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ENERGISE KITCHEN COOKBOOK

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Here at 'ENERGISE' we pride ourselves on not only educating our clients with regard to everything they need to know INSIDE the gym - we also ensure that their needs are met with all of the other important factors OUTSIDE of the gym too - meaning no stone is left unturned as we guide you towards your goals.

A structured and sustainable nutrition plan will always be key to your success, so we have made this as easy as possible for you by putting together this cookbook full of tasty and nutritious meal ideas.

We feel that not only the variety, but also the simplicity of these meals will prove invaluable in your journey to becoming the very best version of yourself.

Enjoy!

A handwritten signature in black ink that reads 'Steve Hinds'.

Steve Hinds

Owner and Lead Coach

Energise

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



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KIWI BANANA BREAKFAST SMOOTHIE

SERVES: 2

TOTAL TIME: 3 MINUTES

INGREDIENTS

3 **kiwi fruits**

2 **bananas**

180 millilitres chilled **milk** (any milk is fine, soy, almond, coconut etc)

190 grams chilled **low fat yoghurt**

4 tablespoons **porridge oats**

1 thumb sized piece of **ginger**, grated

Optional:

1 teaspoon **honey**

(if you like it that bit sweeter)

INSTRUCTIONS

Skin the kiwis, slice off the top and bottom, stand and then slice off the edges.

Peel the bananas then chop or grate the ginger.

Blitz everything until smooth in a blender

Pour into tall glasses and enjoy!

Ginger has MANY health benefits, some including anti-inflammatory properties, blood sugar regulation, and gastrointestinal relief.

MACROS PER PORTION

CALORIES	297	PROTEIN	11
CARBS	59	FATS	3
FIBRE	9		

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PEANUT BUTTER AND JELLY

SERVES: 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

227 grams chilled plain, **fat free Greek yoghurt**
120 millilitres chilled **unsweetened vanilla almond milk**
2 packets **natural sweetener** (Truvia, stevia, etc.)
25 **green grapes**
60 grams **peanut flour**
4 **ice cubes**

INSTRUCTIONS

Blitz the Greek yoghurt, milk, sweetener and grapes in a blender until the grape skins are completely mixed in and no bits are visible.

Add the peanut flour and ice and blend again until silky and smooth.

Serve immediately or keep cold in your refrigerator.

Traditional PB&J recipes are made with grape, jelly (or jam as it's known in the UK). This recipe makes use of the grapes in their fresh form, bringing down the calories.

MACROS PER PORTION

CALORIES	260	PROTEIN	29
CARBS	29	FATS	4.5
FIBRE	5		

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BLUEBERRY AND KALE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

½ **Banana**
115 grams chopped **kale**
50 grams **blueberries** fresh or frozen
125 grams chilled plain **low fat yoghurt**
1 scoop **protein powder**
120 millilitres **cold water** (optional)
1 tablespoon **flax seed meal**
½ teaspoon **cinnamon**
Two handfuls **ice**

INSTRUCTIONS

Place all the ingredients in a high speed blender

Blend until smooth

Add some of the optional water if you prefer a thinner consistency.

Serve immediately

MACROS PER PORTION

CALORIES	240	PROTEIN	17
CARBS	38	FATS	4
FIBRE	7		

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CHOCOLATE AVOCADO

SERVES: 1

TOTAL TIME: 3 MINUTES

INGREDIENTS

85 grams cold **avocado flesh**

2 tablespoons **cocoa powder**

1 medium **cold banana**

65 grams chilled plain **Greek yoghurt** or coconut cream

2 to 4 tablespoons chilled **milk**

½ teaspoon **vanilla extract**

INSTRUCTIONS

Blend everything together until smooth and creamy, you can add more milk at this stage if you prefer a thinner consistency.

Serve immediately or keep covered in the refrigerator for up to 24 hours.

Note: Coconut cream (from a tin of chilled coconut milk) or coconut milk yoghurt will produce a thicker smoothie but you could also use coconut milk for a thinner version while still adding coconut flavour.

MACROS PER PORTION

CALORIES	361	PROTEIN	15
CARBS	33	FATS	20
FIBRE	2		

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SUPERFOOD SHAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

115 grams frozen **cherries**
240 millilitres chilled **water**
115 grams chopped **raw beetroot**
115 grams **frozen strawberries**
115 grams **frozen blueberries**
½ **banana**
1 scoop **chocolate whey protein**
1 tablespoon **ground flax seed**

INSTRUCTIONS

Place all the ingredients into a blender and blitz into a smooth consistency.

Vary the amount of water according to your preferred consistency

Serve immediately.

This recipe makes use of beets or beetroot. Beetroots and beetroot juice have been associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance.

MACROS PER PORTION

CALORIES	329	PROTEIN	28
CARBS	52	FATS	4
FIBRE	11		





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DOUBLE CHOCOLATE MINT SMOOTHIE

SERVES: 1

TOTAL TIME: 3 MINUTES

INGREDIENTS

1 scoop **chocolate protein powder**
180 millilitres **cold chocolate flavoured almond milk**
1 tablespoon **walnuts**
2 tablespoons **unsweetened cocoa powder**
1 tablespoon **cacao nibs**
2 **mint leaves**
4 **ice cubes**
60 millilitres **water**

INSTRUCTIONS

Place all the ingredients into your blender.

