

4 Summer Smoothies Inspired by Classics Combos from Love & Lemons

Blueberry Muffin Smoothie

This is next best thing to cake for breakfast! Its muffin-like flavor and thickness come from whole rolled oats. It's sweetened with dates and a pinch of cinnamon. I used Whole Foods Market™ Plant-Based Fit Protein, which makes this a filling breakfast full of plant protein (pea protein, cranberry protein and hemp seed protein) as well as a little pick-me-up from the green coffee bean and green tea extracts that are in the powder. I also snuck a handful of spinach in this smoothie, which is pretty undetectable.



Peaches & Cream Pecan Smoothie

I love peaches more than any other fruit on the planet so this is by far my favorite smoothie. When I first made it, I tasted it and said, "This is ice cream!" It works with almond milk or coconut milk, and the pecans make it so rich and creamy. The Whole Foods Market™ Plant-Based Fit Protein adds a nice vanilla and cinnamon flavor along with its protein boost. I like to make this one really thick, and eat it with a spoon. Beyond breakfast, I'll eat this for dessert any day.

While making these, I basically raided the Whole Foods Market supplement aisle to test out the protein powders that would best complement my summer smoothies. In the end I chose two favorites – both are both fantastic plant-based protein options that have great texture and complementary and/or neutral flavors. Whole Foods Market™ Plant-Based Fit Protein works especially well with in the Blueberry Muffin and Peaches & Cream Pecan smoothies. 365 Everyday Value® Pea Protein is great in these last two smoothies — Strawberry PB&J and Mint Chip – because its flavor is so neutral.



Strawberry PB&J Smoothie

Berries and peanut butter (or almond butter) is a go-to smoothie combo for me but I never get tired of it. It always reminds me of a PB&J sandwich and it always leaves me full until lunch. To thicken this smoothie, I used chia seeds and 365 Everyday Value® Pea Protein. I added a bit of spinach to this one as well – just enough to keep it pink. If you add too much spinach it will turn brown but it's still delicious.

Mint Chip Smoothies

This one reminds me of summer as a kid because my sister would always order mint chocolate chip ice cream (I was a cookies and cream girl). To make this creamy, I used coconut milk frozen into ice cubes, dates, and 365 Everyday Value® Pea Protein. The smoothie's green color comes from a few handfuls of spinach and a good handful of mint. In lieu of chocolate, cacao nibs make this a feel-good breakfast treat.



Super Fun Summer Smoothies

Each makes 2 smoothies

INGREDIENTS

Blueberry Muffin Smoothie

1 ½ cups frozen blueberries, 3 tablespoons whole rolled oats
3 soft Medjool dates, Handful of fresh spinach
½ tablespoon fresh lemon juice
¼ teaspoon cinnamon, Pinch of salt
1 tablespoon Whole Foods Market™ Plant-Based Fit Protein
6 ice cubes
¾ to 1 cup almond milk or light coconut milk, or as needed to blend
Optional garnishes: Fresh blueberries, oats, crushed almonds

Peaches & Cream Pecan Smoothie

2 peaches, sliced and frozen, 2 heaping tablespoons pecans
2 soft Medjool dates, ¼ teaspoon cinnamon
1 to 2 tablespoons Whole Foods Market™ Plant-Based Fit Protein
¼ cup light canned coconut milk, or additional almond milk
¾ to 1 cup almond milk, or as needed to blend
Optional garnishes: Coconut cream, sliced fresh peaches, crushed pecans

Strawberry PB&J Smoothie

2 cups frozen strawberries, plus 2 fresh strawberries, sliced for garnish
Small handful of fresh spinach
1 tablespoon chia seeds, 3 soft Medjool dates
2 tablespoons peanut or almond butter
2 to 3 tablespoons 365 Everyday Value® Pea Protein
1¼ cups almond milk, more as needed to blend
Optional garnishes: Sliced strawberry, drizzle of peanut butter, chia seeds

Mint Chip Smoothie

4 frozen coconut milk ice cubes, 1½ cups frozen spinach leaves
¼ cup mint leaves, frozen, 3 soft Medjool dates
1½ tablespoons cacao nibs, 3 tablespoons 365 Everyday Value® Pea Protein
1 to 1½ cups almond milk, or as needed to blend
Optional garnishes: Coconut cream, mint leaves, cacao nibs

INSTRUCTIONS

For each smoothie: Blend ingredients in a blender. Use the blender's baton (if you have one) to help. Add more almond milk as needed. The key to a thick smoothie is to add enough liquid to move your blender blade, but not too much to make the smoothie thin and watery.

NOTES

For all smoothies: You can either buy fresh produce and freeze it, or you can buy frozen produce.