200+ HAND PICKED SMOOTHIE, JUICE & COCKTAIL RECIPES
Recipe quantities and serving sizes were not necessarily developed using the Blitz2Go. Adjustment of ingredient and / or quantities may be required to suit Blitz2Go bottle capacities.
Thank you to our fantastic Facebook community for sharing their amazing smoothie, juice and cocktail recipes with us. Our personal blender, Blitz2Go, has taken Australia by storm and we know everyone is thirsty for more delicious ideas. Here, we’ve collated the top recipes to sip on the go, including credits to all the clever people who submitted them. Just blitz, switch and go!
3 EASY STEPS, TO DELICIOUSNESS

1. Place the ingredients into the personal blending bottle. Securely attach the blade assembly to the bottle. Secure the bottle onto the motor base by aligning the arrows and press the ‘PULSE’ button for 15 seconds or until smooth.

2. Unscrew the blade assembly and switch it with the drinking lid.

3. With the drinking lid secure on top of the blending bottle, you are now ready to sip on the go! Take to work or the gym; bottle even fits in most car cup holders.

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Brought to you by KAMBROOK
1

AMAZINGLY GREAT
BOTTLE BLENDER

Brought to you by KAMBROOK
Recipe quantities and serving sizes were not necessarily developed using the Blitz2Go. Adjustment of ingredient and/or quantities may be required to suit Blitz2Go bottle capacities.
BANANA BERRY BREAKFAST

WHAT YOU’LL NEED
1 banana, chopped
1/4 cup frozen blueberries
1/4 cup frozen strawberries
1 cup milk
1/2 cup ice
2 tbsp honey
1/2 cup yoghurt
1/2 cup natural muesli

001
By Talia S. North Perth

MALT BERRY CRUSH

WHAT YOU’LL NEED
Mixed berries
1 tbsp Greek yoghurt
1 tsp malt powder
Skim milk
Water
2 ice cubes

002
By Ashly R. Emerald

RASPBERRY & BANANA SMOOTHIE

WHAT YOU’LL NEED
1 cup frozen raspberries
2 bananas, chopped
2 scoops vanilla ice cream
1 cup low-fat yoghurt

003
By June M. Rocherlea

BANANA BERRY BLISS

WHAT YOU’LL NEED
1 banana, chopped
6 strawberries
1 punnet blueberries
1 cup low-fat yoghurt
Tropical juice

004
ByCoffeeNutt Dharruk
BANANA & CINNAMON SMOOTHIE

WHAT YOU’LL NEED
300g vanilla yoghurt
2 bananas, chopped
1 cup milk
¼ tsp cinnamon

CHAI-NANA HEART STARTER

WHAT YOU’LL NEED
1 espresso shot
1 banana, chopped
1 cup skim milk
1 cup ice cubes
½ tsp ground ginger
¼ tsp ground cloves
¼ tsp vanilla extract
Ground cinnamon

005
By Amanda S. Blakeview

006
By David B. Caboolture
COFFEE BANANA PUNCH

WHAT YOU’LL NEED
- 500ml milk
- 2 tsp granulated coffee
- 3 tbsp yoghurt
- 1 or 2 bananas, chopped

007
By Rachel B. Pomona

ROBOT JUICE

WHAT YOU’LL NEED
- Skim milk
- Coffee
- Ice cream
- Honey

008
By Mal A. Matraville

ICED COFFEE

WHAT YOU’LL NEED
- 2 tsp instant coffee
- 4 tsp sugar
- 2 cups milk
- 4 tbsp vanilla ice cream
- Whipped cream to serve

009
By Shawn B. Clermont

COFFEE BANANA BUZZ

WHAT YOU’LL NEED
- Ice cubes
- Shot of coffee
- 1 banana, chopped
- Skim milk
- Drop of honey

010
By Susan B. Swanbourne
BENGALI BLITZ!

WHAT YOU’LL NEED
1 cup rockmelon, chopped
1 ripe banana, chopped
½ cup dark grape juice
3 tbsp Madras curry paste
1 red chilli, seeded & finely chopped
2 tbsp grated ginger
2 tsp mustard seeds
1 cup lemon juice
Handful of fresh coriander leaves
50g roasted cashew nuts

011
By Roger F. Hampton

BANANA LICIOUS MANGO SMOOTHIE

WHAT YOU’LL NEED
1 banana, chopped
1 mango, sliced
1 cup skim milk
1 cup ice
1 tsp honey
Shake of cinnamon (optional)

012
By Anita M. Taperoo
NUTTY CHOC BANANA SMOOTHIE

WHAT YOU’LL NEED
1 cup almond milk
1 large frozen banana, chopped
1 tbsp cocoa powder
½ cup vanilla yoghurt
2 tbsp peanut butter

BODY CHARGER

WHAT YOU’LL NEED
1 cup skim milk
2 chopped figs (fresh or dried)
2 tbsp almond meal
1 tbsp honey
½ tsp ground cinnamon

013
By Ariaana O. Middlemount

014
By Rosa L. Haberfield
SUPER SANTA SMOOTHIE

WHAT YOU’LL NEED
250g frozen strawberries in syrup, slightly thawed
½ cup water
2 cups vanilla frozen yoghurt
1 peppermint candy cane, finely crushed
Green decorating gel

015
By Imogen W. Blackmans Bay

KIDS BREAKFAST SMOOTHIE

WHAT YOU’LL NEED
2 cups milk
¼ cup quick oats
A handful of blueberries or strawberries
1 banana, chopped
½ tbsp cocoa powder
2 tbsp vanilla yoghurt

016
By Amanda V. Carrara
**UP & ATOM BREKKIE**

**WHAT YOU’LL NEED**
- 1 large ripe banana, chopped
- 1 tbsp peanut butter
- 1 Weet-bix or equivalent Weet-bix Bites (preferably the honey ones)
- Dash of honey
- Reduced fat milk

**BANANABERRY SMOOTHIE**

**WHAT YOU’LL NEED**
- 1 medium frozen banana, chopped
- 6 medium strawberries
- 3 tbsp Greek yoghurt
- ½ cup soy milk
- Handful of ice cubes
- Honey (optional)

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017
By Jason V. Lesmurdie

018
By Aoife W. Oak Flats
YOU GO GLEN CACAO CACAO

WHAT YOU’LL NEED
2 frozen bananas, chopped
2 tsp cacao powder
2 tbsp Greek yoghurt
1 scoop vanilla protein powder
1 cup cold water
2 medjool dates, pitted

019
By Krystal B. Ballina

CHOC COCONUT SMOOTHIE

WHAT YOU’LL NEED
1 banana, chopped
1 tbsp cocoa powder
1 scoop protein powder
200ml organic coconut cream
3 ice cubes

020
By Krystal B. Ballina
JUMPSTART

WHAT YOU’LL NEED
2 tsp granulated hazelnut coffee
1 scoop vanilla protein powder
1 tbsp peanut butter
1 banana, chopped
Handful of frozen mixed berries
1 tbsp lemon zest
1 cup water

MORNING GET UP & 2GO SMOOTHIE

WHAT YOU’LL NEED
200ml skim milk
2 wheat biscuits
1 banana, chopped
1 tsp honey

021
By Kenneth A. Tingalpa

022
By Fiona R. Torquay
BANANA & PAW PAW SMOOTHIE

WHAT YOU’LL NEED
2 bananas, chopped
½ medium paw paw, chopped
200ml milk
1 tbsp ice cream

023
By Sue F.
Moore Park Beach

COCONUT CREAM

WHAT YOU’LL NEED
Fresh coconut, chopped
½ cup thickened cream
1 tbsp caramel topping
1 cup milk
3 scoops of ice cream

024
By Kristy F.
Mt Gambier
Meg’s Mango Lassi

What you’ll need
1 mango, sliced
3 cups yoghurt
1 cup milk
1/2 cup sugar
1 cup crushed ice

By Meg A. Wishart

Bango Tango!

