

Healthy Breakfast Smoothie

Start Your Morning Strong with Every Sip

Mornings can be hectic, and it's easy to skip breakfast or grab something that leaves you feeling hungry an hour later. But a nourishing breakfast doesn't have to be complicated. A well-balanced smoothie can provide protein, fiber, healthy fats, and naturally occurring vitamins to help fuel your body and keep you feeling satisfied.

This Healthy Breakfast Smoothie is creamy, refreshing, and made with wholesome ingredients that support steady energy throughout the morning. Whether you're heading to work, getting the kids ready for school, or squeezing in a workout, this smoothie is a quick and delicious way to start your day on the right foot.

Healthy Breakfast Smoothie

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 1

Ingredients

- 1 cup unsweetened almond milk
- $\frac{1}{2}$ frozen banana
- $\frac{1}{2}$ cup frozen strawberries
- $\frac{1}{2}$ cup frozen blueberries

- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 2 tablespoons old-fashioned rolled oats
- 1 tablespoon natural peanut butter
- 1 tablespoon ground flaxseed
- $\frac{1}{2}$ teaspoon pure vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup fresh spinach (optional—you'll barely taste it)
- Ice cubes (optional for a thicker smoothie)

Instructions

1. Add the almond milk to your blender.
2. Add the banana, strawberries, blueberries, Greek yogurt, oats, peanut butter, flaxseed, vanilla, cinnamon, and spinach if using.
3. Blend until smooth and creamy.
4. If you'd like a thicker consistency, add a handful of ice cubes and blend again.
5. Pour into a chilled glass and enjoy immediately.

Why You'll Love This Smoothie

- Ready in just 5 minutes.
- Packed with protein to help keep you satisfied.
- High in fiber to support digestive health.
- Naturally sweetened with fruit.
- Great for busy mornings.
- Easy to customize with your favorite fruits.

Estimated Nutrition Facts (Per Serving)

- **Calories:** 360
- **Protein:** 22 g

- **Carbohydrates:** 35 g
- **Dietary Fiber:** 9 g
- **Total Sugars:** 16 g (naturally occurring)
- **Fat:** 15 g
- **Saturated Fat:** 2 g
- **Cholesterol:** 8 mg
- **Sodium:** 190 mg
- **Calcium:** 25% Daily Value
- **Iron:** 12% Daily Value
- **Potassium:** Approximately 650 mg
- **Vitamin C:** Approximately 70% Daily Value

Nutrition values are estimates and may vary depending on the brands and ingredients used.

Women's Health Benefits

Every ingredient in this smoothie contributes something beneficial:

- **Greek yogurt** provides high-quality protein and calcium to support muscle recovery and bone health.
- **Blueberries and strawberries** are rich in antioxidants and vitamin C.
- **Ground flaxseed** supplies fiber and plant-based omega-3 fats.
- **Natural peanut butter** adds healthy fats and protein for longer-lasting fullness.
- **Rolled oats** provide complex carbohydrates that release energy gradually.
- **Spinach** contributes folate, iron, and vitamins A and K with very little impact on flavor.

Make It Your Own

- Add one scoop of vanilla protein powder after a workout.
- Replace peanut butter with almond butter or sunflower seed butter.
- Use soy milk instead of almond milk for extra protein.
- Add one tablespoon of chia seeds for additional fiber.
- Blend in frozen mango or pineapple for a tropical twist.

Storage Tip

This smoothie is best enjoyed immediately after blending. If you need to prepare it ahead of time, store it in an airtight container in the refrigerator for up to 24 hours. Shake well before drinking, as natural separation may occur.

Recipe Tip

For an extra cold and creamy smoothie, freeze your banana slices ahead of time and use frozen berries. This creates a thick, milkshake-like texture without adding ice, helping preserve the smoothie's rich flavor.