. Unflavored protein powders are the most versatile and give you the biggest bang for your buck. If I'm spending money on a big container of protein powder and having it take up precious pantry space, I want to be able to use it for more than one thing, says Kelsey Kunik, R.D., of Graciously Nourished. When shopping for the best unflavored protein powder, youll want to consider how frequently youll use it, the serving size, calorie totals, type of protein, any sweeteners, or specific ingredients you wish to include or avoid. We sourced our recommendations from a mix of tested products and expert-reviewed supplements. After our comprehensive review process, Eliza Savage, our resident dietitian and editorial director, gave this a final review to ensure every option on this list is good for your body, health goals, and habits. Read on below for the best unflavored protein powders on the market. Credit: Amazon$27$26 at AmazonView on Nkdnutrition.com Calories per serving: 120 | Protein per serving: 25g | Protein source: whey protein Naked Nutrition focuses on additive-free products, and this unflavored protein powder is a prime example. Crafted solely from whey sourced from grass-fed cows at Rumiano's small, organic dairy farms in California, it exemplifies simplicity and quality. With just one ingredient, grass-fed whey, Nakeds protein powder offers 25 g of complete, animal whey protein per serving, shares Veronica Rouse, RD. Its a great way to boost your protein intake without any unnecessary ingredients, she adds. Credit: Isopure$34$27 at AmazonView on Theisopurecompany.com Calories per serving: 100 | Protein per serving: 25g | Protein source: whey protein isolate Crafted from whey protein isolate, this flavorless powder delivers 25 grams of protein in just a 100-calorie serving. Its low in carbs and sugars and contains no additives or filler ingredients. In fact, it has only two ingredients: whey protein isolate and soy lecithin. If youre on the hunt for a nutritionally balanced whey protein that wont break the bank, we love this option. Credit: AmazonView on AmazonView on WalmartView on Kleanathlete.com Calories per serving: 85 | Protein per serving: 20g | Protein source: whey protein isolate Flavored protein powders often come with added fat, sugars, and additives. Klean Athlete Klean Isolates unflavored whey protein isolate is one of the best bangs for your buck calorie-wise on the market, with a low 85 calories per serving. If youre looking for a complete protein source while still keeping calories modest, this is likely a good fit for you. The simple taste and ease of mixability make this option an easy addition to a protein-rich recipe. Credit: TruvaniView on AmazonView on Truvani.comView on Vitacost Calories per serving: 100 | Protein per serving: 20g | Protein source: pea, pumpkin, and chia protein concentrates Finding a plant-based protein powder with a source of 20 g of protein is challenging, but Truvani has done it. Clocking in at just 100 calories per serving, this product is nutritionally sound on multiple fronts. Plus, it's certified vegan, USDA Organic, certified gluten-free, and non-GMO Project Verified. We especially love the attention to hypoallergenic ingredients that often are friendly to digestion, too. Credit: NOW Sports$120$81 at AmazonView on WalmartView on Nowfoods.com Calories per serving: 80 Calories per servingProtein per serving: 25g protein per servingProtein source: whey isolate protein For top-notch protein powders, quality matters, as many may contain undesirable ingredients and undisclosed banned substances. NOW's Unflavored Whey Protein Powder undergoes rigorous monthly testing to ensure quality and is Informed Sport Certified, guaranteeing it's free from steroids and over 2,000 banned substances. This means that the product is tested and includes exactly what it claims 25 g of whey protein isolate an important process in an under-regulated supplement industry. Credit: Orgain$32$26 at AmazonView on Orgain.com Calories per serving: 140 | Protein per serving: 21g | Protein source: pea, brown rice, chia seed protein Orgains Organic Unflavored Vegan Protein Powder is Melissa Mitri, M.S., R.D.s top choice for an organic, vegan protein powder thats also flavorless. It contains 21 g of plant protein derived from a blend of pea, brown rice, and chia seeds, no added sugar, and is dairy and soy-free for those who are sensitive to allergens, adds