What you’ll need
1 mango, sliced
3/4 cup milk
Ice cubes
1 banana, chopped
Cinnamon sugar

By Tegan G. Salisbury
SUMMER MOCHA GRANITA

WHAT YOU’LL NEED
1 shot espresso, cooled or 1 tsp instant coffee dissolved in water
1 tbsp drinking chocolate
2 cups milk
1 cup ice or
½ cup ice cream if you want it creamy

027
By Amanda V. Carrara

ESPRESSO KICK

WHAT YOU’LL NEED
1 large espresso shot
300ml skim milk
1 handful crushed ice
1 egg
100g protein powder

028
By Ross H. Kenthurst

COCO-NANA COFFEE

WHAT YOU’LL NEED
1 cup strong cold coffee
1 cup coconut water
1 cup vanilla yoghurt
1 large banana, chopped

029
By Chloe Z. Helensvale

ICED COFFEE

WHAT YOU’LL NEED
1 espresso shot cooled
½ cup milk
½ cup ice
1 tbsp raw sugar

030
By The Hospitality Establishment
BERRY CHOCOLATE BLISS

WHAT YOU’LL NEED
Milk (preferably low-fat)
Chicory coffee essence
Any frozen berries that you enjoy or mix to taste
Shaved dark chocolate

PROTEIN POWER BLITZ!

WHAT YOU’LL NEED
- 50g chocolate, shaved
- 1 banana, chopped
- 200ml low fat milk
- Protein blend
- 2 tbsp vanilla yoghurt
- Handful of ice

031
By Val O. Bendigo

032
By Allan H. Seacliff Park
**NUTTY BERRY SMOOTHIE**

**WHAT YOU’LL NEED**
- 2 tbsp Greek yoghurt
- 1 banana, chopped
- 1 handful of almonds
- 80g strawberries
- ½ cup milk

**GONE NUTTY!**

**WHAT YOU’LL NEED**
- 2 cups almond milk
- ½ avocado
- 1 tbsp chocolate topping
- 1 banana, chopped

033
By Richard T. Hallam

034
By Olivia J. Point Cook
GO BANANAS

WHAT YOU’LL NEED
1 ripe banana, chopped
1 scoop ice cream
Ice cold milk
¼ tsp nutmeg

037
By Michelle H. Shortland

BANANA RUNNER

WHAT YOU’LL NEED
1 banana, chopped
200ml skim milk
1 small banana, chopped
¼ tsp vanilla bean extract
1 tsp honey (optional)
¼ tsp nutmeg (optional)

035
By SJ G. Wagga Wagga

5:00 AM

WHAT YOU’LL NEED
1 banana, chopped
300ml milk
Oats
1 tsp honey
1 scoop ice cream

036
By Troy M. Mt Gravatt East

BANANA BREAKKY

WHAT YOU’LL NEED
1 cup strawberries
1 or 2 bananas, chopped
1½ cup milk or soy milk
1 scoop ice cream
or a handful of ice
1 tbsp honey

038
By Cara M. Joondalup
BERRYNANA BLITZ!

WHAT YOU’LL NEED
1 tub strawberry yoghurt
½ cup frozen raspberries & strawberries
½ cup skim milk
½ banana, chopped
1 tbsp honey

FROYO STRAWBERRY GO GO

WHAT YOU’LL NEED
1 small punnet frozen strawberries
1 tsp vanilla extract
1 to 2 tbsp yoghurt
1 tsp strawberry jam
½ cup milk

039
By Renee R.
Currans Hill

040
By Michelle R.
Lane Cove
SWEET-TOOTH RECIPES

MANGO & TOASTED COCONUT SMOOTHIE

WHAT YOU’LL NEED
1 tbsp shredded coconut, toasted
1/4 cup mango pulp
1/2 cup filtered water
3 ice cubes
1 tbsp vanilla yoghurt

MANGO LASSI

WHAT YOU’LL NEED
600ml Greek yoghurt
1 ripe mango, sliced
300ml ice cold water
2 to 4 tsp caster sugar
2 tsp rose essence
Flaked almonds
Ice cubes

041
By Kambrook

042
By Avril S., Wheelers Hill
SWEET-TOOTH RECIPES

BANANA SMOOTHIE

WHAT YOU’LL NEED
1 banana, chopped
1 to 2 scoops of vanilla ice cream
1 tsp malt
Honey
1 cup milk
1 wheat biscuit (optional)

WHAT YOU’LL NEED
1½ bananas, chopped
250ml milk
1 scoop ice cream
1 tbsp honey

BANANA BLITZ

WHAT YOU’LL NEED
1 banana, chopped
Ice to liking
½ to 1 cup water
Greek yoghurt
Vanilla protein powder
Ground cinnamon

WHAT YOU’LL NEED
1 banana, chopped
1 to 2 scoops of vanilla ice cream
1 tsp malt
Honey
1 cup milk
1 wheat biscuit (optional)

044
By Natalie P.
Maryborough

043
By Charmaine H.
Kingston Beach

045
By Lynsey S.
Tully

046
By Kambrook
SWEET-TOOTH RECIPES

BACK TO EARTH

WHAT YOU’LL NEED
1 banana, chopped
1 apple, chopped
1 cup milk
6 ice cubes
1 pinch nutmeg
1 tsp honey
1 tsp spirulina

SWEET AS HONEY SKINNY SMOOTHIE

WHAT YOU’LL NEED
2 cups skim milk
2 scoops low-fat vanilla ice cream (softened)
2 tbsp honey
½ tsp ground cinnamon

047
By Louise D. Highbury

048
By Jenny S. Frankston

Brought to you by KAM BROOK
**3PS - PEANUT PROTEIN POWER**

**WHAT YOU’LL NEED**
1 banana, chopped
200ml whole milk
50g quick oats
2 tbsp crunchy peanut butter
2 scoops favourite protein powder (vanilla is best)

By Jeff N. Indooroopilly

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**NUTTY CHOC BANANA**

**WHAT YOU’LL NEED**
1 tbsp peanut butter
1 medium frozen banana
1 cup milk
1 tbsp chocolate powder

050
By Jackie W. Emerald

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**PEANUT TREAT**

**WHAT YOU’LL NEED**
1 tbsp peanut butter
1 tbsp cream
1 tbsp chocolate powder
1 cup milk
1 tbsp caramel topping

051
By Jackie W. Emerald

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**MY PEANUT BUTTER CHOC SMOOTHIE**

**WHAT YOU’LL NEED**
1 ripe banana, chopped
1 ½ cup milk
1/4 cup peanut butter
1/2 tsp vanilla extract
2 tbsp chocolate syrup

052
By David T. Joondalup
**EGGNOG**

**WHAT YOU’LL NEED**
- 1x 59g free range egg
- ⅓ cup milk
- ¼ cup pure cream
- 1 tbsp spiced rum
- 1 tsp brown sugar
- Pinch nutmeg

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**ORANGE JULIUS-STYLE SMOOTHIE**

**WHAT YOU’LL NEED**
- 1 raw egg
- 500ml orange juice
- 1 tsp vanilla essence
- A lot of ice
GREEN TEA BLUEBERRY & BANANA SMOOTHIE

