



OSHUN'S APOTHECARY

EASY SMOOTHIE RECIPES



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DARK CHOCOLATE BANANA

1 C Hempseed/Almond milk
1-2 pitted large Medjool dates, to taste
1 Tbsp unsweetened dark cacao powder
1 1/2 Tbsp hemp seed
1 large peeled and frozen banana
1/4 Tsp cinnamon
2-4 large ice cubes

Add ingredients into a high-speed blender until smooth

BANANA YOGURT

1 banana (119 g)
1/4 C Plain/Vanilla Yogurt
1 C Skimmed (1% Fat) Milk
3 Medjool Dates
2 Tsp Hemp seeds
1 Tsp Chia seeds
4 Ice cubes
Blend until smooth



GREEN SMOOTHIE BOWL

2 medium frozen bananas
1 C water OR Hemp/Almond Milk
1 C Chopped Kale
1 kiwi
2 Tbsp peanut/almond butter
Optional: 2 dates, pitted (sweetener) OR Agave nectar
Blend until smooth

Suggested Toppings
(choose up to 4):

Unsweetened coconut
Chia seeds
Sliced banana
Hemp seeds
Chopped almonds
Berries
Granola

PINEAPPLE KALE CHIA

1 1/2 C Hemp seed/Almond milk
2 C chopped kale
1 Tbsp hemp seed
1 Tbsp chia seeds
2/3 C pineapple chunks
1/2 C ice cubes

Add ingredients into a high-speed blender until smooth

BANANA NUT

1/4 C almonds/unsalted cashews (preferably raw)
1 large banana
1/4 C coconut water
1/4 C hemp/almond/1% milk
1/8 Tsp cinnamon
1 medjool date
1/2 C ice
*agave, date syrup/sweetener of choice

Blend ingredients until smooth

MANGO BANANA NUT SMOOTHIE HAS THE SAME BASE, JUST ADD 1/2 CUP CHOPPED MANGO TO THIS RECIPE

BANANA YOGURT

1 C strawberry halves
3/4 C plain greek yogurt
1 banana

*agave/ 1-2 medjool dates to taste

BLUEBERRY BANANA

1 1/2 C blue berries
1 frozen banana
1/2 C coconut water
1/2 C hemp/ almond milk

Blend ingredients until smooth



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QUICK & HEALTHY SNACK GUIDE

- 🦋 Fruit skewers (strawberry, pineapple, banana, grapes)
- 🦋 Granola on plain Greek yogurt with peanut butter and agave nectar/honey/maple syrup drizzle
- 🦋 Carrots and vegetable seasoned Greek yogurt dip
 - 🦋 Hummus and one slice of multigrain toast
 - 🦋 one hard boiled egg, handful of grapes
- 🦋 Trail mix
- 🦋 Handful of dry-roasted, unsalted almonds, apple slices
- 🦋 Rice cakes with peanut butter topped with dried fruits (raisins, dates, banana chips)