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# 31 Amazing Blender Drink Recipes

Drink Your  
Way Lean!



**Craig Ballantyne & Friends**

## **Welcome from Craig Ballantyne & Turbulence Training...**

Hi! I'm Craig Ballantyne, a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

And recently this year I took the hobby of "blender drinks"... basically, tossing a whole bunch of healthy ingredients into a blender and hoping it would turn out right.

At first, it was a bit of a disaster... but then, eventually I got the hang of it. And I've continued experimenting with dozens of ingredients to create healthy, filling, energy boosting blender drinks that taste amazing and will help you get lean.

So that's what you'll discover in this report, plus you'll hear from my "SuperFriends" about their favorite protein shakes, post-workout drinks, and smoothies. These will keep you busy until I discover some more amazing new recipes to give you.

Right now there are 43 blender drinks in this manual, but over time we'll update it and add more... and email you a FREE updated copy!

Until then, enjoy.

Your friend and coach,

Craig Ballantyne, CSCS, MS,  
Author, Turbulence Training

**PS – Don't forget my other sites here...**

[www.TransformationContest.com](http://www.TransformationContest.com) – Win up to \$1000 just for losing belly fat!

[www.TTFatLoss.com](http://www.TTFatLoss.com) – My blog with advanced training information to help men and women gain muscle and lose fat fast.

[www.TTMembers.com](http://www.TTMembers.com) – Craig's new Turbulence Training Membership site featuring a forum, exercise video clips, and access to every workout program, manual, and e-book he has ever written for his websites.

**Disclaimer:**

**You must get your physician's approval before beginning this nutrition program.**

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to making any changes in your nutrition. This program is designed for healthy individuals 18 years and older only. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any nutritional program.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

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## **Amazing Blender Drinks**

Let's start with the rules of the road...

### **Rules**

1. My favorite blender drinks have 3 fruits...and generally I recommend 1 frozen, a banana, and at least one berry)
2. Every blender drink "needs" one greens ingredient (spinach is your safest)
3. Add one nut butter (peanut butter for safety, cashew butter, or almond butter)
4. Throw in another healthy fat source (such as flax meal, flax oil, or walnuts)
5. Instead of regular milk, use almond milk (lower calories, but less protein) – you can try hemp milk, but it tastes like dirt
6. To thicken the shake, you can add oatmeal, flax meal, applesauce, or ice
7. To energize your shake (i.e. caffeine), try adding cacao nibs or cacao powder
8. Build your blender drink base with 3 fruits, 1 green ingredient, a nut butter, and then consider being adventurous with cacao nibs, cacao powder, sunflower seeds, almonds, sesame seeds, chia seeds, hemp seeds, & other ingredients and options you'll discover below
9. I have almost every blender drink in the morning with a toasted raw almond butter sandwich on flax meal bread
10. Always be prepared! Make a list, stock your fridge, & enjoy!

Here's a list of all the ingredients you might consider buying for your blender drinks:

### **Fruits**

- Apples – I don't use apples a lot, but they can work
- Bananas – Almost mandatory
- Raspberries- My favorite fruit...allows you to mask a lot of other ingredients
- Blueberries – Always turns your drinks purple...be careful
- Strawberries - Classic
- Blackberries – Not my favorite...turns the drinks dark without much flavor
- Pineapple – Leaves a strong acidic taste...its okay
- Mango – Not my favorite
- Watermelon – Once in a while I use it, but not often
- Oranges – Ditto
- Dates – A real interesting addition – try recipe #6 – Awesome!
- Avocado – Makes a drink smooth

### **Greens**

- Baby spinach – The easy, tasteless go-to
- Kale – much more adventurous than spinach...be careful!
- Broccoli – not bad...but you need a high powered blender to blend it
- Celery – surprising "kick" from this...you can't hide celery in a blender drink
- Cucumber – I'm not a huge fan...so I won't be using it too much

## Amazing Blender Drinks

### Nuts/Seeds

- Almonds – Tough to blend
- Walnuts – Easy to blend
- Pecans – I don't use these often
- Cashews – Ditto
- Sunflower seeds – Don't blend well...you'll be chewing these
- Hemp seeds – Earthy flavor...not my favorite
- Chia seeds – These are okay
- Flax meal – This stuff can thicken your drink fast, so don't put too much in