WHAT YOU’LL NEED
3 tbsp water
1 cup of green tea, cooled or chilled
2 tsp honey
1½ cup frozen blueberries
½ medium banana, chopped
¾ cup light vanilla soy milk

055
By Marie S. Quakers Hill

BLUEBERRY & ALMOND MILK COOLER

WHAT YOU’LL NEED
1 cup frozen blueberries
250ml almond milk
1 tbsp apple cordial
100ml cranberry juice

056
By Kambrook
SUMMER REFRESHER

WHAT YOU’LL NEED

½ cup frozen strawberries
150ml cranberry juice
40ml lemon juice
80ml orange juice
6 medium ice cubes

MINT LEMONADE

WHAT YOU’LL NEED

¼ cup lemon juice
4 mint leaves
250ml filtered water
5 medium ice cubes
2 tbsp caster sugar

057
By Kambrook

058
By Kambrook
DAIRY-FREE RECIPES

FRUITY DELICIOUS

WHAT YOU’LL NEED
1 cup pineapple, chopped
6 strawberries
1 cup rockmelon, chopped
1 cup watermelon, chopped
1 cup kiwi fruit, chopped
1 lemon
½ tsp grated fresh ginger
1 cup ice
1 cup apple juice

059
By Christine D. Highfields

A BALI SUMMER

WHAT YOU’LL NEED
Watermelon
Strawberries
Blueberries
Apples
Oranges
1 cup apple juice

060
By Renee K. Helensburgh

BREAKFAST SUNRISE

WHAT YOU’LL NEED
Watermelon
Orange
Apple
Mint
Lemon
Ginger
Apple juice

061
By Simon M. Sandy Bay

MYGARITA SURPRISE

WHAT YOU’LL NEED
1 cup ice
½ cup watermelon, chopped
1 cup frozen berries
1 tbsp margarita mix
Juice of 1 lime
1 tsp Tabasco sauce
¾ cup coconut water

062
By Tania S. Yagoona
TROPICAL DELIGHT

WHAT YOU’LL NEED

- 1/4 cup mango slices
- 1/8 cup passionfruit pulp
- 1/4 cup pineapple, chopped
- 1/4 cup paw-paw, chopped
- 1/4 cup mandarin, peeled
- 1 cup orange juice
- Ice cubes to fill 600ml bottle
- 3-4 mint leaves

COCOA & COFFEE POWER BREAKFAST SMOOTHIE

WHAT YOU’LL NEED

- Shot of coffee, cooled
- 2 tsp raw cocoa powder
- Handful of baby spinach
- 2 tsp chia seeds
- 1 cup almond milk
- 2 tbsp frozen raspberries
- 1 frozen banana, chopped

063
By Lizzy D.
Baulkham Hills

064
By Kylie S.
Highesdale
DAIRY-FREE RECIPES

FRUIT ‘N KALE

WHAT YOU’LL NEED
1 cup kale
1 banana, chopped
1 kiwi fruit, chopped
Handful of strawberries
½ cup almond milk

GREEN MACHINE

WHAT YOU’LL NEED
Kiwi fruit
Rocket leaves
Endive
Mint
Parsley
Apple chopped
1 cup apple juice

065
By Amanda P.
St Johns Park

066
By Amanda T.
Largs North
DAIRY-FREE RECIPES

BLUENANA COCONUT SMOOTHIE

WHAT YOU’LL NEED
1 cup frozen blueberries
1 small frozen banana, chopped
1 cup coconut water

067
By Kristy S. Oatley

SUMMER REFRESHER

WHAT YOU’LL NEED
½ cup frozen strawberries
150ml cranberry juice
40ml lemon juice
80ml orange juice
6 medium ice cubes

068
By Kambrook

SUMMER REFRESH

WHAT YOU’LL NEED
½ cup blueberries
½ cup strawberries
½ cup kale
½ cucumber chopped
2 tbsp protein powder
1 ½ cups green tea

069
By Carmen S. Paddington

CHIABERRY DELIGHT

WHAT YOU’LL NEED
1 banana, chopped
10 strawberries
20 blueberries
½ mango, sliced
1 ½ cups almond milk
1 kale leaf
1 tsp ground ginger
1 tsp chia seeds

070
By Leanne C. Copacabana
**BANANA MANGO GREEN SMOOTHIE**

**WHAT YOU’LL NEED**
- 1 frozen banana, chopped
- ½ frozen mango flesh
- 1 cup baby spinach
- 3 fresh basil leaves
- 1 tbsp chia seeds
- Coconut water

**Dairy Free Banana Chia Smoothie**

**WHAT YOU’LL NEED**
- Almond milk (unsweetened)
- ½ frozen banana
- 1 tsp cinnamon
- 1 tsp chia seeds
- 1 tbsp almond or coconut butter

071
By Aimee Van D. Buddina

072
By Teagan B. White Rock
POST WORKOUT PICK ME UP

WHAT YOU’LL NEED
1 banana, chopped
Handful of blueberries, raspberries, strawberries
1 tbsp chia seeds
1 tsp cinnamon
1 tsp honey
A couple of scoops of your favourite protein powder
Water or coconut water

MUZZ BUZZ

WHAT YOU’LL NEED
¾ cup blackcurrant juice
1 ¼ cup frozen strawberries
¾ cup frozen blueberries
¼ cup raspberry puree

073
By Jacinta O. Bulleen

074
By Bradley M. Coomera
Dairy-Free Recipes

Mango Madness Smoothie

What you’ll need:
- 3 tbsp mango sorbet
- 3 ice cubes
- 1 passionfruit
- 1 mango, sliced
- ½ cup water

Cheeky Peaches

What you’ll need:
- 2 mangoes, sliced
- 2 peaches, sliced
- 6 strawberries
- 2cm piece of ginger, grated
- 1 cup of any juice

Zen Shake

What you’ll need:
- Peach tea, cooled or chilled
- Mango
- Honey
- Peppermint

Gym Energise & Refresh

What you’ll need:
- Juice of 1 lemon
- Juice of 1 lime
- 2 mango cheeks
- Ice
- 1 cup water

By Charlotte P.
Morphett Vale
076

By Melissa D.
Tahmoor
075

By Sara M.
Doonan
077

By Laurie K.
Jimboomba
078
BELLY BLITZ

WHAT YOU’LL NEED
1 apple, cored & chopped
2 prunes (canned)
4 apricot halves (canned)
1 cup apple juice

APPLE, PEAR & SPINACH JUICE

WHAT YOU’LL NEED
1 Packham pear, chopped
1 Granny Smith apple, chopped
30g baby spinach
5 sprigs of mint
5 ice cubes
200ml apple juice

079
By Janice E. Wakerley

080
By The Hospitality Establishment
**Dairy-Free Recipes**

**Almond Heaven**

**WHAT YOU’LL NEED**
- Handful raw almonds (around 10)
- 1 cup almond milk
- 1 fresh date, pitted & chopped
- ½ frozen banana, chopped
- 1 tsp ground cinnamon
- 1 tsp vanilla powder
- 1 tsp chia seeds
- 3 to 4 ice cubes
- 1 tsp almond butter (optional)

**Choc Mint Smoothie**

**WHAT YOU’LL NEED**
- 1 tbsp chocolate protein powder
- 250ml almond milk
- Small handful of ice
- ½ tsp mint essence

081
By Jacqui T. Bondi Beach

082
By Tracy A. Griffith
**DAIRY-FREE RECIPES**

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**GREEN DREAM**

**WHAT YOU’LL NEED**
- ¾ cup fresh baby spinach
- 1 gold kiwi fruit, peeled & sliced
- ½ green apple, cored & chopped
- ½ pear, cored & chopped
- ½ cucumber, peeled & chopped
- 8 ice cubes
- ½ cup apple juice

