**Smoothie Recipes – Low Sugar**

* Avoid gas causing foods
* Avoid drinking from a straw – this may cause you to produce more gas
* Ice is optional in each recipe to add more of a thicker consistency\*

1 cup frozen OR fresh fruit (strawberry, blueberry)

1 banana

1 cup of liquid of your choice (a good choice is low fat milk or yogurt)

1-2 tbsp. pea protein

**Banana Smoothie**

1 banana

125 mL fluid of your choice

125 mL unsweetened Greek yogurt

Pinch of cinnamon

*Optional: add 1 tbsp. of peanut butter*

*Optional: 30g pea protein (1 scoop) OR 1 tbsp.*

**Strawberry-banana Smoothie**

1 banana

1 cup strawberries (frozen or fresh) \*frozen will act as ice

½ cup unsweetened Greek yogurt

½ cup fluid of your choice

*Optional: 30g pea protein (1 scoop) OR 1 tbsp.*

**Blueberry-banana Smoothie**

1 banana

1 cup frozen blueberries

½ cup fluid of your choice

½ cup unsweetened Greek yogurt

*Optional: 1 tbsp. of lime juice*

*Optional: 30g pea protein (1 scoop) OR 1 tbsp.*

**Mixed Berry & Banana**

1 banana

½ cup each of berries of your choice (strawberry, blueberry)

½ cup fluid of your choice

½ cup unsweetened Greek yogurt

*Optional: 30g pea protein (1 scoop) OR 1 tbsp.*

**Strawberry & Grape Smoothie**

1 cup frozen strawberries

½ cup grape juice

½ cup unsweetened Greek yogurt

**Banana -Blueberry Smoothie**

1 large banana

1 cup blueberries

1 Tablespoon cocoa powder

1/2 to 1 cup liquid

**Chocolate & Peanut Butter Smoothie**

1 frozen banana

1 tbsp. peanut butter

1 tbsp. cocoa powder

½ cup unsweetened Greek yogurt

1 cup fluid of your choice

*Optional: a pinch of honey*