### Other

- Unsweetened Plain or Vanilla Almond Milk
- Chocolate almond milk
- Cacao nibs – These will put a zing in your day (a little bit of caffeine)
- Vanilla
- Cinnamon
- Maca
- Coconut flakes
- Protein Powder, including:
  - Sun Warrior Protein (vegetarian)
  - Vega
  - Prograde Whey Protein

### My favorite ingredients

Fruit: Raspberries

Green: Spinach (you can't taste it, trust me!)

Milk: Almond milk

Nut butter: Peanut butter

Protein: Sun warrior protein

From those 5 ingredients, you could make an awesome delicious blender drink.

Let's do this!

## **31 Amazing Blender Drinks**

### **Recipe #1 – The Blender Drink Base**

1 banana  
Raspberries  
Strawberries  
Handful of baby spinach  
2 cups almond milk  
10 walnuts  
1 tspn Cashew butter  
1 scoop vegetarian protein powder (Sun Warrior or Rice Protein Powder)

### **Recipe #2 – The Post Workout Blender Drink**

1 banana  
Raspberries  
Blueberries  
Handful of baby spinach  
2 cups almond milk  
1 tspn peanut butter  
1 scoop vegetarian protein powder (Sun Warrior or Rice Protein Powder)

### **Recipe #3 – Supercharged Strawberry-Banana**

1 ripe banana  
Frozen strawberries  
Frozen raspberries  
Baby spinach  
Flax oil (you can't taste it, trust me!)  
Cashew butter  
Chocolate vegetarian protein powder  
2 cups almond milk

### **Recipe #4 – Healthy Purple Jungle Juice**

Blueberries  
Blackberries  
Raspberries  
1 banana  
Spinach  
Almond butter  
Almond milk  
Walnuts  
Sun warrior protein powder

## **31 Amazing Blender Drinks**

### **Recipe #5 – Adventurous Blender Drink (aka “Everything but the kitchen sink”)**

1 banana  
Raspberries  
Blackberries  
Pineapple  
Spinach  
Almond milk  
Walnuts  
Sesame seeds  
Flax meal  
Peanut butter  
Vegan vanilla protein called Phyto Protein

### **Recipe #6 – The Afternoon Delight (like a crazy ice cream!)**

Almond milk  
100mL coconut milk  
6 dates  
1 frozen banana  
Strawberries  
Raspberries  
Blueberries  
Rice protein powder  
Chia seeds  
Walnuts  
Macadamia nut butter

### **Recipe #7 – The Hemp Seed Shake**

1 banana  
Raspberries  
Blueberries  
Spinach  
1 cup 1% milk  
1 cup almond milk  
Cashew butter  
Flax oil  
Vega protein  
1 tbspn hemp seeds

## **31 Amazing Blender Drinks**

### **Recipe #8 – The Chia Seed Shake**

1 banana  
Raspberries  
Blueberries  
Spinach  
Almond milk  
Walnuts  
Cashew butter  
Sesame seeds  
Chia seeds  
Brown rice protein powder

### **Recipe #9 – The Applesauce Drink**

1 banana  
Strawberries  
1 cup applesauce  
Spinach  
2 tspn oatmeal  
Walnuts  
Vega chocolate protein powder  
Cashew butter  
Almond milk  
Sesame seeds

### **Recipe #10 – The Light Green Smoothie**

Spinach  
Broccoli  
Celery  
1 granny smith apple  
Rice protein  
Almond milk  
1 tspn hemp seed

### **Recipe #11 – The Celery Drink (honestly, not my favorite)**

Blackberries,  
Strawberries  
Raspberries  
1 banana  
Spinach  
Small piece of celery (but I could still taste it)  
Sun warrior protein  
Rice milk



## 31 Amazing Blender Drinks

### **Recipe #12 – The Best Kale Drink (not my favorite, but here's the best I did)**

1 banana  
Blueberries  
Raspberries  
2 kale leaves  
Vegetarian protein powder  
Almond milk  
Flax oil  
Tbspn natural peanut butter

### **Recipe #13 – Double Bananas**

2 bananas  
Blueberries  
Raspberries  
Spinach  
Almond milk  
Walnuts  
Almond butter

### **Recipe #14 – Vegan Yogurt (couldn't think of a better name)**

1 banana  
Blueberries  
Strawberries  
Spinach  
Almond butter  
Almond milk  
Walnuts  
Sun Warrior protein  
Poured over oat groats (soaked those in water for 24 hours), almonds, and raisins.