Mitri. Its USDA-certified organic, and it effortlessly mixes into liquids without any unpleasant taste that requires masking. Credit: Amazon$50$34 at AmazonView on WalmartView on Target Calories per serving: 70 | Protein per serving: 18g | Protein source: collagen peptides Vital Proteins Collagen Peptides is an excellent unflavored protein powder supplying 18 grams of protein per 70-calorie serving. It blends easily with hot or cold liquids and contains no artificial sugar, dairy, or gluten, Amy Beney, M.S., R.D., CDCES, tells us. Collagen protein powder often takes on the flavor of the recipe to which you add it making it ideal for everything from smoothies to baked goods. No wonder Jennifer Aniston loves the brand so much. Credit: Promix$55$50 at AmazonView on Promixnutrition.com Calories per serving: 120 | Protein per serving: 25g | Protein source: grass-fed whey protein Made with just whey protein powder and sunflower lecithin, an emulsifier, these two simple ingredients provide 25 g of protein in a 120-calorie serving. Promix avoids gums and fillers in its ingredient label. Unflavored whey is an excellent complete protein and is sure to add creaminess to your favorite smoothie or protein coffee recipe. The grass-fed whey comes from cows raised on pasture and may be of higher quality than conventionally raised cattle and their byproducts. IMAGE: Simply Tera's. Calories per serving: 110 | Protein per serving: 21g | Protein source: organic whey protein concentrate As much as we love a sweet protein powder, many options out there are loaded with sugars or artificial sugars that are less than ideal for you. This unsweetened organic option from Simply Tera's has 21g of protein per serving with absolutely no sweeteners added. The low-carb powder also comes in sustainable recyclable packaging, which we love. Calories per serving: 100 | Protein per serving: 20g | Protein source: grass-fed whey protein isolate If you're looking for an unflavored protein powder to help with gains, why not trust the brand that Olympians trust? Momentous is known for its high-quality protein powder and collagen powder offerings thanks to the rigorous testing conducted on each product. It uses grass-fed whey protein isolate sourced from EU dairy farmers and then tests this protein to receive both NSF and Informed Sport Certifications. What's more, this protein is then combined with ProHydrolaseto ensure easy digestion. If you've ever experienced the protein poops, you know what a game-changer this is. Benefits: Protein supplementation is beneficial to help you meet your protein needs which in turn can be helpful for weight loss, muscle growth, appetite regulation, and many other bodily processes.Sources: Protein sources can range from animal to plant-based. Typically, animal protein sources come from dairy, eggs, or bone broth. Plant-based protein options range more widely, from soy to hemp to rice and pea powders. Soy and hemp proteins are the only complete plant-based proteins.Independent verification: Independent verification helps ensure that the product's quality standards are consistent with the claims on the nutrition label. NSF is one of the most popular and trusted independent testers in the U.S.Frequently Asked QuestionsProtein powder expiration dates depend on the source of protein in the supplement and the use of preservatives. Typically, most manufacturers list a best by date one to two years after production. Store your protein containers in a cool, dry place like the top shelf of your pantry for the best shelf life.Unflavored protein powders can be used in decadent or fruity smoothies, baked goods, oatmeal, or added to savory dips or soups, Kunik recommends. We also like using it to make a protein coffee, mixing it with milk and whatever flavor of a creamer were currently obsessing over before stirring it into a hot or iced cup of coffee. Eliza Savage, M.S., R.D., is the Editorial Director for Shape. She uses unsweetened protein powders every day to meet her daily protein goals. Summer Cartwright, Shape's senior editor, updated this story in 2024 with additional editor favorites. She uses Momentous protein powder in her protein shakes. Thanks for your feedback! Theres just something about the blender that makes ingredients that are good for your body taste even better on your tastebuds. From dips to soups to our personal favoritethe smoothiewhirling up ingredients is a surefire way