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BY GLENDA THOMPSON

# 10X SUGAR FREE SMOOTHIE RECIPES

**INCLUDES RECIPES FEATURING CINNAMON,  
BERRIES, KIWI, ZESTY LEMON AND MORE...**

*Give your health and energy levels a boost with these delightful smoothies that are free from refined sugar yet taste delicious.*



# **Sugar Free Smoothies**

**Includes recipes featuring cinnamon,  
berries, kiwi, zesty lemon and more...**

Give your health and energy levels a boost with these delightful smoothies that are free from refined sugar yet taste delicious.

By Glenda Thompson

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# Introduction

Pour away the sugar loaded soda and enjoy a glass of these sugar-free smoothies instead!

Chockfull of nourishing fruits, veggies, spices and more, this collection of sugar free smoothies makes it easy to quench your thirst without spiking your blood sugar.

Start your day with the sweet-tart pop of the Raspberry Lemon Zinger, allow Berry Bliss smoothie take your tastebuds on a delectable fruit-filled adventure, or bask in the warmth of the Cinnamon smoothie with its deliciously creamy protein base. Along with tasting deliciously refreshing, these smoothie

recipes deliver a boost of nutrition too. They feature vitamin-packed ingredients that both help keep your blood sugar balanced but also provide the energy to power through the day.

Grab a blender and get ready to treat your tastebuds to these delicious sugar-free smoothies! You'll be improving your energy, blood sugar, and health with every gulp.

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# Cinnamon Smoothie

**Serves:** 2 people | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
150 kcal	8 grams	18 grams	4 grams

## INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 cup Greek yogurt, unsweetened
- 1 tbsp almond butter
- 2 tsp ground cinnamon
- 1/2 banana, small (optional, for those managing sugar intake carefully)
- Ice cubes

1. Place all ingredients in a blender.
2. Blend on high until smooth and creamy.
3. Serve immediately, garnished with a sprinkle of cinnamon on top, if desired.



# Vanilla Smoothie

**Serves:** 2 people | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
140 kcal	9 grams	12 grams	5 grams

## INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 cup Greek yogurt, unsweetened
- 1/2 tsp pure vanilla extract
- Ice cubes

## INSTRUCTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve chilled with a dash of vanilla extract on top for extra aroma.



# Berry Bliss

**Serves:** 2 people | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	3 grams	20 grams	4 grams

## INGREDIENTS

- 1/2 cup mixed berries (strawberries, raspberries, blueberries fresh or frozen)
- 1 cup spinach
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds

## INSTRUCTIONS

1. Add all ingredients to the blender.
2. Blend until perfectly smooth.
3. Serve immediately, enjoy the burst of berry flavors.



# Oat Banana Smoothie

**Serves:** 2 | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
180 kcal	4 grams	30 grams	5 grams

## INGREDIENTS

- 1/2 banana
- 1/4 cup rolled oats
- 1 cup unsweetened almond milk
- 1 tsp cinnamon
- Ice cubes

## INSTRUCTIONS

1. Blend the oats in a blender until they reach a powder consistency.
2. Add the banana, almond milk, cinnamon, and ice to the blender.
3. Blend until smooth, adding more liquid if necessary.
4. Serve immediately, perhaps sprinkled with a little extra cinnamon.



# Blackberry Smoothie

**Serves:** 2 people | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
130 kcal	1 grams	28 grams	2 grams

## INGREDIENTS

- 1 cup blackberries (fresh or frozen)
- 1 cup unsweetened almond milk
- 1/2 banana (optional, to minimize sugars)
- 1 tbsp chia seeds
- Ice cubes

## INSTRUCTIONS

1. Place blackberries, almond milk, banana, chia seeds, and ice into a blender.
2. Blend until smooth and creamy.
3. Serve immediately, garnished with a few whole blackberries on top for a decorative touch.



