

Ruth Clark, RD, MPH

Holiday Smoothie Recipes

I love these recipes because I get a taste of the holidays, but they let me stay on track with my eating plan. A protein packed breakfast to start the day helps with energy and controls cravings. But these are a great afternoon snack too!

Gingerbread Smoothie

Ingredients:

- 1 cup plant based milk of your choice (almond, oat, cashew, coconut, unsweetened)
- 1 scoop of quality protein powder*
- ½ frozen banana
- 2 Tablespoons gluten free rolled oats (uncooked)
- 1 drop *doTerra* ginger essential oil or 1/8 to ¼ tsp
- 1/2 teaspoon vanilla
- 1 drop *doTerra* cinnamon essential oil or ½ tsp
- 1 pinch nutmeg
- 1/2 cup ice
- 1-2 Tablespoon chia seeds
- Stevia to taste — you may not even need this

If you don't have pure therapeutic grade oils like *doTerra* you can easily adapt these recipes with spices. It depends on how spicy you like it. I was conservative!

Put all the ingredients in a blender and blend.

*Look for 15 to 20 grams of protein per serving, no sugar added, sweetened with stevia instead. Innate Vegan Protein or PurePaleo by Designs for Health are great choices. You can access these products [HERE](#) with a 10% discount.

Chocolate Mint Smoothie

Ingredients:

- 1 cup of plant milk, unsweetened
- 1 scoop of quality protein powder*
- ½ frozen banana
- ¼ of an avocado (optional)
- 2 Tbsp unsweetened dark cacao powder
- 1 drop *doTerra* peppermint essential oil, or ¼ to ½ tsp peppermint extract
- 1-2 Tbsp chia or ground flax seeds
- Couple of ice cubes
- Cacao nibs to garnish

Put all the ingredients except the cacao nibs in the blender and blend. Sprinkle cacao nibs on top.

Pumpkin Smoothie for 2

Ingredients:

2 cups plant milk, unsweetened
2 scoops quality protein
Handful of greens — kale, spinach, swiss chard
1 frozen banana
2 to 4 Tbsp. chia seeds
1 cup pumpkin puree
1 tsp. vanilla
½ to 1 tsp. pumpkin pie spice according to taste

Blend.

Ginger Pear Smoothie

Ingredients:

1 cup plant milk, unsweetened
1 scoop quality protein
½ frozen banana
½ cup pear chunks
1 small chunk of fresh ginger rinsed, about the size of the tip of your thumb
or 1 drop of Ginger *doTerra* essential oil
¼ tsp. of vanilla
dash of nutmeg
1-2 Tbsp. ground flax seeds
Handful of parsley

Blend.

This is a great smoothie for balancing hormones. Parsley helps to support the liver and ground flax provides phytoestrogens. Both additions help to balance estrogen.

Ginger is a great holiday spice and anti-inflammatory, too. I add a drop of doTerra ginger or a thumbnail sized piece of fresh ginger to many of my smoothies. It makes it taste so fresh! And it warms your body.

Tip: You can always freeze ginger to keep it fresh.

Chai Banana Smoothie

Ingredients:

1 cup almond milk, unsweetened
1 scoop of protein powder
½ frozen banana
½ tsp chai spice mixture*
Cacao nibs

*Chai spice mixture:

2 tsp cinnamon
2 tsp cardamom
1 tsp ginger
1 tsp cloves
1 tsp nutmeg

Mix all ingredients in a small bowl. Store in air-tight container for up to 3 months.

Put all ingredients in blender except the cacao nibs. Blend. Sprinkle cacao nibs on top. Chai is a great holiday flavor and provides anti-inflammatory spices to the mix.