to make a deliciously creamy, smooth, and uniform beverage with zero fuss. And unlike juicing, blending wont remove any of the nutritional benefits (looking at you, fiber) from your drink. Morning, afternoon, or evening, theres just no better pick-me-up than an ice cold smoothie sipped through a straw that took all of 90 seconds to prepare.In addition to their convenience, smoothies also present an easy opportunity to fit more heart-healthy, antioxidant-rich foods into your diet, particularly fresh or frozen produce. Given that the main ingredient of most smoothies tends to be a fruit or vegetable, many of these beverages are naturally anti-inflammatory, filled with fiber, and packed with important vitamins and minerals that are great for your cardiovascular system. In particular, the abundance of vitamin C and vitamin A (in the form of beta-carotene) in citrus fruits, strawberries, mangos, and more serve as key antioxidants, which help to reduce plaque buildup resulting from cholesterol, thereby preventing heart disease such as atherosclerosis. Other key smoothie ingredientsespecially yogurt and kefirare great sources of probiotics, which help you maintain a balanced gut microbiome. Gut health is an important part of keeping a strong immune system and has been linked to combating symptoms of depression, anxiety, and lowering your risk of chronic illnesses, including heart disease.To help you up the ante on your smoothie-making repertoire, weve rounded up some of our favorite heart-healthy smoothie recipes that are as delicious as they are nutrient-dense.8 heart-healthy smoothie recipes packed with anti-inflammatory benefits1. 4-Ingredient Iced Banana Turmeric SmoothiePhoto: Stocksy/Ina PetersInspired by some of the longest-living people on the planet, this heart-healthy smoothie comes together quickly and tastes like a spiced banana milkshake. The recipe hails from the team at Blue Zones, a team of researchers led by Dan Buettner that documents the habits of the five regions where the most centenarians exist (and you can bet that all four of these ingredients are part of the Blue Zones diet).Get the recipe: Banana turmeric smoothie2. Chocolate Hazelnut Smoothie BowlPhoto: Yumna Jawad/FeelGoodFoodiePhoto: Yumna Jawad/FeelGoodFoodie*]:w-full [&_*_iframe]:w-full flex h-full justify-center items-center static max-h-[400px] data-testid=ad-inline1-1 data-ad-slot-name=inline1-1 data-page-index=1 data-ad-unit-name=inline data-ad-target-screen=desktop data-ad-refresh=true style=min-width:970px;min-height:250px;top:0>For a great-tasting smoothie that can help you sleep better at night, check out this delicious combination of flavors from Feel Good Foodie. Use frozen bananas to add extra creaminess, and of course, a dollop of your favorite chocolate-hazelnut spread for a touch of sweetness.Get the recipe: Chocolate hazelnut smoothie bowl3. Berry Smoothie with SpinachPhoto: Getty Images/arina7We love this berry smoothie with spinach and probiotics from chef and Well+Good Council member Candice Kumai. Berries provide plenty of antioxidants and gut-friendly fiber, plus they help combat inflammation and support your immune system. Yogurt offers probiotics for even more gut health benefits, and spinach is a great source of plant-based iron for healthy bones. Want to up the fiber intake? Dont forget about persimmon benefits, which include their high fiber content, and would add tons of flavor to this already delicious recipe.Related ContentGet the recipe: Berry smoothie with spinach4. Turmeric, Ginger, and Apple Spice SmoothiePhoto: Cooking With MollyEven among other superfoods, both turmeric and ginger stand out as particularly beneficial for your body. As a powerful anti-inflammatory herb, turmeric has been used for literal millenia to help humans stay strong and healthy. Ginger similarly packs a punch in terms of flavor, and its super easy to digest (remember when Ginger Ale was your go-to beverage the second you got a stomach ache as a kid?). The fiber and pectin in apples makes this fruit a powerhouse for gut health, too.