Blend until all combined and smooth, without any large pieces of walnuts

Adjusting the quantity of water, or ice cubes will alter the consistency to suit your preference.

Serve cold.

If you can't find the dark chocolate almond milk add in an extra tsp of cocoa powder.

MACROS PER PORTION

CALORIES	292	PROTEIN	25
CARBS	32	FATS	12
FIBRE	4		

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CHERRY CHEESECAKE SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

350 millilitres cold **milk**
2 scoops **chocolate flavoured protein powder**
450 grams pitted **sweet dark cherries**
225 grams **raw spinach**
1 tablespoon **walnuts**
1 tablespoon **ground flax**
1 tablespoon **cacao nibs**
or dark cocoa powder

INSTRUCTIONS

Wash the spinach and pat dry.

In a high speed blender, place all the ingredients together and blend to a smooth consistency.

Enjoy immediately, topped with extra cacao nibs for a crunchy texture.

MACROS PER PORTION

CALORIES	530	PROTEIN	56
CARBS	47	FATS	13
FIBRE	9		

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CHOC PB AND BANANA

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 200 grams **banana** (previously peeled, sliced and frozen)
- 2 tablespoons **salted natural peanut butter**
- 1-2 pitted whole **dates**
- 1 tablespoon **cacao powder** or unsweetened cocoa powder
- 235 to 355 millilitres unsweetened **almond milk**
- ½ cup **ice** (optional)

- Optional Additions:
- 1 tablespoon **cacao nibs** for a chocolate chip effect (blend in or use as topping)
 - 1 tablespoon **flax or hemp seeds** (for added nutrition)
 - Dairy-free chocolate sauce** (for drizzling inside glass)

INSTRUCTIONS

- With the exception of the almond milk, add everything together in a blender.
- Incorporate the almond milk 100 millilitres at a time, using just enough to allow the ingredients to blend until your desired consistency is reached.
- Taste and adjust flavours, more banana and/or dates will yield more sweetness, cacao for a more chocolatey flavour, and peanut butter if you like it a bit more savoury. Optional: Add a handful of ice for extra thickness.
- For a more creative look, add the cacao nibs towards the end of preparation for a choc-chip effect and swirl your chilled glass with the chocolate sauce before pouring.
- Serve topped with a sprig of fresh mint and some sliced banana

MACROS PER PORTION

CALORIES	382	PROTEIN	13
CARBS	44	FATS	21
FIBRE	8		

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PUMPKIN PIE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 350 millilitres chilled **almond milk**
- 115 grams **pumpkin puree**
- 1 tablespoon **almond butter**
- 1 scoop **vanilla protein powder**
- ½ teaspoon **cinnamon powder**
- ¼ teaspoon **nutmeg powder**
- ¼ teaspoon **ginger powder**

Optional Toppings:
Pumpkin seeds
Hemp seeds

INSTRUCTIONS

Combine all the ingredients in a blender, blitz until smooth and there are no visible traces of nut butter.

Serve in long tumblers

For extra crunch, sprinkle with hemp seeds and/or pumpkin seeds.

MACROS PER PORTION

CALORIES	390	PROTEIN	24
CARBS	31	FATS	17
FIBRE	5		

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KEY LIME PROTEIN SHAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 115 grams **fat free cottage cheese**
- 1 Scoop **vanilla protein powder**
- 1 tablespoon **lime juice**
- 5 to 10 **ice cubes**
- 350 millilitres cold **water**
- 2 to 4 packs **Stevia** (or ¼ -1 teaspoon sweetener of choice)
- 2 or 3 drops **green food colouring**,
or a handful of spinach to make it green.

- Optional:
1 tablespoon **sugar free vanilla instant pudding mix**
- ½ teaspoon **xanthan gum**
- 1 **digestive biscuit** crushed into crumbs

INSTRUCTIONS

Add everything into a blender and whizz up until rich and creamy,

Add the water and ice cubes gradually, until you reach your desired consistency, the addition of the pudding mix and/or gum will also yield a thicker, creamier end result.

Top with sprinkles of the crushed biscuit and enjoy!

One lime can provide 32 percent of your required daily vitamin C

MACROS PER PORTION

CALORIES	180	PROTEIN	36
CARBS	7	FATS	1
FIBRE	1		

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SKINNY OREO SHAKE

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

250 grams **fat free cottage cheese**

230 millilitres **skimmed milk**

3 **Oreo cookies**

1 teaspoon **Truvia or Stevia**

1 teaspoon **vanilla extract**

INSTRUCTIONS

Blend the cottage cheese until smooth (you may want to add a splash of milk to assist the blending)

Add the rest of the ingredients to the blender and blitz, adding more milk if you like it a bit thinner and bear in mind that it will thicken slightly when chilled

Chill for around one hour before consuming.

