

# siggi's<sup>®</sup>

## 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.siggisdairy.com](http://www.siggisdairy.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!** Make your smoothie thicker by freezing your fruit before you blend.

**add fiber!** Adding fiber will make your smoothie more robust and filling. Try our Strawberry & Banana Oatmeal or Oat & Seed smoothies, each provides an excellent source of fiber!

**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

#### Ingredients

Serves 4

- 2 cups siggi's plain 0% yogurt
- 1 banana, ripe
- 1 green apple, cored with skin left on
- 3 Tbs 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 170, Protein 15g, Total Fat 0g, Saturated Fat 0g, Cholesterol 10g, Sodium 50mg, Total Carbohydrates 21g, Sugars 23g, Fiber 0g

### Mango Smoothie with Turmeric and Ginger

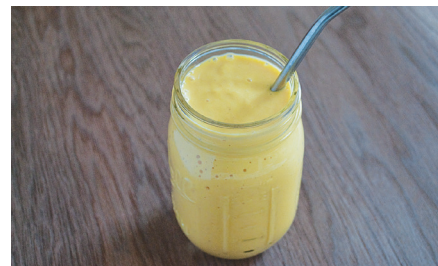
#### Ingredients

Serves 2

- 1 banana, sliced and frozen
- 1 cup mango, cubed and frozen
- 1 cup siggi's plain 0% yogurt
- ½ cup milk
- 1 tsp turmeric, dried
- ½ tsp fresh ginger, grated
- 1 Tbs lemon juice
- 1 Tbs honey, optional

#### Preparation

Combine all ingredients in a blender and blend until smooth. If using fresh fruit, add 1/2 cup ice cubes.



#### Nutrition Facts (per serving)

Calories 220, Protein 17g, Total Fat 3g, Saturated Fat 1.5g, Cholesterol 15g, Sodium 70mg, Total Carbohydrates 35g, Sugars 24g, Fiber 0g

## Strawberry and Banana Oatmeal Smoothie → 5 grams of fiber per serving!

### Ingredients

Serves 2

- ¼ cup rolled oats
- 2 Tbs almond meal
- ½ tsp chia seeds
- ½ cup siggi's vanilla 0% yogurt
- 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 1/2 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

## Tropical Green Smoothie

### Ingredients

Serves 1

- 1 cup spinach
- ½ cup mango, cubed and frozen
- ½ cup pineapple, cubed and frozen
- ½ cup coconut water
- ¼ cup siggi's plain 0% yogurt

### Preparation

Combine all ingredients in a blender and blend until smooth. Can add more or less coconut water for desired texture and consistency.



### Nutrition Facts (per serving)

Calories 150, Protein 8g, Total Fat 0.5g, Saturated Fat 0g, Cholesterol less than 5mg, Sodium 95mg, Total Carbohydrates 32g, Sugars 24g, Fiber 0g

## Mixed Berry Smoothie

### Ingredients

Serves 1

- 1 5.3oz cup siggi's 0% mixed berries & açai yogurt (can also use any other berry flavor or plain yogurt)
- 1 cup frozen berries (strawberries, raspberries, blueberries, etc.)
- ½ cup coconut water
- 1 Tbs honey

### Preparation

Combine all ingredients in a blender and blend until smooth. If using fresh berries, add 1/2 cup of ice.



### Nutrition Facts (per serving)

Calories 280, Protein 17g, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0g, Sodium 80mg, Total Carbohydrates 54g, Sugars 43g, Fiber 5g

## Oat & Seed Smoothie → 9 grams of fiber per serving!

### Ingredients

Serves 1

- ½ cup siggi's 0% plain yogurt
- ½ cup siggi's 0% vanilla filmjölk
- 1 Tbs chia seeds
- 1 Tbs flax seeds
- ½ Tbs honey
- ½ cup rolled oats

### Preparation

Combine all ingredients in a blender and blend until smooth.



### Nutrition Facts (per serving)

Calories 340, Protein 25g, Total Fat 9g, Saturated Fat 1g, Cholesterol 10g, Sodium 100mg, Total Carbohydrates 45g, Sugars 19g, Fiber 9g