

Project b3 Smoothie Recipes



BODY. BRAIN. BIOME.

upBEET Berry Smoothie

- 1 cup cooked beetroot
- 1 cup frozen berries
- ¾ cup orange juice
- 1 tbsp chia seeds
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)

Tropical Splash Smoothie

- ½ cups frozen pineapple
- ½ cup frozen mango
- ½ cup Greek yogurt
- 1 cup (packed) spinach
- ½ cup orange juice
- 2 tbsp shredded coconut
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)

Pina Colada Smoothie

- ½ frozen banana
- 1 cup fresh or frozen pineapple
- ½ cup canned light coconut milk
- 2 tsp unsweetened, shredded coconut
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)

Green Apple Glow Smoothie

- 1 frozen banana
- 1 apple
- 1 cup (packed) kale
- ½ avocado
- ½ cup Kefir water (or regular Kefir)
- 1 tsp chia seeds
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)

Cinnamon Roll Smoothie

- 1 frozen banana
- ½ tsp vanilla extract
- 2 soaked dates
- ½ cup almond milk (or milk of your choice)
- ½ tsp cinnamon
- ⅛ cup rolled oats
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)

Peach Pie Smoothie

- 2 cup frozen peaches
- ¼ tsp cinnamon
- ⅛ cup rolled oats
- 2 soaked dates
- 1 cup almond milk (or milk of your choice)
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)

Ban-Nilla Protein Smoothie

- 1 frozen banana
- ½ tsp vanilla extract
- 2 soaked dates
- ½ cup almond milk (or milk of your choice)
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)
- Optional: dash of cinnamon

Acai Attack Smoothie*

- 1 frozen, unsweetened Acai pack (~¼ cup)
- 1 frozen banana
- ½ cup frozen berries
- 2 tsp chia seeds
- ¾ cup Kombucha
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla or Chocolate)

*Makes two servings

Citrus Sunshine Smoothie

- 1 peeled orange
- ½ cup fresh or frozen pineapple
- ½ cup frozen mango
- 1 tsp chia seeds
- ½ cup orange juice
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla)

PB & J Smoothie

- ½ cup frozen blueberries
- ½ cup frozen raspberries
- ½ cup frozen strawberries (or 1 ½ cup frozen mixed berries)
- 2 tbsp peanut butter
- ¾ cup almond milk
- ¼ cup oats
- 2 scoops GBX SeedFiber
- 2 scoops GBX Protein (Vanilla or Chocolate)