

# simple smoothies

Homemade smoothies are a delicious and nutrient-dense way to refuel. They are great post-workout, on a hot afternoon, or as an easy on-the-go snack. Check out some of our favorite recipes below, and for more inspiration visit [www.siggis.com](http://www.siggis.com).

## smoothie education: how to make the perfect blended beverage

**shop seasonal + local.** Fruit that is locally in-season will be fresher than fruit that's been shipped across continents to get to you.

**freeze first.** Choose pre-frozen fruit in a pinch. It's just as nutritious!

**add fiber.** Adding fiber will make your smoothie more robust and filling. Berries, veggies, seeds and whole grains like oats are all great fiber-rich smoothie add-ins.

**rinse the blender ASAP.** Blenders can be tricky to clean, so remember to rinse the blender immediately after you use it - excess smoothie will rinse away with ease.

## matcha smoothie | serves 4

### ingredients

- 2 cups siggi's 0% plain skyr
- 1 banana, ripe
- 1 green apple, cored with skin left on
- 3 Tbsp honey
- 4 tsp matcha powder
- 1 cup ice
- milk, optional to adjust consistency

### preparation

blend all ingredients in a blender, starting on low speed and then finishing on high speed until smooth. if using milk, add to adjust consistency.



### nutrition facts (per serving)

Calories 240, Protein 14g, Total Fat 9g, Saturated Fat 7g, Cholesterol 20mg, Sodium 110mg, Total Carbohydrates 26g, Sugars 14g

## coconut golden milk smoothie | serves 1

### ingredients

- 1 container siggi's 2% coconut skyr
- ½ cup cold chamomile tea
- ½ cup frozen cauliflower florets
- 1 Tbsp turmeric
- ¼ tsp black pepper

### preparation

combine all ingredients, blend until smooth.

### nutrition facts (per serving)

Calories 160, Protein 14g, Total Fat 4g, Saturated Fat 3g, Cholesterol 15mg, Sodium 50mg, Total Carbohydrates 15g, Sugars 8g, Fiber 4g



## strawberry and banana oatmeal smoothie | serves 1

5 grams of fiber per serving!

### ingredients

- ¼ cup rolled oats
- 2 Tbsp almond oatmeal
- ½ tsp chia seeds
- ½ cup siggi's 0% vanilla skyr
- 1 banana, sliced and frozen
- ½ cup milk
- 1 cup strawberries, sliced and frozen

### preparation

combine all ingredients in a blender and blend until smooth. If using fresh fruit, add cup ice cubes.

### nutrition facts (per serving)

Calories 200, Protein 10g, Total Fat 5g, Saturated Fat 0.5g, Cholesterol less than 5mg, Sodium 30mg, Total Carbohydrates 33g, Sugars 15g, Fiber 5g



## green smoothie | serves 1

### ingredients

- 1 cup baby spinach
- ¾ cup coconut milk
- ½ cup frozen banana slices
- ½ cup siggi's 4% plain skyr
- ½ inch piece ginger

### preparation

blend all ingredients until well combined and enjoy!

### nutrition facts (per serving)

Calories 240, Protein 14g, Total Fat 9g, Saturated Fat 7g, Cholesterol 20mg, Sodium 110mg, Total Carbohydrates 26g, Sugars 14g



## acai & mixed berry smoothie | serves 1

### ingredients

- 1 container siggi's 0% mixed berry and acai skyr
- 1 frozen acai packet
- ½ cup blackberries
- ½ cup almond milk
- ¼ cup blueberries

### preparation

combine all ingredients, blend until smooth.  
Add water if a smoother consistency is preferred.

### nutrition facts (per serving)

Calories 270, Protein 18g, Total Fat 7g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrates 31g, Sugars 18g



## pumpkin spice latte smoothie | serves 1

### ingredients

- ¾ cup milk
- 1 container siggi's pumpkin & spice skyr
- 1 shot espresso
- 1 Tbsp of maple syrup
- 1 cup ice (optional)

### preparation

blend all ingredients until well combined and enjoy!

### nutrition facts (per serving)

Calories 200, Protein 16g, Total Fat 3.5g, Saturated Fat 2g, Cholesterol 15mg, Sodium 80mg, Total Carbohydrates 28g, Sugars 24g

