

# 25 Fitness Festival



# Smoothie Recipes

## Post Workout: Mango Banana Avocado Smoothie

(This is the one you will be making at the festival)

Ingredients (1 big portion, or 2 medium portions)

- ½ frozen and ripe banana (~60g) - (the riper the better)  
(Chop your ripe banana into slices and put into the freezer the night before you make the smoothie)
- 125 g peeled mango (ripe)
- ½ Avocado (~65g) (ripe)
- 1 handful of kale
- 1 tablespoon oats
- 1 tablespoon whole almonds
- 125g thick Yogurt (or vegan alternatives)
- Optional: ½ teaspoon vanilla
- Milk (or vegan alternative): ~150ml of milk, or more (depending on how thick you like the smoothie)  
(If you want to save calories, look for milk with less fat)
- Optional: Honey/ whatever sweetener you like - when you use banana (especially a ripe one), the smoothie should be fairly sweet already.

## Equipment

- Smoothie blender (or food processor or an immersion blender)
- Scales
- Chopping board
- Knife

## For decoration (optional)

- A little bit of extra mango, chopped into small pieces
- 1 tablespoon flaked almonds

Calories: 450 kcal (calories vary, depending on which milk and yogurt you use)

Carbs: 50g, Protein: 20g, Fat: 15g, Fibre: 10g

## Preparation

1. Wash kale (especially if it is not organic). Peel the mango and cut it into pieces. Measure 125g. Halve the avocado and take out the pulp. Measure 65g. Remove the big stems of the kale. Measure all the other ingredients and put them in separate bowls so they are ready for the blender.
2. Blend all the ingredients in your blender (or food processor or with an immersion blender). Start with the **milk** first, then add the **vanilla** and the **kale**. Give your smoothie a quick pre-blend before adding the next round of ingredients. Now add the **yogurt**. Next, add the **mango**, the **avocado**, the **almonds** and the **oats**. As the last step, add your frozen **banana** pieces. Blend everything together. If it doesn't blend properly, mix with a spoon and blend again.
3. Check the sweetness and the consistency of the smoothie. If your smoothie is too thick for you, add more milk. If you want your smoothie to be sweeter, add a sweetener.
4. Pour the smoothie into a big glass, sprinkle some extra flaked almonds on top and a few chopped mango pieces.
5. Enjoy!

## Tips

1. If you want to save calories, choose a low-fat yogurt and milk. You can also leave out the almonds.
2. Use frozen banana slices if you can. They will make the smoothie extra creamy.
3. **Don't have any mango at home? Don't worry.** As with any smoothie recipe, feel free to experiment with the ingredients, e.g. use raspberries instead of mango, or spinach instead of kale.
4. Ideally you want to drink smoothies fresh, but this one should be fine in the fridge overnight. Alternatively, you can prep the ingredients the night before so you can just blend and go the next day.
5. When first figuring out how to make a smoothie, the key to sweetening it up is using extra ripe fruit.
6. When it comes to smoothies there's rarely a mistake that you can't fix by playing around with the ratios a little bit. If your smoothie's too thin, add more frozen fruit. If it's too thick, add more liquid. If it's too sweet, add a

splash of water. If not sweet enough, blend in a couple of pitted dates or honey.

Why this smoothie is great for you

1. One big portion of this smoothie contains roughly 10g of fibre, which is a third of the daily fibre you need. There is increasing evidence that a diet high in fibre reduces breast cancer risk.
2. The smoothie contains ~20g of Protein, which is roughly a third of the daily protein you need.
3. Mango is rich in carotenoids which can help reduce breast cancer risk, especially when you eat lots of them.
4. Avocado contains vitamins, minerals and fibre. The type of fat in an avocado is mainly unsaturated (specifically, monounsaturated), which, when eaten in place of high-saturated-fat foods, can help maintain healthy cholesterol levels.
5. Bananas are an excellent source of potassium, which regulates the heartbeat and ensures proper function of the muscles and nerves.
6. Oats are a source of fibre. The primary type of soluble fibre in oats is beta-glucan, which has been found to help slow digestion, increase satiety, and suppress appetite. Maintaining the correct weight for your height is a key part to reducing your risk of breast cancer.
7. Natural yogurt and milk are a source of calcium, vitamin D, and protein. There is some evidence that dairy products, with high levels of calcium, might be beneficial in reducing the risk of breast cancer. Protein is an important part of our diet and key to building and maintaining all types of body tissue, including muscle.
8. Almonds are a source of vitamin E, monounsaturated fats, fibre, calcium, magnesium and polyphenols. They have been suggested to reduce heart disease risk by lowering cholesterol and exerting anti-inflammatory and antioxidant effects, which are also protective against cancer.
9. Kale is a source of vitamin K, vitamin C, carotenoids, vitamin B6, folate, fibre and manganese. It contains a plant chemical called glucosinolate, which is being researched for its proposed ability in humans to affect chronic conditions including certain types of cancer and heart disease. As mentioned Consuming lots of foods high in carotenoids can help reduce your risk of breast cancer.
10. When drinking this smoothie, you will have had more than half of your “5 a day”.

