

## Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

### CHOCOLATE VEGGIE SMOOTHIE

This dairy-free Chocolate Veggie Smoothie with Spinach & Cauliflower is a nutritional powerhouse that not only tastes good but is also ready in less than 5 minutes! It's the perfect breakfast recipe and a great way to start your day!



## Chocolate Veggie Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Oats (optional)
- 1 tbsp Almond Butter (or Powdered Peanut Butter)
- 1 1/2 tsps Cocoa Powder (unsweetend, add to taste, up to 1 tbsp)
- 1 cup Baby Spinach (feel free to add more or mix with Kale)
- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Banana (or frozen Mango chunks, optional)
- 1/4 cup Chocolate Protein Powder (Whey or plant-based)

### Directions

- 1 Add all ingredients to the container of your Vitamix, Ninja, or other high-powered blender in the order listed.
- 2 Turn blender on low and slowly increase to high speed (about 45 to 60 seconds). Blend until smooth.
- 3 Pour into a glass and enjoy!

### Notes

**Smoothies:** Sip your way to a healthier breakfast or anytime meal by blending your superfoods each morning. This smoothie recipe will get your day started off right by packing in nutrient-rich fruit and vegetables, plus protein-filled milk for an energy boost.

**Blend the Perfect Smoothie:** A lot of people give smoothies a short blend at full power, but that makes for a terrible smoothie. Instead, starting at low speed and gradually increasing power lets the blades work better, breaking the ingredients down evenly and at the same time. With your Vitamix and Ninja Blender, use the one-touch preset programs for best results.

**Mix & Match:** Mix and match ingredients and your favorite greens to build a satisfying and healthy smoothie. Use this healthy smoothie recipe as a template to get creative. Spinach is the best if you do not want to taste the greens at all! I keep a giant bag of spinach on hand in my freezer at all times, for the sole purpose of making smoothies!

**Supercold, Thick & Creamy:** If you like super cold, creamy, thick smoothies then I suggest storing your greens and fruits incl. bananas in the freezer! Using frozen fruits and vegetables instead of ice results in an ultra-creamy consistency without adding ice, which can water down the flavor. Using ice? **ADD ICE LAST:** Adding ice first may cause you to overblend, leaving you with a watery drink.

**No Chocolate Protein Powder:** Use vanilla protein powder or hemp seeds and add 1 tbsp unsweetened cocoa powder.

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**Like it Sweet:** Add frozen banana or frozen Mango chunks.

**Nut-Free Version:** Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

**Low-Fat:** While almond or peanut butter is delicious and a little richer tasting, you can use powdered peanut butter instead of nut butters. Besides keeping it low-fat and fewer calories, it also makes it much easier to clean the container of your blender.

**Less Calories:** Smoothies can pack 400 calories in a 20-ounce cup. Here's how to downsize: Most vegetables are already quite low in calories. Fruits and nut butters can be moderately high in calories but are also jam-packed with vitamins and minerals. Strawberries or blueberries and powdered peanut butter are a great low-calorie option, while still getting lots of fresh fruit and flavor. **NOT A FAN OF DAIRY?** Most milk alternatives (soy, rice, almond) have fewer calories than milk or dairy.

**Even Healthier:** Add oats to your smoothie. Oats are among the healthiest grains on earth and incredibly nutritious. They're a gluten-free whole grain and a great source of important vitamins, minerals, fiber, and antioxidants.

**Crunchy:** I like to turn my smoothies into "crunchies" by adding granola, oats, nuts, seeds, or other "chewables" after blending. According to nutritional science chewing your food improves the absorption of nutrients and energy from your food. It keeps you fuller and helps digestion. So enjoy your smoothies "crunchy" for better taste and a healthier weight.

**Grab-N-Go:** Make-ahead smoothies are my ultimate answer for a quick breakfast, lunch, or dinner. Simply make a smoothie, pour the smoothie into Mason jars (they don't need to be freezer-safe), and refrigerate. Smoothies will keep in the fridge for 1-2 days. If separated, just stir the smoothie and enjoy!

**Make It A Meal:** A smoothie alone might not be enough for you or fill the hungry bellies in your family. For this reason, I usually pair a smoothie with an easy side: popcorn, cut veggie sticks (sometimes with homemade ranch), crackers, a homemade snack (see snacks), homemade soup or salad (see soups & salads), a homemade starter or side (see starters & sides), a muffin (made in advance), or an egg (usually made in the Instant Pot and prepped in advance).

**Powerful, Easy To Use Blender:** Make thicker, creamier smoothies at home with a good, powerful, and easy to use blender. A good blender, like Vitamix or a less expensive Ninja blender, powers through frozen foods and nut butters with less liquid for thicker smoothies.