




Give smoothies a shot

moda
HEALTH

TABLE OF CONTENTS

Introduction	4
Mango & yogurt smoothie	6
Energizing green breakfast smoothie	8
Coffee banana smoothie	10
Avocado mango smoothie	12
Tropical blueberry smoothie	14
Chocolate cherry smoothie	16
Good to be green smoothie	18
Pink breakfast smoothie	20
Strawberry mango & yogurt smoothie	22
Apple pie smoothie	24
Purple berry smoothie	26
Peach oat smoothie	28
Pineapple coconut smoothie	30
Peanut butter & banana smoothie	32
Peach berry smoothie	34
Carrot cake smoothie	36
Peanut butter blueberry & banana smoothie	38
Pineapple banana smoothie	40
Watermelon coconut lime smoothie	42
Creamy golden milk smoothie	44



SMOOTHIES ARE A
CONVENIENT WAY TO MEET
YOUR DAILY FRUITS AND
VEGETABLE REQUIREMENTS
WHILE ALSO BENEFITING
FROM SUPERFOODS AND
PRODUCE YOU MIGHT
NEVER CONSIDER EATING AS
A SNACK ON THEIR OWN.

At Moda, we're committed to helping our members on their journeys to whole wellness, and a big part of that is highlighting steps you can take in making sure your diet is packed with essential vitamins and nutrients.

Smoothies offer a quick and convenient way to increase your daily nutrition. The key to maximizing the benefits of smoothies is focusing on whole, nutrient-dense foods while avoiding added sugars. Ready in a matter of minutes, smoothies can help:

- ✓ Improve your immune system
- ✓ Reduce inflammation
- ✓ Aid digestion
- ✓ Deliver antioxidants
- ✓ Provide sustained energy
- ✓ Boost brain function
- ✓ Reduce cravings for less healthful foods

And, with the right blend of vegetables, fruits, protein (from seeds and nuts) and fats (from Greek yogurt or nut butters), a smoothie can be substantial enough for a meal.

If you've got a blender, we recommend keeping a few healthy smoothie recipes in your back pocket. Each recipe in this booklet is nutritious and delicious as is, or can be used for inspiration to create your own nutrient powerhouse in a glass.

MANGOES ARE RICH
IN VITAMIN C,
ANTIOXIDANTS AND
FOLATE. THEY ARE ALSO
HELPFUL IN SUPPORTING
HEART HEALTH AND YOUR
DIGESTIVE SYSTEM.



MANGO & YOGURT SMOOTHIE

¼ teaspoon ground cinnamon
1½ cups plain yogurt
2 ½ cups frozen mango chunks
1 tbsp honey
Juice from half a lime

Instructions: Put all ingredients in a blender and blend on high. If needed, add a small amount of water to help the ingredients combine.

HEMP HEARTS ARE
A GREAT SOURCE OF
ESSENTIAL FATTY ACIDS
AND OFFER 10 GRAMS
OF COMPLETE PROTEIN
IN JUST 3 TABLESPOONS
(THE AMOUNT NEEDED
FOR THIS RECIPE)!



ENERGIZING GREEN BREAKFAST SMOOTHIE

- 1 frozen banana
- ½ cup frozen strawberries
- ½ cup frozen mango
- 1 cup of raw spinach or baby kale
- ⅓ cup parsley leaflets
- 3 tbsp hemp hearts
- ¼ tsp matcha green tea powder
- ¼ tsp fresh lemon juice
- 1 ½ cups unsweetened coconut water

Instructions: Combine all ingredients in a blender and blend until smooth.

BLACK COFFEE IS RICH
IN ANTIOXIDANTS AND
CONTAINS HIGH LEVELS
OF VITAMIN B2 AND
MAGNESIUM.



COFFEE BANANA SMOOTHIE

1 cup chilled coffee - Freeze the coffee in ice cube trays and you can omit the ice cubes

1 banana, cut into chunks

1 cup non-fat plain Greek yogurt

1 tbsp ground flax seed

2 tsp honey or agave nectar

½ tsp ground cinnamon

¼ tsp grated nutmeg

6 ice cubes

Instructions: Combine all ingredients in a blender and blend until smooth.

AVOCADOS ARE
ABUNDANT IN VITAMIN
K AND POTASSIUM
(EVEN MORE THAN
BANANAS!), AS WELL
AS HEART-HEALTHY
MONOUNSATURATED
FATTY ACIDS.



