

B•TRIBAL•FIT SMOOTHIES





• ABOUT ME •

I think it's fair to say that I'm a smoothie addict. I have found over the years of being a mom (and athlete) that smoothie making has become one of my most important abilities, whether it is for me or my family.

I've grown to crave the variety and nutritional value that smoothies so frequently deliver for my body. Plus, with a full house and a hustling schedule, they just always seem to get the job done, while filling bellies, in the right amount of time.

If you were to be standing in my kitchen on multiple afternoons during the week, you'd

often hear my husband ask if we're ready to leave. You'd then hear me reply, "hold on, I have to make a smoothie, but I promise it'll be quick!" Then he'd roll his eyes at me but accept the fact that we'll only be a couple minutes late after I make my smoothie.

Smoothie making is all about having the right tools and then keeping the ingredients around in high quantities. In my family, smoothies have almost become a way of life. I bet we eat (or is it drink?) 1-2 smoothies a day around here.

I hope this guide helps you become a better smoothie maker for you and your people!



VARIETY •

Few food choices contain so many valuable assets as a good smoothie. The variety of smoothie options means I'm never bored. Just look at how many different kinds of drinks you find at your local smoothie place. Making them at home is just as easy, and they can help fuel your body and often act as a great meal replacement.

• SPEED

Let's be honest, smoothies can be intimidating, but they don't have to be. After 2-3 attempts at a smoothie, you can get your ratios down pat and from then on, a healthy and fun smoothie can take less than 5 minutes to make. I think that is well worth the investment and is much better than simply snacking your way through the day.

A HEALTHY OUTSIDE STARTS FROM THE INSIDE.

STRAWBERRY BANANA

SMOOTHIE

DIRECTIONS

Grab your individual blender (or big blender if you want to feed a few more) and fill it with the ingredients below. I always like to put the ice in first. I'm a crushed ice girl, but my husband says it doesn't matter. It allows the weight to push down on the other ingredients. From there pour in your protein powder and then layer your other ingredients. I always recommend putting in your liquid last, that way you can measure how much you need based upon how many other things you added and how big the overall smoothie will be. Then, just blend away! Sometimes it's too thick and you need to add more liquid. After 2-3 tries, you'll have your ratios all set!

INGREDIENTS

1 cup of ice (more if you like it thicker)

1 cup of frozen strawberries

1 banana

1/2 cup spinach

1 scoop protein powder

8oz orange juice or almond milk

1/2 cup greek yogurt (optional)

1 scoop collage (optional)

SEASONAL FRUIT

BECAUSE I LOVE FRUIT SMOOTHIES SOOOOOO MUCH, I EAT THEM YEAR ROUND. THE REALITY IS THOUGH, SOME SEASONS THE FRESH FRUIT ISN'T AS GOOD OR THE COST GETS REALLY HIGH. USING FROZEN FRUIT IS A GREAT ALTERNATIVE IN THE OFF SEASONS.

PLUS, FROZEN FRUIT MEANS YOU ALWAYS HAVE SOMETHING IN YOUR FREEZER FOR YOUR NEXT SMOOTHIE.



TEXTURE

SMOOTHIE TEXTURE IS ALL ABOUT PERSONAL PREFERENCE. SOME PEOPLE LIKE A MORE DRINKABLE SMOOTHIE, OTHERS PREFER A STRAW AND SOME LIKE IT SO THICK IT REQUIRES A SPOON. THE KEY THINGS THAT AFFECT SMOOTHIE TEXTURE ARE HOW MUCH ICE YOU USE AND WHETHER OR NOT YOUR INGREDIENTS ARE FROZEN. THE AMOUNT OF LIQUID AFFECTS IT AS WELL.

RULE OF THUMB:

MORE FROZEN INGREDIENTS = THICKER SMOOTHIE

YOUR FROZEN --> LIQUID RATIO DETERMINES THE TEXTURE



PRE MADE



EAT MORE GREENS!!!

GREEN SMOOTHIE

HEALTH TIP

We are all aware of the fact that most of us could use more greens in our lives. Whether it is our vegetables, salads or smoothies, green foods keep the body going.

One of my favorite ways to get more of what I need is through a green smoothie. I love the pre-packaged kinds they sell at Walmart, Kroger, or Whole Foods. I typically add more leafy greens which help with the consistency and also increase the fiber content, which is good for your digestive system. A little almond butter also rounds it out nicely too for the taste and consistency.

INGREDIENTS

Equal parts frozen pieces to liquid
OJ, Almond milk or Coconut water
Additional protein scoop (optional)
Additional spinach (optional)
Almond butter (optional)

DIRECTIONS

STEP 1

Add all your frozen ingredients first and then top it off with any other green extras you decided to add. Chia seeds are a great protein boost as well.

STEP 2

Add your liquids. I like to fill the liquid about half way up my ingredients. Its a good rule of thumb to keep it a consistency that I enjoy. Feel free to adjust the liquid as you need to find the right texture for your green smoothie.

PEANUT BUTTER

SMOOTHIE

DIRECTIONS

The peanut butter smoothie can be a bit tricky if you don't put it together in a helpful order. You don't want the gooey pieces in first because they won't drop to the bottom. As always, I start with the ice first and put the liquid in last. I typically put the greens in after the ice, followed by the powders and the optional oats. I put the peanut butter in near the top and then for the final addition, pack in the banana because it blends up so well. If you want more of a certain taste to your smoothie, you can adjust the amounts below. Have fun and make it your own. Its hard to beat this smoothie for sure!

INGREDIENTS

1 cup of ice (more if you like it thicker)

1 scoop PBfit powder or 1/4c peanut butter

1 banana

1/4 cup easy oats

1 scoop protein powder

3/4c+ almond milk

1tblsp chia seeds (optional)

1tblsp agave syrup (optional)

MEAL REPLACEMENT

ONE OF MY FAVORITE IDEAS FOR STAYING FIT IS THE IDEA OF "REPLACING" A FULL MEAL OR THE HABIT OF SNACKING WITH SOMETHING THAT IS QUICK, HEALTHY AND FILLING. ENTER THE PEANUT BUTTER SMOOTHIE! THIS IS MY HUSBANDS FAVORITE AND GO TO LUNCH WHEN HE'S HOME ON THE WEEKENDS. ITS FULL OF PROTEIN AND IS DENSE ENOUGH TO KEEP YOU FULL UNTIL DINNER TIME. GIVE IT A TRY SOON.

YOUTUBE

IF YOU WANT TO SEE ALL THESE SMOOTHIES IN ACTION AND HOW I PUT MY SMOOTHIES TOGETHER ON A REGULAR BASIS, CHECK OUT THE FOOD SECTION OF MY YOUTUBE CHANNEL OR JUST CLICK THE LINK BELOW AND YOU'LL BE TAKEN RIGHT THERE!

3 FAVORITE B•TRIBAL•FIT SMOOTHIES



HOPE YOUR SMOOTHIES ARE FUN & FABULOUS!!

BTRIBALFIT.COM

Come workout with me and the Tribe at any time. Whether you are busy, bored, or just beginning, we have a place for you. Download the app to make working out from any where easy and accessible.

TRIBES.BTRIBALFIT.COM

This is our "Tribe Community" where we share our successes and struggles with each other on a consistent basis. There are fun updates, coaching, and opportunities to connect with other women. If you are a part of B·TRIBAL·FIT you need to be here.

HELLO.BTRIBALFIT.COM

Think of this as the "link in bio" portion of B·TRIBAL·FIT. You can find other guides just like this as well as the merchandise shop and even my favorite workout gear linked on Amazon.