### **Recipe #15 – The Surprisingly Good Recipe**

Blueberries  
Strawberries  
Raspberries  
1 banana  
Cashew butter  
Almond milk  
Walnuts  
Sun Warrior protein  
Cacao nibs

## **31 Amazing Blender Drinks**

### **Recipe #16 – Post Workout Banana Mango**

1 banana  
Strawberries  
Blueberries  
Mango  
2 cups 1% milk  
Peanut butter  
Spinach  
Sunflower seeds

### **Recipe #17 – Cement Mixer (watch it, this turns thick in a hurry!)**

Oatmeal (handful)  
1 banana  
Blueberries  
Raspberries  
Spinach  
Peanut butter  
Vanilla Yogurt  
Ice

### **Recipe #18 – Strawberry Mango Mash-up**

Strawberries  
Blueberries  
Mango  
Almond milk  
Sunflower seeds  
Almond butter  
Kale  
1/2 an avocado

### **Recipe #19 – Chocolate Banana Oatmeal Mix**

1 banana  
Strawberries  
Spinach  
Oatmeal  
Walnuts  
Chocolate Vega protein powder  
Cashew butter  
Sesame seeds  
Almond milk

## SuperFriend's Recipes

From Chris Lopez

[www.KettlebellWorkouts.com](http://www.KettlebellWorkouts.com)

- Everything is vegan (because I'm lactose intolerant so I don't use dairy - no yogurt, milk or whey protein). But, obviously, feel free to substitute dairy if you like.
- I also try to get my hands on as many local and/or organic ingredients as I can.
- I LOVE coconut milk. With ancestry from the south pacific & Asia, I grew up on the stuff. Lately, I've been using only canned organic coconut milk.
- If you're trying to gain weight, add some coconut oil to the shakes to give it some extra calories sweetness & flavor.
- I've been also using/experimenting with adding local honey to the shakes (and taking it by the teaspoon) because my naturopath told me that it can help with allergies (something about bees gathering pollen from local flowers). Since I started doing that my allergies have subsided.

### **Recipe #20 – Tropical Thunder (anytime shake)**

1/2 cup (125mL) Coconut Milk

1 banana

1 cup frozen mango

1 cup frozen strawberries

1 cup kiwi or papaya

1/2 cup almond milk or water (for consistency)

1 scoop vegetarian protein or Greens supplement (I use Sun Warrior or Vega)

### **Recipe #21 – Post-workout Shake**

- There is not a lot of fat in this shake but there are lots of calories to help replenish stores after a workout or event.
- This shake keeps really well too (I've kept it in the fridge overnight and it still tasted really good the next day).

1 cup Organic Vanilla Almond Milk

1 banana

1 cup mixed berries

1 scoop vegetarian protein powder

1 tsp maca powder

1 tsp local honey

## CB's SuperFriend's Recipes

From Chris Lopez

[www.KettlebellWorkouts.com](http://www.KettlebellWorkouts.com)

### **Recipe #22 – Good Morning Shake**

- In the morning I fuel up and really want to feel full because I know it will be 3 or 4 hours until my next meal. So for this shake, I try to get as many good wholesome ingredients (usually everything is organic) that I can get my hands on.