*]:w-full [&_*_iframe]:w-full flex h-full justify-center items-center static max-h-[400px] data-testid=ad-inline1-2 data-ad-slot-name=inline1-2 data-page-index=1 data-ad-unit-name=inline data-ad-target-screen=desktop data-ad-refresh=true style=min-width:970px;min-height:250px;top:0>Get the recipe: Turmeric, ginger, and apple spice smoothie5. Blueberry Coconut SmoothieA favorite of Meghan Markles, this blueberry coconut smoothie packs a protein punch thanks to the addition of protein powder. Using frozen blueberries helps keeps this recipe simple to make in any season (as well as antioxidant-filled), and the addition of coconut gives this smoothie next level creaminess and tropical flavor.6. Spa SmoothiePhoto: Simple Green SmoothieIf youre more of a green smoothie fan, wed highly recommend this spa smoothie that comes highly recommended by Jessica Albas holistic nutritionist, Kelly LeVeque. This one is filled with plant-based protein, healthy fats, and a kick of citrus. Not only is it easy on the tastebuds, but the beautiful green color is also easy on the eyes.*]:w-full [&_*_iframe]:w-full flex h-full justify-center items-center static max-h-[400px] data-testid=ad-inline1-3 data-ad-slot-name=inline1-3 data-page-index=1 data-ad-unit-name=inline data-ad-target-screen=desktop data-ad-refresh=true style=min-width:970px;min-height:250px;top:0>Related ContentGet the recipe: Spa smoothie7. Gut-Healthy Pineapple Smoothie BowlPhoto: Frances Largeman-RothIf youre looking for a deliciously tropical twist on your smoothies, look no further than this gut-friendly pineapple smoothie bowl. Frances Largeman-Roth, RD notes that pineapple is especially good for gut health thanks to the enzyme bromelain, which helps stimulate digestion. One cup of pineapple also offers three grams of fiber, which is helpful for keeping you regular. When it comes to heart-healthy smoothie recipes, it doesnt get much better.Get the recipe: Gut-healthy pineapple smoothie bowl8. Banana Bread SmoothiePhoto: Well Plated By ErinThis dairy-free, added sugar-free, and vegan smoothie has the added benefit of being absolutely delicious given that it tastes a whole lot like a slice of banana bread (hence the name). And then theres the bevy of health benefits associated with bananas at all stages of ripenessfrom their high fiber content to their antioxidant levels. Point being? This is one smoothie thats good for your body in more ways than one.Get the recipe: Banana bread smoothieOh hi! You look like someone who loves free workouts, discounts for cutting-edge wellness brands, and exclusive Well+Good content. Sign up for Well+, our online community of wellness insiders, and unlock your rewards instantly. Got it, you've been added to our email list.Home Recipe RoundupsThese NutriBullet Smoothie Recipes are healthy, delicious, and ready in less than 5 minutes! Enjoy these refreshing smoothies for breakfast or a snack! Vegan and gluten-free options are included. People often ask me what's the best thing they can do for their health. I used to think it was working out for 2 hours a day, or eating salads for every meal. But I realized that the answer is drinking smoothies in the morning. Let me explain. Smoothies are a great way to pack in many different fruits, vegetables, nuts, and seeds, and they're ready in less than 5 minutes. You don't need to spend hours in the kitchen or wash a pile of dishes afterward. By having a smoothie for breakfast, you get a good amount of fiber, antioxidants, vitamin C, and even protein (and more!). All of that with just your first meal of the day. Amazing, right? These delicious NutriBullet Smoothie Recipes will nourish you from the inside out and leave you feeling energized, satiated, and ready to take on your day! Jump to: If you haven't already, I highly recommend getting yourself a NutriBullet. Not only is it useful for smoothies and shakes, but you can make soups, sauces, pulse nuts, seeds, and more! The classic blender is the NutriBullet Personal Blender, which is perfect for anyone who is looking to use it for their morning smoothies. The next option is the NutriBullet Pro, which comes in many colors and with a few attachments. This one is more powerful than the classic one (900 Watts vs 600 Watts) and is perfect for those who want to blend nuts, seeds, oats, and other hard foods. I've personally used both, but I do prefer the NutriBullet Pro since it's more powerful and I can use it for many different things without worrying if it will break. P.S. NutriBullet has also launched NutriBullet Blender Combo, NutriBullet Food Processor, and NutriBullet Slow Juicer, so check them out if you're interested. Use ripe fruits in season.Have you ever tried a smoothie that tasted like... well, nothing? If so, that may have been because the fruits were not ripe