# Orange, Carrot, and Ginger Smoothie

**Serves:** 2 | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
120 kcal	0.5 grams	28 grams	2 grams

## INGREDIENTS

- 1 large carrot, peeled and chopped
- 1 large orange, peeled and quartered
- 1/2 inch piece of ginger, peeled
- 1 cup water or unsweetened almond milk
- Ice cubes (optional)

## INSTRUCTIONS

1. Place all ingredients in a high-speed blender.
2. Blend until smooth and fully combined.
3. Serve immediately, garnished with a thin slice of orange or a sprinkle of ground ginger.



# Cucumber Kiwi

## Smoothie

**Serves:** 2 | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
100 kcal	0.6 grams	23 grams	2 grams

### INGREDIENTS

- 2 kiwis, peeled and chopped
- 1/2 large cucumber, chopped
- A few fresh mint leaves
- 1 cup of water or ice cubes for a colder smoothie

### INSTRUCTIONS

1. Add kiwis, cucumber, mint leaves, and water or ice to a blender.
2. Blend until smooth.
3. Serve chilled, garnished with mint leaves or a slice of kiwi.



# Golden Turmeric Smoothie

**Serves:** 2 | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
110 kcal	4 grams	18 grams	3 grams

## INGREDIENTS

- 1/2 banana
- 1 cup cauliflower rice, frozen
- 1/2 tsp turmeric powder
- Dash of black pepper
- 1 cup unsweetened almond milk
- 1/2 tsp vanilla extract (optional)
- Ice cubes (optional)

## INSTRUCTIONS

1. Combine banana, cauliflower rice, turmeric, black pepper, almond milk, and vanilla extract in a blender. Add ice if desired.
2. Blend until smooth and creamy.
3. Pour into glasses and serve immediately with a sprinkle of turmeric on top.



# Avocado Green Smoothie

**Serves:** 2 | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
230 kcal	19 grams	12 grams	4 grams

## INGREDIENTS

- 1/2 ripe avocado
- 1 cup spinach or kale
- 1 small cucumber, chopped
- 1/2 green apple, cored and chopped (optional, for a slightly sweeter taste)
- 1 cup unsweetened almond milk
- Ice cubes

## INSTRUCTIONS

1. Scoop the avocado into a blender and add the spinach/kale, cucumber, green apple, almond milk, and ice.
2. Blend until the mixture is smooth.
3. Serve immediately, possibly garnished with a small slice of avocado or cucumber.



# Zesty Lemon Raspberry Smoothie

**Serves:** 2 | **Prep time:** 5 minutes

<b>Calories</b>	<b>Fats</b>	<b>Carbohydrates</b>	<b>Protein</b>
130 kcal	1 gram	30 grams	3 grams

## INGREDIENTS

- 1 cup raspberries, fresh or frozen
- Juice of 1 lemon
- 1 cup unsweetened Greek yogurt
- 1 tbsp chia seeds
- Ice cubes
- Water or unsweetened almond milk to adjust consistency

## INSTRUCTIONS

1. Blend raspberries, lemon juice, Greek yogurt, chia seeds, and ice together until smooth. Add a little water or almond milk if needed to reach your desired consistency.
2. Taste and adjust sweetness, if necessary, with a non-caloric sweetener of your choice.
3. Serve garnished with a few whole raspberries and a thin slice of lemon.



## **Sugar Free Smoothies Cookbook**

Pour away the sugar loaded soda and enjoy a glass of these sugar-free smoothies instead! Chockfull of nourishing fruits, veggies, spices and more, this collection of incredible smoothies makes it easy to quench your thirst without the sugar spike crash. Start your day with the lively sweet-tart pop of the Raspberry Lemon Zinger. Let the Berry Bliss smoothie take your tastebuds on a delectable fruit-filled adventure. Or get your morning off to a perfect start with the warmth of Cinnamon mixing deliciously with a creamy, protein-packed base. Whichever flavor you prefer, grab your blender and get ready to treat your body and tastebuds to these delicious sugar-free smoothies!