1 cup coconut milk  
1 banana  
1 cup mixed berries  
1 cup almond milk (for consistency)  
1 handful frozen spinach  
1 handful walnuts  
2 tbsp Chia seeds  
1 tbsp cocoa nibs  
1 tsp maca powder  
1 tsp local honey  
1 scoop vegetarian protein powder

From Amy Dodd, Turbulence Training Operations Manager

### **Recipe #23 – Chocolate Banana Protein Shake**

0.5 cup of chocolate unsweetened almond breeze  
1 scoop of chocolate proteins plus protein powder  
1 medium-sized banana  
1 tablespoon of maca powder  
A big handful of spinach or kale  
Lots of ice (thick shake)

**Optional:** cacao nibs

### **Recipe #24 – Breakfast Shake**

1-2 cups of chocolate unsweetened almond breeze  
1 scoop of chocolate proteins plus protein powder  
1 medium-sized banana  
Handful of blueberries  
1 tablespoon of cashew butter  
1 handful of walnuts  
1 tablespoon of maca powder  
A big handful of spinach 5 ice cubes

## CB's SuperFriend's Recipes

**From Amy Dodd, Turbulence Training Operations Manager**

### **Recipe #25 – Chocolate Banana and Pear Shake**

0.5 cup of chocolate/vanilla unsweetened almond breeze

1 scoop of chocolate proteins plus protein powder

1 small-sized banana

1 bosc pear

1 tablespoon of maca powder

A big handful of spinach

Lots of ice (thick shake)

**Optional:** cacao nibs

**From Vince Del Monte**

[www.YourSixPackQuest.com](http://www.YourSixPackQuest.com)

### **Recipe #26 – Island Power Gainer Shake**

1-3 scoops of protein powder

½ mango, peeled and cubed

½ cup of pineapple chunks in unsweetened juice, undrained

1 kiwi, peeled and cubed

1 strawberry

½ cup of ice cubes

### **Recipe #27 – Chocolate Peanut Butter Shake**

1-3 scoops of chocolate protein powder

1 cup of 1% chocolate milk

½ cup of cottage cheese

2 tbsp natural peanut butter

1.5 cup of ice

Splenda, for taste

### **Recipe #28 – Almond Coconut Shake**

1-3 scoops of chocolate protein powder

1 cup of 1% chocolate milk

6 almonds

1 tbsp of grated coconut

Splenda for taste

½ cup of almond extract

1 cup of ice

## CB's SuperFriend's Recipes

From Joel Marion

[www.BodyTransformationInsider.com](http://www.BodyTransformationInsider.com)

NOTE: For all nutrition shake recipes, the use of a blender is recommended. Be sure to always place the liquid first, then add the remaining ingredients one by one to ensure the smoothest final product. For a more milkshake-like consistency, add more ice.

### **Recipe #29 – Café Mocha Protein Shake**

1.5 scoops (30 grams protein) Chocolate Whey Protein  
1 tsp instant coffee  
1 cup cold water  
4 ice cubes

\*for a Protein+Fat shake, add 1 tbsp of canola oil or light tasting olive oil

\*for a Protein+Carbohydrate shake, use 2 scoops Whey Protein and mix with 1 cup of skim milk

### **Recipe#30 – Oats & Honey Protein Shake**

2 scoops Vanilla Whey Protein  
1/2 cup (dry measurement) rolled oats cooked with water, nuked and cooled  
1 tbsp sugar free honey  
1 cup skim milk  
4 ice cubes

### **Recipe #31 – Key Lime Pie Protein Shake – POST WORKOUT ONLY**

2 scoops Vanilla Whey Protein  
1 reduced fat graham cracker (broken into smaller pieces)  
1 tbsp sugar free instant vanilla pudding (optional)  
1 tbsp sweetened lime juice concentrate  
1 packet artificial sweetener  
1 cup skim milk  
4 ice cubes

### **Recipe #32 – Blueberry Cheesecake Protein Shake – POST WORKOUT ONLY**

1.5 scoops (30 grams protein) Vanilla Whey Protein  
1 reduced fat graham cracker (broken into smaller pieces)  
2 tbsp no bake, reduced-fat cheesecake mix  
1/4 cup fresh or frozen blueberries  
1.5 cups skim milk  
4 ice cubes

## CB's SuperFriend's Recipes

From Holly Rigsby  
[www.ClubFYM.com](http://www.ClubFYM.com)

### **Recipe #33 – Kickin' Ginger Smoothie**

3/4 cup Greek yogurt

1 large ripe banana – peeled/frozen

2 tsp fresh grated ginger

½ papaya chopped

1/4 cup almond milk

Pour almond milk into blender. Add fruit and ginger. Blend. Add yogurt. Blend again until smooth.

