

Gluten Free Smoothies

Easy MUST-TRY Recipes

For more information, read vibrantlyfree.com/gluten-free-smoothies/

Hydrating Peach Mango Green Smoothie

(serves 2)

- ⅔ cup frozen peaches (100g)
- 1 cup frozen diced mango (150g)
- 2-3 cups fresh, raw spinach (60-80g)
- 1 ½ cups almond or other plant-based milk (350 ml)
- 1 cup coconut water (250 ml)
- 2 Tbsp ground flaxseed (15g)
- ¼ cup (4 Tbsp) almond butter
- Optional: a sprinkle of turmeric and cinnamon



Hydrate

Indulgent Chocolate Raspberry Smoothie

(serves 2)

- 1 cup frozen raspberries (125g)
- ½ large avocado
- 2 Tbsp cocoa powder
- 2 Tbsp almond butter
- 1 ½ cups almond or other plant-based milk (350 ml)
- 1 tsp maple syrup
- 1-2 large handfuls fresh, raw spinach (60 g)



Indulge

Refreshing Strawberry Basil Smoothie

(serves 2)

- 1 ½ cups frozen strawberries (250 ml)
- ½ large avocado
- 1 large handful fresh, raw spinach (60g)
- 4-6 medium basil leaves
- ¼ cup (4 Tbsp) almond butter
- 2 Tbsp ground flaxseed (15g)
- 1 ½ cups almond or other plant-based milk (350 ml)
- 1 cup coconut water (250 ml)
- Optional: a pinch of sea salt



Refresh

Gluten Free Smoothies

Shopping List

Frozen Fruits

- Mango
- Strawberries
- Raspberries
- Peaches

Fresh Produce

- Spinach
- Avocado
- Basil leaves

Non-dairy Beverages

- Calcium-fortified plant-based milk
- Coconut water

Nuts & Seeds

- Almond butter (or alternative)
- Ground flaxseed

Other Flavorings

- Cocoa powder
- Maple syrup
- Sea salt
- Cinnamon (optional)
- Turmeric (optional)

Delicious Substitutions

- *Dairy milk* can substitute for any plant-based milk
- *Banana* can substitute for mango or avocado
- *Peanut butter* can substitute for almond butter in the Hydrating Peach Mango or Indulgent Chocolate Raspberry Smoothies
- *Sunflower seed butter* can substitute for almond butter in any of these gluten-free smoothies
- *Frozen strawberries* can substitute for frozen raspberries or peaches
- *Kale* or other leafy greens can substitute for spinach

Have a lovely day!

♥ - Jamie

