



Creative Smoothies (No Dairy, No Nuts)

Created by Dr. Bob Bacon



Creative Smoothies (No Dairy, No Nuts)

Dr. Bob Bacon

Note that for any recipe that recommends Oat milk or Soy milk, we recommend substituting Coconut milk. Commercial oat and soy milks often contain undesirable ingredients like rapeseed oil, sunflower oil, and other inflammatory preservatives and thickeners. Check your labels!

Creative Smoothies (No Dairy, No Nuts)

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry Oat Smoothie		Raspberry Turmeric Collagen Shake		Carrot & Pineapple Smoothie		Collagen Green Smoothie
Snack 1		Blueberry Basil Smoothie		Citrus Avocado Smoothie		Tahini Green Smoothie	
Lunch	Golden Smoothie		Berry Coconut Smoothie		Beet Mango Smoothie		Pear & Pumpkin Cinnamon Smoothie

Creative Smoothies (No Dairy, No Nuts)

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	806	Calories	222	Calories	488	Calories	187	Calories	359	Calories	299	Calories	621
Fat	34g	Fat	8g	Fat	28g	Fat	15g	Fat	6g	Fat	20g	Fat	21g
Carbs	98g	Carbs	37g	Carbs	37g	Carbs	16g	Carbs	76g	Carbs	29g	Carbs	91g
Fiber	14g	Fiber	9g	Fiber	8g	Fiber	7g	Fiber	13g	Fiber	12g	Fiber	26g
Sugar	53g	Sugar	19g	Sugar	21g	Sugar	3g	Sugar	49g	Sugar	9g	Sugar	39g
Protein	37g	Protein	5g	Protein	24g	Protein	3g	Protein	7g	Protein	8g	Protein	29g
Cholesterol	4mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg	Cholesterol	0mg
Sodium	228mg	Sodium	71mg	Sodium	249mg	Sodium	10mg	Sodium	214mg	Sodium	68mg	Sodium	241mg
Vitamin A	402IU	Vitamin A	360IU	Vitamin A	377IU	Vitamin A	274IU	Vitamin A	17773IU	Vitamin A	4439IU	Vitamin A	18585IU
Vitamin C	139mg	Vitamin C	15mg	Vitamin C	34mg	Vitamin C	26mg	Vitamin C	147mg	Vitamin C	32mg	Vitamin C	99mg
Calcium	498mg	Calcium	329mg	Calcium	281mg	Calcium	34mg	Calcium	465mg	Calcium	226mg	Calcium	491mg
Iron	7mg	Iron	2mg	Iron	2mg	Iron	1mg	Iron	3mg	Iron	4mg	Iron	6mg

Creative Smoothies (No Dairy, No Nuts)

39 items

Fruits

- 6 1/8 Avocado
- 10 1/2 Banana
- 5 cups Blueberries
- 1 Lemon
- 7 1/2 Lime
- 4 Pear
- 1 1/3 cups Strawberries

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1 tsp Cinnamon
- 2 2/3 tbsps Hemp Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Turmeric

Frozen

- 3 3/4 cups Frozen Berries
- 4 cups Frozen Cauliflower
- 2 1/2 cups Frozen Mango
- 9 cups Frozen Pineapple
- 2 cups Frozen Raspberries
- 40 Ice Cubes

Vegetables

- 16 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 2 1/2 Beet
- 6 1/2 Carrot
- 1 2/3 Cucumber
- 1/3 cup Ginger
- 1/3 cup Mint Leaves
- 3 1/2 Zucchini

Boxed & Canned

- 2 1/2 cups Canned Coconut Milk
- 5 cups Lite Coconut Milk

Baking

- 2 cups Oats
- 1 1/3 cups Pureed Pumpkin

Condiments & Oils

- 1/4 cup Sunflower Seed Butter
- 1/4 cup Tahini

Cold

- 6 2/3 cups Oat Milk
- 2 cups Plain Coconut Milk
- 8 cups Soy Milk

Other

- 5 2/3 ozs Collagen Powder
- 1 cup Vanilla Protein Powder
- 11 1/2 cups Water

Berry Oat Smoothie

9 ingredients · 5 minutes · 4 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth. Serve and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