### **Recipe #34 – Blueberry Kale Smoothie**

1 large ripe banana, peeled/frozen

2-4 kale leaves

1 cup blueberries, frozen

1 cup filtered water

Pour the water into blender. Add banana and kale. Blend. Add the blueberries. Blend again until smooth.

### **Recipe #35 – Fruity Green Smoothie**

1 cup green grapes

1/2 cup pineapple chunks

2 cups fresh spinach

1/2 ripe banana peeled/frozen

1/2 cup water

1 cup ice

Pour water and ice into blender. Add remaining ingredients. Blend.

### **Recipe #36 – Apricot Nectarine Smoothie**

1 cup Greek yogurt

1 nectarine chopped

1 apricot chopped

1 scoop vanilla protein powder

½ cup ice

Pour yogurt into blender with ice. Add fruit, protein powder. Blend.

### **Recipe #37 – Frosty Cinnamon Smoothie**

1 frozen banana

1/2 cup filtered water

1 tsp Cinnamon

1/4 cup Cashews

## CB's SuperFriend's Recipes

**From Jayson Hunter**

[www.GetPrograde.com](http://www.GetPrograde.com)

### **Recipe #38 – Iced Raspberry Mocha**

For coffee lovers: Omit the cream and sugar, but keep the sweet, creamy coffee drink!

Brew one cup of coffee (I used Hazelnut, regular is fine, as is decaf)

Add 4 ice cubes

1 3/4 scoop Prograde Lean Chocolate Flavor Meal Replacement

2 tbsp. pecans (or almonds)

1/4 c frozen raspberries.

### **Recipe #39 – Blueberry Protein Smoothie**

2 scoops Prograde Protein Vanilla

1/2 cup blueberries

12 oz almond milk

Blend Prograde protein powder, almond milk and blueberries together in a blender until it is mixed well. Drink immediately or if you want more an ice cream consistency try this.

Tip: Put in the freezer to freeze. Once frozen then enjoy!

Healthy ice cream will come out harder than conventional high fat, high sugar ice creams.

My suggestion is to portion out the blended mix into serving bowls or tupperware bowls and then freeze. Just take out your serving and let it set on the counter for 10 minutes. If you can't wait that long put it in the microwave for 30 seconds or so and then enjoy!

**From Jason Ferruggia**

[www.JasonFerruggia.com](http://www.JasonFerruggia.com)

### **Recipe #40 – Banana Berry Banger**

16 oz water

8 oz coconut milk

1-2 bananas

2 cups mixed frozen organic berries

3 dates

3 scoops Sun Warrior protein

1 tbsp chia seeds

cinnamon

### **Recipe #41 – Banana Chocolate Peanut Butter Cup**

16 oz water

8 oz chocolate hemp milk

2 tbsp peanut butter

1-2 bananas

2 tbsp cacao nibs

1 tbsp hemp seeds

1 handful baby spinach (you don't taste it)



## CB's SuperFriend's Recipes

**From Kardenia Pauza**

[www.KardenasKitchen.com](http://www.KardenasKitchen.com)

### **Recipe #42 – Orange Crush**

1 Orange

½ - 1 cup Raspberries

1 cup Spinach

8-10 Almonds

1 Tbl flax seeds

Dash of Cinnamon

Stevia/ agave nectar

Ice (optional)

Water

### **Recipe #43 – Chai Delight**

1 cup almond milk

1 or 2 ripe bananas

1 Tablespoon Raw Tahini (optional)

Vanilla Protein – optional

Dash of nutmeg, cinnamon, ground cloves, ground cardamom OR use Chai spices

1 large dash of Stevia or 1 Tablespoon raw honey or agave syrup (optional)

Crushed ice

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**Keith Suthammanont**

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**Bobby Logan, CT**

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