enough. I always use bananas with dark spots and ripe mangos that are soft to the touch. For berries, use the ones in season for the best flavor!Use frozen fruits and vegetables.They are super convenient for making smoothies AND provide a creamier texture than fresh ingredients.Sweeten to taste.If a smoothie is not sweet enough, don't hesitate to add a date or two or a splash of maple syrup. You can have a healthy smoothie that is also delicious!Add protein and healthy fats! Sometimes smoothies can be low in protein and fat and high in sugar, which can make you feel hungry quickly after drinking them. Making a balanced smoothie is essential for feeling full and satisfied. I suggest adding protein powder, cottage cheese, or soft tofu for protein, and nuts, nut butter, or seeds for healthy fats.Freeze ingredients in airtight containers in advance.Stack your freezer beforehand, so you will always be 2 minutes away from making breakfast. You can also freeze milk in an ice cube tray. Then you can use the cubes in place of the refrigerated dairy, making your smoothie thicker and colder. Here are some of the best smoothies you can make in your trusty NutriBullet! How do you make a smoothie with a NutriBullet? Add all your ingredients to the NutriBullet, starting with the liquid first. Blend on max power until it's creamy and no chunks remain. For best results, don't overfill the jar, and use enough liquid when blending. Can you put frozen berries in a NutriBullet? Yes, you can put all kinds of frozen fruits and vegetables, as long as there is enough liquid added. Are smoothies better with milk or water? While water is neutral-tasting and practically free, milk gives richness and body to smoothies. It can also provide nutritional benefits, depending on what types of milk you're using. Whole milk and soy milk are high in protein, which is important for satiety. Can you freeze smoothies? Yes, freezing smoothies is possible and convenient! Make your smoothie as you normally would then transfer it to a mason jar or pour it into an ice cube tray. Freeze for up to 1 month. When ready to enjoy, thaw the smoothie on your kitchen counter, or blend the ice cubes with a little bit of liquid. If you try any of these NutriBullet smoothie recipes, let me know what you think in the comments below. I would love to hear which recipes are your favorite and if you think I've missed something that should be included! This post may contain affiliate links. Please read our disclosure policy. Mornings in my house are always a rush, but I make an effort to send my kids, my husband, and myself off for the day with a breakfast that actually keeps us full. Thats why I love these high-protein breakfasts, each with at least 15 grams of protein per serving. Some are great for meal prep, others skip the eggs but still pack in the protein. These are the recipes I turn to when I need something quick and fillingIm betting youll love them too! Start with a protein base. Eggs, Greek yogurt, cottage cheese, or even turkey and chicken are my go-tos for building a protein-packed breakfast. Once you have a solid base, the rest comes together easily! If you need ideas, these cottage cheese recipes are a great place to start. Choose high-protein breads. I never really thought about bread being high-protein, but once I started looking, I realized how many breads, bagels, and wraps actually have a protein boost. Now, I always keep an eye outits such an easy way to add more protein without changing much. Meal prep when you can. If I dont plan ahead, Ill end up grabbing whatever is easiest, which isnt always the best choice. Thats why I love prepping breakfast the night before. My family could live off overnight oats (and our new fav blended overnight oats) all week and never get bored (probably because I switch up the flavors constantly!). Top it off with more protein. Every little bit helps, so I love adding a dollop of Greek yogurt or nut butter to pancakes, waffles, or smoothies. And when it comes to eggs? You already know Im piling on the cheesebecause extra cheesy eggs just hit different. Dont forget legumes. Beans, lentils, and chickpeas arent typical breakfast foods, but I throw them into egg scrambles and breakfast bowls all the time. It might not be traditional, but it worksand honestly, who says we have to follow the rules? Use protein powder (if you want). I dont rely on it too much since I prefer getting protein