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**VEGAN ZOMBIE**

**WHAT YOU’LL NEED**
- 3 strawberries
- 1 tsp cacao nibs
- 1 tsp green vitamin powder
- 4 dates, chopped
- 1 banana, chopped
- 3 apricots, pitted
- 1 handful of baby spinach
- 3 kale leaves
- 1 tbsp hemp seed oil
- ½ cup soy milk

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**083**
By Celeste W. Melton South

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**084**
By Jane W. Halls Head
DAIRY-FREE RECIPES

MASALA BANANA SMOOTHIE

WHAT YOU’LL NEED
1 tbsp masala tea
1 cup soy milk
1 ripe banana, chopped
1 tsp honey
Ground cinnamon

CHOC MINT MADNESS

WHAT YOU’LL NEED
1 banana, chopped
3 mint leaves
10 ice cubes
300ml chocolate flavoured soy milk

BANO COCONUT ENERGY BLITZ

WHAT YOU’LL NEED
1 banana, chopped
2 cups coconut milk
2 scoops protein powder (vanilla or chocolate)

BANANAMA STRAW MIX

WHAT YOU’LL NEED
A handful of strawberries
1 ripe banana, chopped
A couple of ice cubes
½ cup mango nectar

WHAT YOU’LL NEED
1 banana, chopped
3 mint leaves
10 ice cubes
300ml chocolate flavoured soy milk

086
By Kurt N. Winmalee

085
By Dianne S. Pendle Hill

087
By Thi P. Parramatta

088
By Kendall B. Upper Coomera
DAIRY-FREE RECIPES

COCONUT BERRY SMOOTHIE

WHAT YOU’LL NEED
1 cup coconut milk
1 banana, chopped
1 cup mixed berries
1 tsp chia seeds
½ cup ice

089
By Melissa W. Ascot

BERRY BOMB

WHAT YOU’LL NEED
1 cup frozen mixed berries
1 banana, chopped
1 ½ cup apple juice

090
By Shell H. Werribee

SUNSET KISS

WHAT YOU’LL NEED
1 mango, sliced
6 to 8 raspberries
Fresh mint
250ml soy milk
1 or 2 tbsp maple syrup

091
By Julia R. Milton

DAIRY FREE BERRY DELIGHT

WHAT YOU’LL NEED
1 ½ cup frozen mixed berries
1 cup apple juice, chilled
⅓ cup cranberry juice

092
By Sarah M. Donald
WATERMELON & LYCHEE SHAKE

WHAT YOU’LL NEED
300g watermelon, diced
50g lychee flesh
100ml coconut water
2 tsp caster sugar
6 medium ice cubes

GOOD MORNING SMOOTHIE

WHAT YOU’LL NEED
½ cup baby spinach leaves
Squeeze of ½ lemon
¼ cup frozen grapes (any variety)
¼ cup frozen apples, chopped
½ cup frozen watermelon, chopped
½ cup ice
1 ½ cup coconut water

093
By Kambrook

094
By Sharm P.
DAIRY-FREE RECIPES

**VIRGIN PIÑA COLADA**

**WHAT YOU’LL NEED**
- 200ml coconut cream
- ½ cup canned pineapple pieces in juice
- ½ cup pineapple juice from the can
- 1 cup ice
- 1 tsp sugar

**WHAT YOU’LL NEED**
- ½ cup pineapple, chopped
- ¼ cup honeydew melon, chopped
- ¼ cup coconut water

**KATUT LIKE A SUNRISE**

**WHAT YOU’LL NEED**
- Mango, sliced
- Pineapple, chopped
- Pomegranate juice

**WHAT YOU’LL NEED**
- ½ cup frozen pineapple pieces
- Juice of 1 orange
- Handful of fresh mint
- Pineapple sage (optional)
- 1 frozen mango
- ½ cup coconut water

**SUMMER PINEAPPLE & MANGO THICKSHAKE**

**WHAT YOU’LL NEED**
- 1⁄2 cup frozen pineapple pieces
- Juice of 1 orange
- Handful of fresh mint
- Pineapple sage (optional)
- 1 frozen mango
- 1⁄2 cup coconut water

**By Jodie L. Shoal Point**

**By Alyssa G. Ascot**

**By Amanda V. Carrara**

**By Lizzy D. Baulkham Hills**
**COCOMAN DREAM**

**WHAT YOU’LL NEED**
- ½ mango, sliced
- ½ cup coconut water
- ½ cup ice

**CARIBBEAN CLEANSE**

**WHAT YOU’LL NEED**
- 100ml coconut water
- Cup of ice
- ½ cup diced mango
- ½ banana, chopped
- ½ cup baby spinach
- 50ml coconut milk

**LIFE JUICE**

**WHAT YOU’LL NEED**
- 1 tbsp Moringa, powder or leaves
- 1 cup coconut water
- 1 cup pineapple juice
- 2 baby beetroot chopped

**PRO KICK & GO**

**WHAT YOU’LL NEED**
- 1 tbsp chocolate pea protein
- 1 cup coconut water
- 1 banana, chopped

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**100**
By Lauren D. Waikerie

**099**
By Erin B. Old Noarlunga

**102**
By Levi P. Kirwan

**101**
By Nikki T. Taree
BREAKFAST SMOOTHIE

WHAT YOU’LL NEED

1/3 cup instant oats
1 tsp instant coffee (optional) dissolved in 1/3 cup boiling water & allowed to cool
1/3 cup (50g) frozen blueberries
1/3 cup (50g) frozen raspberries
1/2 banana, chopped
2/3 cup milk (or rice milk)
3 tsp chia seeds

By Glenda B. Wantima

103
FRUITILICIOUS RECIPES

BANANA BLUE SMOOTHIE

WHAT YOU’LL NEED
1 banana, halved
½ cup frozen blueberries
1 passionfruit, pulp only
1 cup almond milk
2 tbsp light cream cheese
1 tbsp LSA (linseed, sunflower seed & almond meal)
2 medium ice cubes
1 tsp Natvia

104
By Madison S.

TROPICAL COCONUT-MANGO LIME BLITZ

WHAT YOU’LL NEED
1 mango, peeled & pitted
½ lime, peeled & deseeded
½ frozen banana
½ cup unsweetened coconut milk

106
By Lisa G. Highgate

BANANARAMA SMOOTHIE

WHAT YOU’LL NEED
2 ripe pears, pitted & coarsely chopped
1 tsp ginger root, peeled & coarsely chopped
1 banana, chopped
1 cup skim milk
Handful of ice
Sprinkle of cinnamon

107
By Marie S. Quakers Hill

BANANA SMOOTHIE

WHAT YOU’LL NEED
2 frozen bananas, chopped
600ml milk, partly frozen
2 tbsp honey
1 tbsp almond meal

105
By Christine W. Cardwell
**BLUEBERRY BANANA BLITZ BREAKFAST**

**WHAT YOU’LL NEED**
- ½ cup fresh blueberries
- 1 small banana, sliced
- 1 cup milk
- 2 tbsp real maple syrup
- 2 tbsp Greek yoghurt
- 2 tbsp flaxseeds (optional)
- 2 tbsp chia seeds (optional)

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**BLACKBERRY & VANILLA FRAPPE**

**WHAT YOU’LL NEED**
- ½ cup fresh or frozen blackberries
- Dash of vanilla essence
- 1 cup milk
- Ice

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108
By Ria A.
Lemon Tree Passage