Ingredients

- 4 cups Soy Milk
- 1 cup Blueberries
- 2 Banana
- 1 1/3 cups Strawberries
- 20 Ice Cubes
- 1 cup Vanilla Protein Powder
- 1 cup Oats
- 2 2/3 tbsps Hemp Seeds
- 1/4 cup Sunflower Seed Butter

Nutrition

Amount per serving

Calories	492	Cholesterol	4mg
Fat	18g	Sodium	156mg
Carbs	54g	Vitamin A	73IU
Fiber	8g	Vitamin C	37mg
Sugar	24g	Calcium	452mg
Protein	34g	Iron	4mg

Raspberry Turmeric Collagen Shake

8 ingredients · 5 minutes · 4 servings



Directions

1. Combine all the ingredients in a high-speed blender. Blend until smooth, adding a little extra water if the mixture is too thick. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately one cup.

Make it Vegan

Omit the collagen powder.

More Protein

Add a scoop of vanilla protein powder.

Ingredients

- 2 cups Frozen Raspberries
- 2 Banana (large, roughly chopped)
- 2 cups Plain Coconut Milk (from the carton)
- 1 cup Water (or as needed)
- 1 tsp Turmeric
- 2 ozs Collagen Powder
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	184	Cholesterol	0mg
Fat	3g	Sodium	198mg
Carbs	27g	Vitamin A	340IU
Fiber	5g	Vitamin C	22mg
Sugar	16g	Calcium	261mg
Protein	14g	Iron	1mg

Carrot & Pineapple Smoothie

3 ingredients · 5 minutes · 4 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cups.

No Oat Milk

Use plain coconut milk or cow's milk instead.

More Flavor

Add ginger.

Ingredients

4 Carrot (medium, chopped)

4 cups Frozen Pineapple

4 cups Oat Milk (unsweetened)

Nutrition

Amount per serving

Calories	228	Cholesterol	0mg
Fat	5g	Sodium	145mg
Carbs	44g	Vitamin A	10286IU
Fiber	6g	Vitamin C	82mg
Sugar	26g	Calcium	392mg
Protein	4g	Iron	1mg

Collagen Green Smoothie

5 ingredients · 5 minutes · 4 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Collagen Powder

Omit or use protein powder instead.

No Spinach

Use kale or romaine lettuce instead.

Make it Vegan/Vegetarian

Omit the collagen and use a plant-based protein powder instead.

Leftovers

Best enjoyed immediately.

Ingredients

4 cups Water

8 cups Baby Spinach

2 Avocado

2 Banana (frozen)

2 ozs Collagen Powder

Nutrition

Amount per serving

Calories	274	Cholesterol	0mg
Fat	15g	Sodium	87mg
Carbs	24g	Vitamin A	5811IU
Fiber	10g	Vitamin C	32mg
Sugar	8g	Calcium	106mg
Protein	16g	Iron	2mg

Blueberry Basil Smoothie

4 ingredients · 5 minutes · 4 servings



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups

Likes it Sweet

Add maple syrup or honey.

More Flavor

Add frozen cauliflower, kale, or tahini.

Ingredients

4 cups Blueberries (fresh or frozen)

2 2/3 cups Oat Milk

1/4 cup Chia Seeds

1/2 cup Basil Leaves

Nutrition

Amount per serving

Calories	222	Cholesterol	0mg
Fat	8g	Sodium	71mg
Carbs	37g	Vitamin A	360IU
Fiber	9g	Vitamin C	15mg
Sugar	19g	Calcium	329mg
Protein	5g	Iron	2mg

Citrus Avocado Smoothie

5 ingredients · 10 minutes · 5 servings



Directions

1. Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.

Ingredients

- 2 1/2 Avocado
- 1 2/3 Cucumber (medium)
- 5 Lime (juiced, zested)
- 20 Ice Cubes
- Sea Salt & Black Pepper (to taste, optional)

Nutrition

Amount per serving

Calories	187	Cholesterol	0mg
Fat	15g	Sodium	10mg
Carbs	16g	Vitamin A	274IU
Fiber	7g	Vitamin C	26mg
Sugar	3g	Calcium	34mg
Protein	3g	Iron	1mg

Tahini Green Smoothie

8 ingredients · 10 minutes · 4 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Protein

Add a scoop of protein powder or collagen.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

No Frozen Zucchini

Use fresh zucchini.

No Fresh Ginger

Use a pinch of dried ginger instead.