from whole foods, but when I need an extra boost, Ill add a scoop to smoothies, oatmeal, or baked treats. If you need ideas, check out my Best Recipes with Protein Powder roundup!Eggs: Scrambled, fried, boiled, or poached eggs this staple is one of the easiest and most versatile high-protein foods for breakfast. One egg clocks in at 6 grams of protein, and I usually eat at least two or three at breakfast. Yogurt: Greek yogurt has the highest protein content, but regular yogurt and Instant Pot yogurt are also great sources, and I try to include them often in my breakfasts. Whole Grains: Chewy and delicious, whole grains like quinoa, farro, and of course, oats are higher in protein than other grains and make a great base for breakfast bowls. Oats: Speaking of oats, did you know you can enjoy oats in different forms? Whether its oat flour or oat milk, you can use them to create high-protein breakfast options like pancakes, smoothies, or baked goods while still reaping the benefits of whole grains. When it comes to breakfast, I love having options that are quick, easy, and packed with protein. Whether Im in a rush, craving something sweet, or looking for low-carb options, these recipes have been my go-to when I want to hit my target protein goal. Im always looking for breakfasts that dont take up my whole morning. Between school drop off and getting everything ready for the day, time is tight! Thats why I love these super quick high-protein breakfast ideas made in under 20 minutes. I totally get how frustrating it can be to rely on eggs for protein, especially with the egg prices these days! So, Im always up for the challenge of getting in my protein without cracking a single egg. Try these delicious high protein breakfasts with no eggs! When life gets busy and Im running from one thing to the next, I still want to make sure Im fueling my body with protein. These quick high-protein breakfast ideas have been on repeat. If Im being honest, there are times when I crave something sweet for breakfast. And you know what? I go for it! These sweet high-protein breakfast ideas satisfy my sweet tooth while keeping me full no need to choose between the two. I love the simplicity of one-pan meals, especially on groggy mornings! They cut down on cleanup (a big win in my house) and pack enough protein to keep everyone satisfied. You know I love a good meal prep session. They are such a lifesaver to me, especially when I want to stay on track with my health goals during a busy week. With a little planning ahead, I know I can still have protein-packed meals every morning without the hassle. For those mornings when I want to keep my carb intake low, these low carb high protein breakfasts are my go-to. With less than 9 grams of carbs per serving, they still fill me up without feeling weighed down. Can I eat last nights dinner for a high-protein breakfast? Yes! Who made the rule that breakfast has to be sweet or breakfast-y? Leftover steak and roasted veggies? Perfect. A bowl of chili? Go for it. Breakfast is whatever you make it and dont let anyone tell you otherwise. How much protein should I aim for at breakfast? This depends on your daily protein goal, but a good target is at least 15-20 grams of protein to keep you full and energized. You might want to aim even higher if youre extra active or trying to build muscle. Think of it as front-loading your day so youre not starving by 10 am. Can I overdo it on protein at breakfast? Unless youre chugging a protein shake the size of your blender, youre probably fine. Most people actually dont get enough protein in the morning, so loading up a bit is a good thing. Just pair it with some healthy fats or fiber so its balanced and keeps you full. Check out the picture cards for all the recipes listed above. You can click on any of the recipes cards to take you directly to those recipes. For more similar roundup of recipes, be sure to check out: High Protein Snacks, High Protein Soups, Best Recipes with Cottage Cheese, and Easy Recipes for Meal Prepping. If you found this recipe roundup for High Protein Breakfasts Recipes helpful or if you try anyrecipe on Feel Good Foodie, then dont forget torate the recipes! It helps others who are thinking of trying out this tutorial and we would love to hear about your experience. And if you snapped some shots, share it onInstagramso we can repost on Stories!

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