

Simple *Smoothies* recipes



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A *Smoothies* is always a good idea

Who doesn't love a smoothie? The possibilities of what you can create in your trusty blender are limitless. But to make it easier, we've picked eight of our favourite smoothie recipes, that are not only delicious, but simple to make! From the humble banana smoothie, to the café-inspired smoothie bowl, there's something to satisfy your tastebuds. Enjoy your smoothie snack.



Love your Fernwood Family xx

A classic smoothie with a twist

Banana & blueberry *Smoothies*

Ingredients

⅓ cup low-fat milk
½ a banana
½ tsp honey
8g mixed seeds
75g plain natural yoghurt
50g blueberries
15g rolled oats

Method

1. Blend ingredients until smooth.
2. Pour into a glass and serve.



Swap tea for a smoothie

Chai tea *Smoothies*

Ingredients

1 chai tea bag
250ml almond milk
1 banana
3g vanilla beans

Method

1. Put the almond milk in a small saucepan. Heat on the stove for a couple of minutes or until hot and steamy. Alternatively you can heat the milk in the microwave.
2. Place the chai tea bag into the hot milk. Place it in the fridge and let it brew
3. Once cool, add the chai milk, banana and vanilla seeds to a blender, with ice if desired. Blend until smooth.
4. Pour into a glass. Serve and enjoy.



Another way to eat your greens

Kale *Smoothies*

Ingredients

1 cup unsweetened
almond milk
1 cup chopped steamed
kale, cooled
15g raspberries, fresh or
frozen
10 tbsp extra light
ricotta cheese
1 tsp 100% peanut butter
25g of canned pineapple
in natural juice, drained,
chopped

Method

1. Blend ingredients until smooth.
2. Pour into a glass and serve.



Who says you can't have chocolate for breakfast?

Chocolate *Smoothies*

Ingredients

210ml low-fat milk
¾ a banana
1 tbsp of avocado
¼ tsp ground cinnamon
2 tsp rice malt syrup
2 vanilla beans
1 tbsp natural raw cacao powder

Method

1. Place all ingredients into a blender and process until blended into a smooth consistency. Add water or add some ice for a thinner, icy smoothie.
2. Pour into a glass and serve. Enjoy.



As beautiful as it is delicious

**Blackberry
& vanilla**
Smoothies
bowl

Ingredients

¼ a banana
60g blackberries
20g baby spinach
70g silken tofu
100g low-fat cottage cheese
2 vanilla beans
1 tsp chia seeds
1 tsp coconut

Method

1. Place the banana, blackberries, cottage cheese, silken tofu, vanilla seeds, spinach and ice into a blender and blend until smooth and creamy.
2. Spoon the smoothie mixture into a bowl.
3. Top with blackberries, chia seeds, shredded coconut and toppings of your choice. Serve and enjoy.



Fruity with a hint of spice

Ginger & pear *Smoothies*

Ingredients

1 small pear, chopped
1 tsp fresh grated ginger
 $\frac{3}{4}$ tbsp rice malt syrup
1 tsp 100% almond butter
 $\frac{1}{2}$ cup unsweetened
almond milk
120g non-fat plain
natural yoghurt

Method

1. Place all ingredients into a blender. Blend until smooth. For a thinner consistency add water accordingly.
2. Serve and enjoy.



Avo minus the smash

Avocado banana *Smoothies*

Ingredients

¼ small avocado
½ small banana
¼ tsp ground cinnamon
1 tsp ginger
2 tsp rice malt syrup
½ cup cold water
5g mint

Method

1. Grate the ginger and roughly chop the mint.
2. Optional - Add ½ cup of ice cubes into a blender. Blend until crushed.
3. Add the avocado, banana, cinnamon, ginger, rice malt syrup, half the mint and water to the blender and process until smooth.
4. Pour into a glass and top with the remaining mint leaves. Serve and enjoy.



Transport yourself to an island holiday

Tropical bowl

Ingredients

20g oats
1 small banana
200g pineapple
75ml skim milk
50g kiwifruit
Sprinkle of desiccated coconut

Method

1. Reserve a few bite-size pieces of pineapple.
2. Blend oats, banana, pineapple and almond milk together until smooth.
3. Serve in a medium bowl, topped with reserved pineapple pieces, sliced kiwi and sprinkled coconut.





Don't forget to tag us in your smoothie creations with **#FernwoodFitness** on Instagram and Facebook.

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