



The Be Fit Minute

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SMOOTHIE OPERATOR

Breakfast smoothies can gain points for fruit and vegetable content. But not all are created equal. Many are high in calories (and sugar) and low in protein. For most, breakfast should contain less than 400 calories. So try out these calorie-controlled recipes. Pair them with an additional protein source to keep you fuller longer (detailed below)*.

Smoothie Recipes

1 cup coconut milk (non-canned) + 1½ cup packed spinach + 1 kiwi + ½ banana + 2 tbsp chia (or flax) seed



provides 310 calories, 9 grams fat (5 grams saturated), 37 grams carb, 10 grams fiber, 7 grams protein

½ avocado + 1 cup mango + juice ½ lime + 5 sprigs cilantro (or mint) + ½ tbsp honey + 6 to 8 ice cubes



provides 250 calories, 11 grams fat (2 grams saturated), 42 grams carb, 7 grams fiber, 3 grams protein

1 cup fresh or frozen berries + 1 cup almond milk + 1 tbsp almond butter + ½ tsp cinnamon + 4 ice cubes



provides 250 calories, 13 grams fat (1 gram saturated), 33 grams carb, 5 grams fiber, 5 grams protein

½ cup Greek yogurt + ¾ cup chopped cucumber + 1½ cup honeydew melon chunks + juice ½ lime + ½ tbsp honey



provides 210 calories, 2 grams fat (1 gram saturated), 34 grams carb, 11 grams fiber, 12 grams protein

1 cup kefir/buttermilk + 1 cup carrot + ¼ cup pineapple juice + ½ tbsp minced ginger + 1 tbsp maple syrup + 4 ice cubes



provides 300 calories, 4 gram fat (2 gram saturated), 44 grams carb, 4 grams fiber, 12 grams protein

*Select 1 Additional Protein Source (as needed)

All options below have 60 to 80 calories each.

½ scoop protein powder: Blend directly into smoothies. The taste and ingredients vary drastically by brand. Beware of flavored varieties: they often contain additives and sweeteners.

10 almonds: An easily transportable, minimal prep protein that also contributes a dose of fiber and heart-healthy fat.

1 hardboiled egg: A cheap, easy-prep option: boil some ahead of time to have alongside your smoothies.

¼ block soft tofu: The soft variety blends easily. Like protein powder, tofu will slightly alter the beverage's taste, but you can experiment by adding it to various recipes.

Protein Powder Types

Whey protein isolate: Isolated from milk protein and suitable for those with lactose intolerance.

Soy protein isolate: Contains all essential amino acids (like whey protein). May not be as healthy as whole soy foods (e.g. tofu).

Hemp, rice, or pea protein: Slightly lower in protein and higher in carbs than other powders, but lower in allergens (compared to the above options) and vegan-friendly.