109
By Alexandra T.
Cannonvale
**Rose Watermelon Smoothie**

**WHAT YOU’LL NEED**
- Watermelon, chopped
- Coconut cream or coconut milk
- Ice
- Mint leaves
- Rose water

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**Kellie’s Krush**

**WHAT YOU’LL NEED**
- Watermelon, chopped
- Strawberries
- Ice
- Greek yoghurt
- Banana, chopped
- Milk

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**Zing Zap**

**WHAT YOU’LL NEED**
- 1 lime peeled & chopped
- 1 apple, chopped
- 1 small knob ginger, grated
- ½ lemon, peeled & chopped
- 2 big pieces of watermelon chopped
- ½ cup apple juice

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**Spiced Watermelon Blitz**

**WHAT YOU’LL NEED**
- 4 cups frozen watermelon chunks
- 2 tbsp lime juice
- ½ tbsp fresh grated ginger
- 1 cup coconut water

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110
By Elena H. Gulliver

111
By Kellie M. Blackmans Bay

112
By Belinda H. Geelong West

113
By Nicole H. Newtown
FRUITILICIOUS RECIPES

TROPICAL PARADISE SMOOTHIE

WHAT YOU’LL NEED
½ cup frozen pineapple, diced
½ cup frozen mango, diced
200ml vanilla yoghurt
200ml milk
2 medium ice cubes

VITAMAZIN’ SMOOTHIE

WHAT YOU’LL NEED
1 large pink grapefruit, peeled, seeded & cut into chunks
½ cup crushed pineapple, canned or fresh
½ cup fresh or frozen strawberries
½ cup (125ml) non-fat Greek yoghurt
1 cup coconut water

114
By Nichole M.

115
By Marie S.
Quakers Hill
FRUITILICIOUS RECIPES

A BERRY HEALTHY SMOOTHIE

WHAT YOU’LL NEED
1 orange, peeled & chopped
1 cup blueberries
1 cup strawberries
¼ cup apple juice
1 tbsp wheat germ
2 tbsp mixed berry yoghurt

116
By Terry C.
Templestowe

berries

BERRY BLITZ

WHAT YOU’LL NEED
300ml skim milk
1 scoop of protein powder
Handful of blueberries
Handful of raspberries
1 tsp honey

117
By Jodie F.
Watsonia North

SUPER DOOPER VITA BLITZER

WHAT YOU’LL NEED
150g frozen mixed berries
¼ cup lime juice
1 kiwi fruit, chopped
1 egg
1 cup milk

118
By Joanne C.
Port Melbourne

YO MAN BLUE

WHAT YOU’LL NEED
½ frozen mango, sliced
100ml yoghurt
1 tsp cinnamon
Handful of frozen blueberries
½ cup milk

119
By Rachel M.
Port Macquarie
ZESTY STONED KIWI

WHAT YOU’LL NEED
1 peach, chopped
1 apricot, chopped
1 nectarine, pitted
1 kiwi fruit, peeled & chopped
1 orange, peeled & chopped
1 cup multi-v juice

LEAN GREEN BREKKY BLITZ

WHAT YOU’LL NEED
2 kiwi fruits, peeled & chopped
7 strawberries
1 frozen banana, chopped
Handful of kale, stems removed
200ml milk
2 tbsp oats

120
By Jo M. Parkdale

121
By Karyn R. Mt Martha
**FRUITILICIOUS RECIPES**

### BANANA STRAWBERRY SMOOTHIE

**WHAT YOU’LL NEED**
- 2 bananas, chopped
- ½ punnet of strawberries
- Low-fat vanilla yoghurt
- 3 scoops vanilla ice cream
- 3 cups skim milk
- 2 tsp honey

### BANANA BERRY BOMB

**WHAT YOU’LL NEED**
- 1 banana, chopped
- 5 strawberries, chopped
- Yoghurt
- Squidge of honey
- Skim milk

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### BANANA ZINGER

**WHAT YOU’LL NEED**
- 1 banana, chopped
- ½ cup vanilla yoghurt
- ½ tbsp honey
- ½ tsp freshly grated ginger
- ¾ cup skim milk

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### TALIA'S SPECIAL BANANA

**WHAT YOU’LL NEED**
- 2 bananas, chopped
- 4 ice cubes
- 2 cups full cream milk
- 5 strawberries
- 3 tbsp yoghurt

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**By Trish M. Charleroi**

**By Nicolas O. Port Macquarie**

**By Ruth B. Castlemaine**

**By Bianca B. Westminster**
TASTY ENERGY EXPLOSION

WHAT YOU’LL NEED
300ml almond milk
Handful of sliced peaches
Strawberries
Mango, sliced
Banana, chopped
1 cup vanilla protein

Peach & Raspberry Smoothie

WHAT YOU’LL NEED
1 cup fresh or canned peach slices
½ cup frozen raspberries
250ml apple/peach juice
½ cup vanilla yoghurt
4 ice cubes

126
By David P. Como

127
By The Hospitality Establishment
FRUITILICIOUS RECIPES

MANGO SUPREME

WHAT YOU’LL NEED
1 ripe mango, sliced
⅓ cup (85g) low-fat yoghurt
200ml skim milk
1 tsp honey
Seeds from 6 green cardamom pods

PIEAPPLE MANGO DELIGHT

WHAT YOU’LL NEED
300g fresh pineapple, chopped
2 mangoes, sliced
2 cups vanilla yoghurt
1 cup ice
1 cup tropical juice

CHIA UP MY MANGO

WHAT YOU’LL NEED
1 tbsp chia seeds
1 mango, sliced
1 banana, chopped
1 cup orange juice
1 tbsp yoghurt
Handful of ice

TROPICAL ESCAPE

WHAT YOU’LL NEED
2 mango cheeks
1 guava, chopped
½ tsp ginger, grated
150ml coconut water
2 tbsp vanilla ice cream

128
By Bill S. Clayton

129
By Jeanine V.
Stafford Heights

130
By Alyssa S.
Thuringowa Central

131
By Carly R.
Waikiki
**BERRY BANANA BLITZ**

**WHAT YOU’LL NEED**
- Handful of baby spinach
- 4-5 strawberries
- Handful of blueberries
- 4 pieces of cut pineapple
- 1 banana, chopped
- 1 tbsp pumpkin seeds
- 1 tbsp chia seeds
- ½ cup milk

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**KRAVIN’ KRUSHER**

**WHAT YOU’LL NEED**
- 1 cup non-fat vanilla soy milk
- 250g kiwi fruit, diced
- 2 bananas, chopped
- 120g green grapes
- 1 tsp lime juice
- 2 tsp honey
- 1 tsp chopped fresh mint

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132
By Diane M. Balaklava

133
By Marie S. Quakers Hill
**FRUITILICIOUS RECIPES**

**SUMMER SMOOTHIE**

**WHAT YOU’LL NEED**
- 1 banana, chopped
- ⅓ cup mixed frozen berries
- ⅓ cup yoghurt
- 1 tbsp honey
- 1 tsp vanilla essence
- A dash of ground cinnamon
- ½ cup milk

**ANTIOXIDANT BOOST**

**WHAT YOU’LL NEED**
- ⅓ cup blueberries
- ⅓ cup strawberries
- ⅓ cup cranberries
- ⅓ cup blackberries
- ⅓ cup goji berries
- 1 ½ cups orange juice