# Bonus smoothie recipes to try that are also good for you!

## Chocolate for breakfast: Avocado-Chocolate-Smoothie

### Ingredients (1 small portion)

- ½ avocado (~65g) (ripe)
- ½ frozen and ripe banana (~60g) - (the riper the better)  
(Chop your ripe banana into slices and put them into freezer the night before you make the smoothie)
- 1 tablespoon cocoa powder (unsweetened)
- 100 ml milk (or vegan alternative)  
(If you want to save calories, look for milk with less fat)
- ½ - 1 tablespoon honey (Depending on how ripe your banana is, you can change the amount of honey you use. Start with less honey and add more if necessary).

### Equipment

- Smoothie blender (or food processor or an immersion blender)
- Scales
- Chopping board
- Knife

**Calories:** ~280 kcal

**Carbs:** ~39g, **Protein:** ~7,5g, **Fat:** ~12g , **Fibre:** ~6g

### Preparation

1. Wash the avocado (especially if it is not organic). Half the avocado and take out the pulp. Measure 65g.
2. Blend all the ingredients in your blender (or food processor or with an immersion blender). Start with the milk first, then add the cocoa powder and the honey. Now you add the avocado and on top you put the frozen banana slices. Blend everything together.

3. Check the sweetness and the consistency of the smoothie. If your smoothie is too thick for you, add more milk. If you want your smoothie to be sweeter, add a sweetener.

Why this smoothie is great for you

1. Avocado contains vitamins, minerals and fibre. The type of fat in an avocado is mainly unsaturated (specifically, monounsaturated), which, when eaten in place of high-saturated-fat foods, can help maintain healthy cholesterol levels.
2. Bananas are an excellent source of potassium, which regulates the heartbeat and ensures proper function of the muscles and nerves.
3. Cocoa contains more phenolic antioxidants than most foods. They have been linked to numerous health benefits, including reduced inflammation, better blood flow, lower blood pressure and improved cholesterol and blood sugar levels.

## Red power-smoothie

Ingredients (1 big portion)

- ½ Pomegranate
- 2 small beetroots
- 2 small carrots
- Juice of 2 oranges
- 1 teaspoon of oil (e.g. flaxseed oil, rapeseed oil or olive oil)
- 2 ice cubes

Equipment

- Smoothie blender (or food processor or an immersion blender)
- Scales
- Chopping board
- Knife

**Calories:** ~369 kcal

**Carbs:** ~62g, **Protein:** ~8g, **Fat:** ~8g, **Fibre:** ~16g

## Preparation

1. Peel off the skin of the beetroot and cut it into pieces. Wash the carrots, cut off the ends and cut them into pieces. Squeeze the oranges. Half the pomegranate and take out the seeds.
2. Blend all the ingredients in your blender (or food processor or with an immersion blender). Add the orange juice and the oil first and, then add the beetroot, the carrots and the pomegranate seeds. On top put the ice cubes. Blend everything together.
3. Pour the smoothie into a big glass. Garnish with a few extra pomegranate seeds

## Tips

1. Some vitamins are fat-soluble vitamins and much better absorbed together with some fat. So always make sure to add a bit of fat, e.g. one teaspoon of oil, to this smoothie.

## Why this smoothie is great for you

1. Beetroots are a great source of fibre, folate, potassium, iron, carotenoids and vitamin C. Consuming lots of foods high in carotenoids can help decrease risk of breast cancer.
2. Pomegranate has several health benefits. It can help prevent or treat various disease risk factors including high blood pressure, high cholesterol and has inflammatory activities. It is demonstrated that certain components of pomegranate such as polyphenols have potential antioxidant, anti-inflammatory, and anticarcinogenic effects.
3. Carrots are a particularly good source of carotenoids, fibre, vitamin K1 and potassium.
4. Oranges are a healthy source of fibre, vitamin C, thiamine, folate, and antioxidants. All citrus fruits are high in carotenoid antioxidants, which are responsible for their rich colour.

For more information on the nutritional science behind our recipes see our [webpage on diet](#).