AVOCADO MANGO SMOOTHIE

1 cup frozen mango
½ pitted avocado
½ cup Greek Yogurt
1 cup almond milk
(or other milk substitute)
1-2 tbsp honey

Instructions: Combine all ingredients
in a blender and blend until smooth.

BLUEBERRIES ARE SOME OF THE MOST NUTRIENT-DENSE BERRIES AVAILABLE. ONE CUP OF BLUEBERRIES CONTAINS 4 GRAMS OF FIBER, AND A QUARTER OF THE RECOMMENDED DAILY VALUE OF VITAMIN C, VITAMIN K AND MANGANESE.



TROPICAL BLUEBERRY SMOOTHIE

1 tbsp honey

1 cup chopped pineapple

1½ cups frozen blueberries

1 orange, seeded and cut into quarters

½ - ¾ cup water

Instructions: Put all ingredients in a blender and blend on high.

CHERRIES ARE HIGH IN
FIBER, VITAMIN C AND
POTASSIUM TO HELP YOU
MAINTAIN YOUR IMMUNE
SYSTEM AND NERVE
FUNCTION.



CHOCOLATE CHERRY SMOOTHIE

- 1 frozen banana
- 1 cup frozen unsweetened dark cherries
- 3 tbsp hemp hearts
- ½ cup raw spinach or baby kale
- 3 tbsp unsweetened cacao powder
- 1½ cups unsweetened coconut water

Instructions: Combine all ingredients in a blender and blend until smooth.

SPINACH IS SO HIGH IN
VITAMIN A, VITAMIN C,
VITAMIN K1, FOLIC ACID,
IRON AND CALCIUM. IT'S NO
WONDER POPEYE CARRIED
THIS SUPERFOOD AROUND
WITH HIM.



GOOD TO BE GREEN SMOOTHIE

- 1 cup raw spinach
- 1 frozen banana
- 1 cup fresh, whole strawberries
- 1 cup non-fat milk
(or milk alternative)

Instructions: Combine all ingredients
in a blender and blend until smooth.

OATS CONTAIN HIGH AMOUNTS OF SOLUBLE FIBER, CAN HELP LOWER CHOLESTEROL LEVELS, AND HELP CONTROL BLOOD SUGAR LEVELS.



PINK BREAKFAST SMOOTHIE

1 cup strawberries

1 banana

½ cup oats

1 tsp raw honey

1 cup almond milk (or other milk substitute)

Handful of ice cubes

Instructions: Combine all ingredients in a blender and blend until smooth.

STRAWBERRIES ARE AMONG
THE TOP 20 ANTIOXIDANT-
RICH FRUITS AND ARE
A GOOD SOURCE OF
POTASSIUM AND FIBER.



STRAWBERRY, MANGO & YOGURT SMOOTHIE

1¼ cups apple juice

1 cup plain yogurt

1 cup fresh or frozen strawberries

2 cups fresh or frozen mango chunks

Instructions: In a blender, combine all ingredients and puree until smooth.

REACHING FOR
UNSWEETENED APPLE
SAUCE WILL DELIVER
MANY OF THE HEALTH
BENEFITS OF APPLES,
SUCH AS ANTIOXIDANTS
AND FIBER WITHOUT
THE SUGAR SPIKE.



APPLE PIE SMOOTHIE

½ cup unsweetened applesauce

¼ cup non-fat milk

(or milk alternative)

¼ tsp ground cinnamon

1 - 2 ice cubes

Instructions: In the order listed, add everything to the blender and pulse until smooth. Drink immediately.

RASPBERRIES ARE
ONE OF THE LOWEST-
SUGAR FRUITS
AVAILABLE AND ARE
RICH IN ANTIOXIDANTS
AND FIBER.



PURPLE BERRY SMOOTHIE

½ cup fresh or frozen raspberries

½ cup fresh or frozen blueberries

6 large strawberries

(fresh is best but frozen is ok)

½ cup coconut water

½ cup non-fat Greek yogurt

Optional - 1 tbsp honey or to taste

Optional - ½ tsp vanilla

Instructions: Add all ingredients in the order listed to your blender or food processor. Add more coconut water if it's too thick.

LOADED WITH
ANTIOXIDANTS, QUALITY
PROTEIN AND FIBER,
CHIA SEEDS PACK A
POWERFUL NUTRITIONAL
PUNCH DESPITE THEIR
SMALL SIZE



PEACH OAT SMOOTHIE

1 ripe peach, quartered, pits removed
½ tbsp chia seeds
¼ cup rolled oats
½ frozen banana
¼ cup orange juice
½ cup milk or milk alternative
½ tbsp maple syrup
(or another preferred sweetener)

Instructions: Combine all ingredients
in a blender and blend until smooth.