135
By Fong T.

**CHILLER SMOOTHIE**

**WHAT YOU’LL NEED**
- Rockmelon, chopped
- Strawberries
- Coconut shavings
- Honey
- Skim milk

136
By Dina R. Edensor Park

**MUM ON THE RUN SMOOTHIE**

**WHAT YOU’LL NEED**
- 1 banana, chopped
- 6 strawberries
- 2 dates, pitted
- 6 tbsp of pre-prepared soaked chia seeds
- ½ cup milk

137
By Amanda V. Carrara
**GoGo Juice**

**WHAT YOU’LL NEED**
- 1 mango, sliced
- 1 banana, chopped
- 1 passionfruit, pulp & seeds
- 1 cup pineapple juice
- 1 tray of ice

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**My Garden Goodies Brekkie**

**WHAT YOU’LL NEED**
- 2 frozen bananas, chopped
- 2 fresh passionfruits
- 1 frozen mango, sliced
- 1 cup vanilla yoghurt
- 1 cup ice
- 1 cup skim milk

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138
By Jackie W. Emerald

139
By Stephanie G. Moore Park Beach
FRUITILICIOUS RECIPES

MANGO BANANA SMOOTHIE

WHAT YOU’LL NEED
1 banana, chopped
1 mango, sliced
1 cup skim milk
Ice cubes

MANGO TANGO

WHAT YOU’LL NEED
1 mango, sliced
1 small tub of yoghurt
1 tbsp psyllium husks
1 cup juice of your choice
Some ice cubes

YUMMY IN THE TUMMY MANGO SMOOTHIE

WHAT YOU’LL NEED
½ mango
1 banana, chopped
4 tbsp low fat yoghurt
½ cup milk

140
By Cathy S. Trevallyn

141
By Rennie H. Drysdale

142
By Tiffany J. Byford

143
By Kambrook
**FRUITILICIOUS RECIPES**

**MANGO, MINT & RASPBERRY SMOOTHIE**

**WHAT YOU’LL NEED**
- 1 mango, sliced
- 100g raspberries
- Skim milk
- A few mint leaves
- Ice

144
By Michelle M. Mowbray

**BANANA & STRAWBERRY SMOOTHIE**

**WHAT YOU’LL NEED**
- 1 banana, chopped
- 6 strawberries
- 1 cup milk
- Handful of ice (optional)

145
By Mandy K. Edensor Park

**BERRY BOMB**

**WHAT YOU’LL NEED**
- Frozen berries
- Mango, sliced
- Pineapple, chopped
- Mint
- Tropical juice

146
By Karina W.

**SMOOTHIE FOR ME!**

**WHAT YOU’LL NEED**
- 1 banana, chopped
- 6 strawberries
- 1 pear, chopped
- Ground cinnamon
- ½ cup yoghurt
- 1 tsp honey
- ½ cup milk

147
By Joy C. Prospect
FRUITILICIOUS RECIPES

BANANA MANGO SMOOTHIE

WHAT YOU’LL NEED
- Ice
- Milk
- 1 banana, chopped
- Linseed meal
- 4 tbsp vanilla yoghurt
- ½ tsp vanilla essence
- 1 mango cheek

SUMMER STUNNER

WHAT YOU’LL NEED
- 1 mango, sliced
- ½ pineapple, chopped
- 2 bananas, chopped
- 1 cup apple juice

BANANA PARADISE

WHAT YOU’LL NEED
- 2 bananas, chopped
- 1 mango, sliced
- 1 spoonful of honey
- ½ cup yoghurt
- 1 cup milk

BANANA SMOOTHIE

WHAT YOU’LL NEED
- 1 banana, chopped
- 1 small tub yoghurt
- 1 cup skim milk
- ½ tsp vanilla essence
- 1 tsp honey

By Lauren S. Perth

149

By Alice R. Richmond

148

By Renee R. North St Marys

150

By Sarah D. Strathmore

151
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FROSTY EGG(LESS) NOG

WHAT YOU’LL NEED

1 shot brandy
1 shot gingerbread Kahlua
1 shot pouring cream
1/4 cup sweetened condensed milk
2 scoops vanilla ice cream
1/2 cup ice cubes
Pinch of cinnamon powder
Milk for remainder of 300ml bottle

By Kambrook
VODKA CHERRY COLA

WHAT YOU’LL NEED
1 shot vodka
1 cup flat cola
1 cup cherries, pitted
Ice for remainder of 300ml bottle

153
By Kambrook
ICY WATERMELON WITH RUM & VODKA

WHAT YOU’LL NEED
- 1 shot rum
- 1 shot vodka
- ½ cup frozen watermelon pieces
- ½ cup fresh watermelon pieces
- ½ cup ice cubes
- 1 cup apple juice
- ½ cup coconut water

By Kambrook
FRUITY COCKTAIL

WHAT YOU’LL NEED
1 shot rum
1 shot gin
½ fresh mango
¼ pineapple pieces
Juice from ½ lime
½ cup ice cubes
1 cup coconut water

FRUITY FROZEN WINE COCKTAIL

WHAT YOU’LL NEED
½ cup frozen mango
¼ cup frozen pineapple
½ cup coconut water
4 ice cubes
Pink Moscato wine

155
By Kambrook

156
By Kambrook
FROZEN APPLE MIDORI COCKTAIL

WHAT YOU’LL NEED
1 shot Midori
1 shot Cointreau
1 frozen apple, peeled & sliced
100ml apple juice
A splash of lime juice
Ice for remainder of 300ml bottle

157
By Kambrook
BAILEYS SMOOTHIE

WHAT YOU’LL NEED
1 banana, chopped
1 cup milk
1 shot glass Baileys
2 tbsp cocoa powder

158
By Marie S. Quakers Hill
Recipe quantities and serving sizes were not necessarily developed using the Blitz2Go. Adjustment of ingredient and/or quantities may be required to suit Blitz2Go bottle capacities.
THE EARLY MORNING TIGER SPECIAL

WHAT YOU’LL NEED
1 banana, chopped
Handful of ice
1 cup milk
1 tbsp chia seeds
¼ cup muesli (optional)
2 tbsp protein powder or egg powder

ANNA BANANA SMOOTH SMOOTHIE

WHAT YOU’LL NEED
1 cup skim milk
3 tbsp low fat vanilla yoghurt
2 bananas, chopped
2 scoops vanilla protein powder
Dollop of honey

159
By Julia M.
Biggera Waters

160
By Anna R.
Springfield
**HEALTHY BUZZ RECIPES**

**FRUIT & VEG FROZEN CRUSHIE**

**WHAT YOU’LL NEED**
- 1 carrot, peeled & chopped
- 6 frozen strawberries
- 6 frozen grapes
- 1 apple, chopped, core removed
- Enough cold water to cover the fruit & veg

161

By Amanda V. Carrara

162

By Dyane C. West Ryde

**VEGETARIAN BREAKFAST**

**WHAT YOU’LL NEED**
- Coconut milk
- Pea protein
- Greek yoghurt
- Raspberries
- 37g vanilla protein

161

By Amanda V. Carrara

162

By Dyane C. West Ryde

**AVOTASTIC**

**WHAT YOU’LL NEED**
- 1 cup skim milk
- ½ avocado
- 2 tbsp honey
- ¼ banana
- A pinch of salt

163

By Emilie T. Daylesford

164

By Sue B. East Ballina

**BERRY GREEN**

**WHAT YOU’LL NEED**
- ½ punnet strawberries
- Handful of crimson grapes
- 1 celery stick, chopped
- 1 pear, chopped
- 1 green apple, chopped
- 1 kiwi fruit, peeled & chopped
- 2 baby spinach leaves
- 1 cup coconut water

