Smoothies & Shakes
Glorious Goddess Smoothie

Serves 1

Ingredients
- 200ml Alpro® Coconut ‘For Professionals’
- ½ pineapple, cut into chunks
- 300ml frozen mango
- Juice of 1 lime
- 4-5 basil stalk and leaf
- 2-3 tbsp agave syrup or honey
- 2cm fresh grated ginger
- 2cm lemongrass

Method
1. Place all ingredients in a blender
2. Blend for 30 seconds or until well mixed
3. Pour into a glass and serve
Coconut Lemonade

Makes 1 bottle

Ingredients
- 200ml Alpro® Coconut ‘For Professionals’
- 2 x limes (juice and pulp)
- 2 tbsp agave syrup or honey
- 100-200g of crushed ice

Method
1. Place all ingredients in a blender
2. Blend for 30 seconds or until well mixed
3. Pour into a bottle and serve with glasses
Fresh Coconut, Pineapple and Lime Smoothie

Serves 1

Ingredients
- 200ml Alpro® Coconut ‘For Professionals’
- 2 tbsp agave syrup
- 1 x ripe banana
- 200g ripe pineapple
- Juice of ½ lime
- 1 tbsp chia seeds
- 100-200g of crushed ice

Method
1. Place all ingredients in a blender excluding the chia seeds
2. Blend for 30 seconds or until well mixed
3. Pour into a glass and finish with the chia seeds
Strawberry & Almond Smoothie

Serves 2

Ingredients
• 300ml Alpro® Almond Original*
• 300g frozen strawberries
• 1 tbsp raw cacao nibs (or cocoa powder)
• 1 tbsp vanilla extract
• 2 tbsp honey or agave syrup

Method
1. Mix all ingredients in a blender and serve in a glass
2. Add optional chopped frozen strawberries to garnish

*Contains almonds. May contain traces of hazelnuts
Blue Happiness

Serves 1

Ingredients
• 200ml Alpro® Almond Original*
• 200g of frozen blueberries
• 6 to 8 medjool dates  
  (soaked in water for 1 hour and seeded)
• 1 x banana
• 1 tbsp honey or agave syrup

Method
1. Mix all ingredients in a blender and serve in a glass

*Contains almonds. May contain traces of hazelnuts
Hazelnut and Raspberry Shake

Serves 2

Ingredients
- 250-300ml Alpro® Hazelnut Original*
- ½-1 banana
- 200g frozen raspberries
- Juice of ½ lemon
- 4 tbsp grenadine syrup
- 1 tbsp honey or agave syrup
- 100-200g of crushed ice

Method
1. Mix all ingredients in a blender and serve in a glass
2. Add optional chopped hazelnuts to garnish

*Contains hazelnuts. May contain traces of almonds

Tip
Add a little water if the shake is too thick
Hazelnut Peanut Butter Shake

Serves 1

Ingredients
- 200ml Alpro® Hazelnut Original*
- 1 tbsp peanut butter
- 1 x banana
- 100g of crushed ice

Method
1. Mix all ingredients in a blender and serve in a glass

*Contains hazelnuts. May contain traces of almonds

Tip
Add 100ml Alpro® Simply Plain Yoghurt for an extra milkshake consistency