THE UNIQUE COMBINATION
OF FATTY ACIDS IN
COCONUT OIL MAY HELP
BOOST WEIGHT LOSS,
HEART HEALTH AND BRAIN
FUNCTION.



PINEAPPLE COCONUT SMOOTHIE

- ⅓ cup plain Greek yogurt
- 2 peeled frozen bananas, broken in half
- 1 ¾ cups chopped fresh pineapple
- 2 tbsp raw unrefined coconut oil
- 1 cup ice
- ½ cup water or coconut milk

Instructions: Combine all ingredients in a blender and blend until smooth

GREEK YOGURT IS A POWERHOUSE FULL OF PROTEIN, PROBIOTICS AND CALCIUM, AND CONTAINS LESS SUGAR (BOTH NATURAL AND ADDED) THAN PLAIN REGULAR YOGURT.



PEANUT BUTTER & BANANA SMOOTHIE

Half of a frozen banana

½ cup non-fat milk

(or milk alternative)

½ cup non-fat plain Greek yogurt

2 tbsp peanut butter

(or other nut butter)

Optional - 1 tsp cocoa powder

Instructions: Place all ingredients in the blender. Blend until thick and creamy

PEACHES ARE HIGH
IN FIBER AND
ANTIOXIDANTS AND
MAY CONTRIBUTE TO
HEALTHY DIGESTION.



PEACH BERRY SMOOTHIE

6 oz plain fat free yogurt

1 medium peach (sliced)

½ cup raspberries

¼ tsp vanilla

Optional - 4-5 ice cubes

Instructions: Combine all ingredients
in a blender and blend until smooth.

CARROTS ARE HIGH
IN VITAMIN A, FIBER
AND POTASSIUM.



CARROT CAKE SMOOTHIE

- 1 large frozen banana
- ½ cup chopped carrot
- 1 pitted date
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- 1 tsp fresh grated ginger

Instructions: Combine all ingredients
in a blender and blend until smooth.

BANANAS ARE AN
EXCELLENT SOURCE
OF MAGNESIUM AND
POTASSIUM, AS WELL AS
SEVERAL OTHER NUTRIENTS
THAT CAN HELP LOWER
BLOOD PRESSURE.



PEANUT BUTTER BLUEBERRY & BANANA SMOOTHIE

- 1 banana, fresh or frozen
- 1 cup frozen blueberries
- 1 tablespoon peanut butter
- 1 cup milk (almond, plain, oat, etc.)

Instructions: Combine all ingredients
in a blender and blend until smooth.

PINEAPPLE CONTAINS ENZYMES THAT CAN EASE DIGESTION AND ONE CUP WILL HELP YOU MEET THE RECOMMENDED (AND THEN SOME) DAILY VALUE OF VITAMIN C.



PINEAPPLE BANANA SMOOTHIE

1 cup pineapple chunks

1 small banana

1 cup coconut milk

Instructions: Combine all ingredients in a blender and blend until smooth.

WATERMELON IS A
LOW-CALORIE FRUIT
THAT IS HIGH IN
VITAMIN C, VITAMIN
A AND SEVERAL
ANTI-INFLAMMATORY
ANTIOXIDANTS.



WATERMELON COCONUT LIME SMOOTHIE

4 cups frozen watermelon

1 tbsp honey

2 tbsp lime juice

1½ cups coconut water

Instructions: In a small cup, mix the lime juice and honey until the honey dissolves before adding to the blender with the watermelon and coconut water.

BOTH TURMERIC
AND GINGER CONTAIN
ANTI-INFLAMMATORY
ANTIOXIDANT
COMPOUNDS THAT CAN
AID IN DIGESTIVE AND
BRAIN FUNCTION.



CREAMY GOLDEN MILK SMOOTHIE

- 1 whole frozen banana
- 1 cup milk or milk alternative
- ¼ cup fresh carrot juice (or ½ cup sliced carrot)
- 1 tsp ground turmeric
- 1 tbsp fresh ginger
- 1 dash ground cinnamon
- 1 dash black pepper
- 1 dash ground nutmeg
- 1 dash clove
- 1 dash ground cardamom

Instructions: Combine all ingredients in a blender and blend until smooth.



**A HEALTHY OUTSIDE
STARTS FROM THE INSIDE.**

—Robert Urich