163

By Emilie T. Daylesford

164

By Sue B. East Ballina
HERE WE GREEN AGAIN

WHAT YOU’LL NEED
½ cup soaked oats
1 tbsp flax seeds
1 tbsp chai seeds
1 cup cold water
1 tbsp strawberry protein powder
1 banana, chopped
1 pear, chopped
½ cup strawberries
4 medjool dates
¾ cup kale
¾ cup baby spinach

GREEN MACHINE DRINK

WHAT YOU’LL NEED
75ml coconut water
1 tbsp chia seeds (optional)
80g green grapes
20g baby spinach leaves
90g cucumber, diced
8 mint leaves
125ml apple juice
2 tsp agave (optional)
50g avocado, diced
100ml water

165
By Missy S. Ballina

166
By Kambrook
KICK START SMOOTHIE

WHAT YOU’LL NEED
1cm piece ginger
4 tsp goji berries, soaked in water for 10 minutes
1 young coconut (water & flesh)
½ frozen banana
1 tsp camu camu powder
3 oranges, peeled & chopped
1 tsp chia seeds
½ cup coconut water

167
By Alexandra A. Wembley

CITRUS DETOX

WHAT YOU’LL NEED
4 oranges, peeled & chopped
1 banana, chopped
300ml unsweetened pineapple juice or 200g pineapple, cored, trimmed & sliced
4 or 5 ice cubes
3 or 4 large basil leaves

168
By Andi S. Dromana
GREEN REFRESHER

WHAT YOU’LL NEED
- 4 cucumbers, chopped
- ½ celery bunch, chopped
- 2 green apples, chopped
- Mint
- 1 cup apple juice

GREEN BEAST BREAKFAST SHAKE

WHAT YOU’LL NEED
- 1 banana, chopped
- 1 celery stick, chopped
- 1 kiwi fruit, peeled & chopped
- 1 cup coconut water or almond milk
- 2 handfuls of baby spinach
- 1 scoop vanilla protein whey powder
- Water (if needed)

169
By Camilla H. Norman Park

170
By Sarah M. Westleigh
**BANANA & EGG SHAKE**

**WHAT YOU’LL NEED**
- Egg
- Banana, chopped
- Milk
- Nutmeg

**PROTEIN2GO**

**WHAT YOU’LL NEED**
- 1 raw egg
- 1 cup soy milk
- 1 banana, chopped
- 1 cup Acai berries

By Nikki R. North Adelaide

**BERRYNANA BLITZ**

**WHAT YOU’LL NEED**
- ½ cup frozen blueberries
- 1 banana, chopped
- 100ml apple juice
- ½ scoop banana protein powder

By Meg C. Terranora

**BANANA BERRY POWER HIT**

**WHAT YOU’LL NEED**
- 5 frozen strawberries
- ½ medium frozen banana
- 1 serve protein powder
- ½ cup Greek yoghurt
- 1 cup milk

By Sharon C. Toorbul

By Melanie W. Beaconsfield
BODY BUILDER FRUIT MEDLEY SHAKE

WHAT YOU’LL NEED
2 scoops protein powder
1 banana, chopped
1 kiwi fruit, peeled & chopped
6 strawberries
1 glass low fat milk
2 scoops non-fat vanilla yoghurt

ENERGY TO GO

WHAT YOU’LL NEED
1 cup skim milk or water
1 heaped tbsp protein powder
½ cup frozen blueberries
½ cup mango, cut into pieces
½ cup Greek yoghurt
2 tsp lethicin granules
2 tsp spirulina powder
1 tbsp sunflower seeds
Pepitas & sesame seeds

175
By Maria S. Glenroy

176
By Anne F. Naracoorte
HEALTHY BUZZ RECIPES

ENERGY JUICE

WHAT YOU’LL NEED
1 orange, peeled & chopped
2 small apples, chopped
1 stick celery, chopped
2 carrots, chopped
1 tsp chia seeds
1 cup water

UP & GO

WHAT YOU’LL NEED
2 medium carrots, chopped
1 small knob of fresh ginger, grated
3 apples, chopped
1 cup ice
1 cup water

MORNING BLITZ

WHAT YOU’LL NEED
2 small apples, chopped
1 small celery stick, chopped
3 medium carrots, chopped
Juice of 1 lemon
1 cup apple juice

CAM’S BREKKY JUICE

WHAT YOU’LL NEED
2 carrots, chopped
1 celery stick, chopped
1 slice of fresh beetroot
A knob of ginger, peeled
1 green apple, chopped
½ lime, peeled
1 cup apple juice

177
By Michael C.
Aldinga Beach

178
By Sam M.
Kununurra

179
By Susan H.
Port Denison

180
By Cameron L.
Maroochydore
**Antioxidant Overload**

**WHAT YOU’LL NEED**
- 6 strawberries, hulled
- ¼ cup raspberries
- ¼ cup blueberries
- 70g red grapes
- 125ml cranberry juice
- 125ml pomegranate juice
- 3 medium ice cubes

**Purple Power Drink**

**WHAT YOU’LL NEED**
- 65g grapes
- 125ml pomegranate juice
- 125ml apple juice
- 1 baby beetroot, peeled, cooked
- ½ tsp ginger, minced
- 6 mint leaves

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By Kambrook

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MUSCLE MUSH

WHAT YOU’LL NEED
Protein powder
Eggs
Skim milk
Peanut butter

BREAKFAST PROTEIN POWER SHAKE

WHAT YOU’LL NEED
30g chocolate protein powder
100g rolled oats
20g granulated coffee
10g chia seeds
10g hemp seeds
250ml skim milk
150ml water
Ice cubes

183
By Glen B.
The Entrance North

184
By Kade M.
Greenbank
GREEN ON THE GO

WHAT YOU’LL NEED
3 stalks of kale
1 green apple, chopped
1 kiwi, peeled & chopped
1 orange, peeled & chopped
1 cup apple juice

COCONUT DATE GREEN SMOOTHIE

WHAT YOU’LL NEED
1 handful baby kale leaves
1 tsp ground flax seed
½ frozen banana
1 cup almond milk
1 dash coconut milk
A few dates, chopped

185
By Tegan T.
Berkeley Vale

186
By Elaine L.
Millswood
MAUI ‘MUSCLE’ MAGIC

WHAT YOU’LL NEED

½ mango
2 tbsp passionfruit pulp
1 banana, chopped
Handful of baby spinach
½ cup mango nectar juice
½ cup coconut water
Splash of coconut milk
¼ cup ice

SHREK JUICE

WHAT YOU’LL NEED

80g spinach leaves
1 Lebanese cucumber, chopped
1 apple, chopped
1 orange, peeled & chopped
1 lemon, peeled & chopped
3 sprigs basil
1 small ginger root, grated
1 celery stalk, chopped
1 cup water
6 ice cubes

By Cassandra L.
Bannockburn

By Ashley J.
Coral Cove
CHILLI BEAT

WHAT YOU’LL NEED
4 baby beetroot, chopped
4 green apples, chopped
1 lemon, peeled & chopped
1 chilli, deseeded
1-2 cups apple juice

189
By Levi P. Kirwan

OXIBLASTA

WHAT YOU’LL NEED
Fresh beetroot bulbs chopped
2 baby spinach leaves
1 carrot, chopped
1 celery stick, chopped
½ cup water

190
By Harry P. Kingsford
PROTEIN GOODNESS BLITZ

WHAT YOU’LL NEED
1 cup milk
1 cup yoghurt (any flavour)
1 serving vanilla protein powder

THE POWER SLIDE

WHAT YOU’LL NEED
1 cup blueberries
1 banana, chopped
1 scoop vanilla protein powder
1 tbsp chia seeds
½ cup ice
1 cup skim milk