No Chia Seeds

Omit or use flax seeds instead.

Extra Creamy

Replace the fresh avocado with cubed, frozen avocado.

Ingredients

4 cups Water

6 cups Baby Spinach

1 Avocado

1 Zucchini (diced, frozen)

2 Banana (frozen)

1/4 cup Tahini

1 1/3 tbsps Ginger (fresh)

1/4 cup Chia Seeds

Nutrition

Amount per serving

Calories	299	Cholesterol	0mg
Fat	20g	Sodium	68mg
Carbs	29g	Vitamin A	4439IU
Fiber	12g	Vitamin C	32mg
Sugar	9g	Calcium	226mg
Protein	8g	Iron	4mg

Golden Smoothie

6 ingredients · 5 minutes · 5 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini

Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger

Use powdered ginger instead, reduce to 1/2 tsp per serving.

Ingredients

- 5 cups Lite Coconut Milk
- 5 cups Frozen Pineapple
- 2 1/2 Banana (frozen)
- 2 1/2 Zucchini (chopped and peeled, frozen)
- 2 1/2 tbsps Ginger (fresh, minced)
- 1 2/3 tbsps Turmeric

Nutrition

Amount per serving

Calories	314	Cholesterol	0mg
Fat	16g	Sodium	72mg
Carbs	44g	Vitamin A	329IU
Fiber	6g	Vitamin C	102mg
Sugar	29g	Calcium	46mg
Protein	3g	Iron	3mg

Berry Coconut Smoothie

4 ingredients · 5 minutes · 5 servings



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Add baby spinach, hemp seeds, and/or chia seeds before blending.

Make it Vegan

Omit collagen powder and use plant-based protein powder.

Ingredients

2 1/2 cups Canned Coconut Milk (full fat)

1 1/4 cups Frozen Berries

2/3 Avocado

1 2/3 ozs Collagen Powder

Nutrition

Amount per serving

Calories	304	Cholesterol	0mg
Fat	25g	Sodium	51mg
Carbs	10g	Vitamin A	37IU
Fiber	3g	Vitamin C	12mg
Sugar	5g	Calcium	20mg
Protein	10g	Iron	1mg

Beet Mango Smoothie

9 ingredients · 20 minutes · 5 servings



Directions

1. Steam the chopped beets for eight to 10 minutes or until almost tender. Let them cool completely.
2. Add all of the ingredients to a high-speed blender. Blend on high until smooth, scraping down sides as needed. Add more water if too thick.
3. Divide evenly between glasses and enjoy!

Notes

Leftovers

Best enjoyed fresh. To save time, steam the beets ahead of time and refrigerate for up to four days.

Serving Size

One serving is approximately 1 1/4 cups.

More Protein

Add a scoop of vanilla protein powder.

Ingredients

- 2 1/2 Beet (large, diced)
- 2 1/2 cups Frozen Mango
- 2 1/2 cups Frozen Berries
- 2 1/2 Carrot (small, peeled, chopped)
- 1 1/4 tbsps Ginger (fresh, grated)
- 2 1/2 cups Baby Spinach
- 2 1/2 Lime (juiced)
- 1/3 cup Mint Leaves
- 2 1/2 cups Water (or more as needed)

Nutrition

Amount per serving

Calories	131	Cholesterol	0mg
Fat	1g	Sodium	69mg
Carbs	32g	Vitamin A	7487IU
Fiber	7g	Vitamin C	65mg
Sugar	23g	Calcium	73mg
Protein	3g	Iron	2mg

Pear & Pumpkin Cinnamon Smoothie

6 ingredients · 5 minutes · 4 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is about 1 3/4 cups.

More Flavor

Add vanilla extract.

More Protein

Add collagen and/or vanilla protein powder.

Soy-Free

Use any other type of milk.

Ingredients

- 4 cups Soy Milk
- 4 Pear (cored and chopped)
- 1 1/3 cups Pureed Pumpkin
- 4 cups Frozen Cauliflower
- 1 cup Oats (rolled)
- 1 tsp Cinnamon

Nutrition

Amount per serving

Calories	347	Cholesterol	0mg
Fat	6g	Sodium	154mg
Carbs	67g	Vitamin A	12774IU
Fiber	16g	Vitamin C	67mg
Sugar	31g	Calcium	385mg
Protein	13g	Iron	4mg