191
By Christie D.
Seven Hills

192
By Kara-Lee D.
Rankin Park
BREAKFAST SHAKE

WHAT YOU’LL NEED
1/4 cup quick oats
1 cup milk
1/4 cup frozen or fresh berries
2 tbsp honey
1 egg
2 drops vanilla essence

195
By Judy P.
Penrith South

BERRY BLITZ

WHAT YOU’LL NEED
200ml skim milk
200ml cooled green tea
1 banana, chopped
1 scoop protein powder
1 cup mixed berries

193
By Michelle Q.
Stanhope Gardens

BERRY BERRY BOOST

WHAT YOU’LL NEED
1 banana, chopped
1 cup mixed frozen berries
1 cup baby spinach
1 tsp honey
1 1/2 cup lite or soy milk

196
By Jamus T.
Salisbury

BERRYNANA PROTEIN HIT

WHAT YOU’LL NEED
1 banana, chopped
1 cup frozen berries
1 egg
1 tsp ground cinnamon
Handful of ice cubes
1/2 cup milk

194
By Katrina T.
Leichhardt
OATS2GO

WHAT YOU’LL NEED
¼ cup raw rolled oats
½ cup Greek yoghurt
250ml skim milk
1 tbsp chocolate protein powder

By Simone S.
Banora Point

197

BREAKFAST SHAKE

WHAT YOU’LL NEED
1 banana, chopped
½ cup oats
Honey (to taste)
1 cup milk

By Julie B.
Morphett Vale

198
GREEN ENVY

WHAT YOU’LL NEED
1 cup pineapple juice
1 orange, peeled & chopped
⅓ cup pineapple, chopped
1 handful baby spinach

MY FAVOURITE MOJITO BABY!

WHAT YOU’LL NEED
Crushed ice
1 cup coconut water
1 banana, chopped
1 cup frozen pineapple pieces
Juice of 1 small lime
½ avocado
Handful of spinach
5 fresh mint leaves
Honey (to taste)

199
By Kaitlyn A. Margate

200
By Kirsty I. Pimpama
**HEALTHY BUZZ RECIPES**

**BANANA PROTEIN SHAKE**

**WHAT YOU’LL NEED**
- 1 banana, chopped
- 1 tbsp honey
- 1 scoop vanilla protein
- ¼ tsp ground cinnamon
- 2 cups milk
- 1 tbsp chai powder

**WHAT YOU’LL NEED**
- 1 banana, chopped
- 1 Weet-bix
- 1 small tub vanilla yoghurt
- ¼ cup muesli
- Honey to taste
- 1 cup milk

201
By Megan R. Hahndorf

**BANANA BATTERY**

**WHAT YOU’LL NEED**
- 1 ripe banana, chopped
- 1 raw egg
- 300ml skim milk
- Honey (to taste)
- Vanilla essence splash
- Pinch of nutmeg
- 2 tbsp Greek yoghurt

**WHAT YOU’LL NEED**
- 1 banana, chopped
- ½ cup oats
- ¼ tsp ground cinnamon
- 1 tsp honey
- ½ cup low-fat milk
- ½ cup plain low-fat yoghurt

203
By Heather H. Canungra

202
By Thai B. Wynn Vale

**BREAKFAST SMOOTHIE**

**WHAT YOU’LL NEED**
- 1 banana, chopped
- 1 Weet-bix
- 1 small tub vanilla yoghurt
- ¼ cup muesli
- Honey to taste
- 1 cup milk

202
By Thai B. Wynn Vale

**BREAKFAST TO GO GO!**

**WHAT YOU’LL NEED**
- 1 banana, chopped
- ½ cup oats
- ¼ tsp ground cinnamon
- 1 tsp honey
- ½ cup low-fat milk
- ½ cup plain low-fat yoghurt

204
By Tania S. Hillbank
BLITZ ‘N BOUNCE

WHAT YOU’LL NEED
3 small oranges, juiced
1/2 cup crushed ice
1/2 small banana
1/2 cup blueberries
1/2 tsp spirulina powder
2 tsp chia seeds
1/4 cup whey protein powder
1/4 cup milk

CITRUS KICK

WHAT YOU’LL NEED
1 orange, peeled & chopped
Juice of 1 lemon
1 carrot, chopped
2/3 cup frozen strawberries
1/2 cup vanilla non-fat frozen yoghurt
1 cup ice

205
By Cathryn W. Kalamunda

206
By Carly W. Lethbridge
**BERRY BREAKFAST**

**WHAT YOU’LL NEED**
- ½ cup blueberries
- 1 tbsp chia seeds
- 1 tbsp almond meal
- 1 tsp plain protein powder
- 1 cup milk

**UP & AT’EM MORNING SHAKE**

**WHAT YOU’LL NEED**
- ½ banana
- ¼ avocado
- 8 blueberries
- 2 strawberries
- 1 tsp bee pollen
- 1 tsp honey
- ½ cup skim milk
- 1 tbsp Greek yoghurt

207
By Clarissa D. Willaston

208
By Theresa D. Banksia Beach
ALL ABOARD THE RAW TRAIN

WHAT YOU’LL NEED
Handful of baby spinach  
1 frozen banana, chopped  
1 ripe peach, chopped  
1 cup almond milk  
Ginger, grated

209
By Meagan C. Gosford

GREEN MACHINE

WHAT YOU’LL NEED
Handful of baby spinach  
1 green apple, chopped  
1 pear, chopped  
½ apple juice

210
By Sam M. Kununurra

MEAN GREEN SMOOTHIE

WHAT YOU’LL NEED
Handful of baby spinach  
1 banana, chopped  
1 cup peaches  
½ red apple, chopped  
1 cup water

211
By Rebecca D. Leeton

LISA’S GREEN-GO SMOOTHIE

WHAT YOU’LL NEED
250ml water  
1 mango, sliced  
1 cup frozen mixed berries  
4 clumps frozen spinach  
Mint

212
By Lisa M. Morningside
TOO WHOLESOME FOR YOU SMOOTHIE

WHAT YOU’LL NEED
1 large Granny Smith apple, chopped
5 carrots, chopped
100g blueberries
4 celery sticks, chopped
20 English spinach leaves
1 tbsp wheat germ
2 tbsp yoghurt
6 ice cubes
1 cup apple juice

GOOD MORNING SUNSHINE

WHAT YOU’LL NEED
500g pineapple, diced
1 medium carrot, chopped
50g ginger, grated
1 red apple, chopped
1 cup apple juice

By Suet Pei T.
Balwyn North

By Louisa W.
Wellington Point
MANGO POWER-UP SMOOTHIE

WHAT YOU’LL NEED
1 mango, sliced
½ banana
1 cup ice
1 cup lite milk
1 scoop vanilla protein powder

GO-STARTER

WHAT YOU’LL NEED
1 cup almond milk
1 egg
2 tbsp yoghurt
1 tbsp honey
1 banana, sliced
2 tbsp wheat germ

PROTEIN CHILLER

WHAT YOU’LL NEED
1 banana, chopped
8 fresh strawberries
10 whole almonds
½ cup skim milk
½ cup ice cubes
3 tbsp protein powder

GREEN PASSION

WHAT YOU’LL NEED
1 cup coconut milk
1 cup Greek yoghurt
1 cup baby spinach
1 banana, chopped pulp of 1 or 2 passionfruits
1 cup ice

By Diane T. Wembley
216
By Katelyn S. Bracken Ridge
215
By The Hospitality Establishment
217
By Russell S. Helensvale
218
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