MACROS PER PORTION

CALORIES	204	PROTEIN	26
CARBS	22	FATS	5
FIBRE	0		





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FRENCH TOAST

SERVES: 1

TOTAL TIME: 3 MINUTES

INGREDIENTS

- 115 grams **fat free cottage cheese**
- 1 scoop **vanilla protein powder**
- 1 teaspoon **maple extract** (or 2 tablespoons sugar free maple syrup)
- ½ teaspoon **cinnamon**
- Pinch **nutmeg** or pumpkin pie spice
- 3 to 5 **Stevia** packets or sweetener of choice
- 240 millilitres cold **water**
- Handful **ice Cubes**
- ½ teaspoon **Xanthan gum** (optional)
- ½ teaspoon **butter** (optional)

INSTRUCTIONS

Add half the water and ice into your blender.

Add the remaining ingredients and blitz to form a smooth, rich consistency. Continue to add water if you desire a slightly thinner texture or ice for a thicker result. Adding the optional butter or Xanthan gum will also add further depth and thickness.

This is great topped with a couple of spoonful's of fat reduced or dairy free whipped cream, and a pinch of cinnamon.

Although not a staple in many supermarkets, sugar free syrups are readily available online.

MACROS PER PORTION

CALORIES	180	PROTEIN	36
CARBS	7	FATS	1
FIBRE	1		

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POMEGRANATE SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

175 grams fresh **pomegranate** seeds

1 **banana**

100 grams **frozen strawberries**

or other berry

120 millilitres cold **coconut milk**

Handful **ice**

Toppings:

Pomegranate seeds

Chia seeds

Coconut flakes

Cocoa nibs

INSTRUCTIONS

Put all ingredients into a blender and blend thoroughly.

Adjust to your preferred thickness, adding ice to make it thicker or more milk if you prefer it thinner

Top with chia seeds, pomegranate seeds, coconut flakes and cocoa nibs.

MACROS PER PORTION

CALORIES	198	PROTEIN	3
CARBS	40	FATS	4
FIBRE	8		

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CHOC PEANUT BUTTER SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

170 millilitres chilled **non dairy milk**
(soy, almond, etc)

1 to 1½ large, very ripe peeled and sliced **frozen banana**

1 scoop plant-based **chocolate protein powder**

2 tablespoons **peanut flour** or peanut butter

8 **ice cubes**

Optional toppings:

Shredded coconut, sliced banana, blueberries, granola, cereal, peanut butter

INSTRUCTIONS

Put all ingredients except the ice into your blender in the order listed.

Start with about 100 millilitres of the milk, blend and add more liquid as needed.

Scrape the sides of the blender clean add a little more liquid (if required) and blend again.

At this stage add the ice and blend further, then gradually add additional liquid, only if needed!

Transfer blended mixture to a large bowl and add all of your favourite toppings.

Enjoy!

In most Peanut butter recipes using peanut butter powder as an alternative can bring down the calories without the taste.

MACROS PER PORTION

CALORIES	238	PROTEIN	27
CARBS	27	FATS	3
FIBRE	4		

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AVOCADO SMOOTHIE BOWL

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

50 grams mashed **avocado**
65 grams **low fat vanilla greek yoghurt**
180 millilitres **unsweetened vanilla almond milk**
2 tablespoons **vanilla Protein powder**
½ small **banana** frozen and roughly chopped
30 grams **kale**
Coconut flakes for garnish
Pomegranate seeds for garnish
Pinch of **salt**

For the cashew cream:

½ cup **cashews** plus additional for garnish
6 tablespoons **light coconut milk**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and then line a small baking sheet with parchment or greaseproof paper.

Spread the cashews on the baking sheet and toast in the oven until golden brown, between 5-10 minutes will do. Set them aside to cool.

Once cooled, place them in a bowl and cover them with water. Cover the bowl with kitchen wrap and refrigerate for 8 hours.

After the 8 hours, drain off the water and add the nuts to a blender. Add the coconut milk and a pinch of salt and blend until a smooth, creamy sauce has formed.

In a separate blender, add the remaining ingredients (except the garnish) and blend until smooth. The end mixture should be pretty thick and creamy.

Divide the mixture between two bowls and swirl in 2 tablespoons of the cashew cream.

Garnish with the additional cashews, coconut flakes and pomegranate seeds.

You will have leftover cashew cream sauce but, unless you have a miniscule food processor, it's hard to make a smaller batch.

MACROS PER PORTION

CALORIES	357	PROTEIN	15
CARBS	23	FATS	25
FIBRE	4		

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CARROT CAKE SMOOTHIE BOWL

SERVES: 3

TOTAL TIME: 10 MINUTES

INGREDIENTS

2 medium **carrots**, peeled
1 frozen **banana**
2-3 **dates**
1 inch piece **ginger**
40 grams **rolled oats**
1 scoop **vanilla protein**
1 teaspoon **cinnamon**
¼ teaspoon **nutmeg**
Seeds from 3 **cardamom pods**
240 to 360 millilitres **almond milk**

INSTRUCTIONS

Combine all the ingredients in a high-speed blender adding the milk gradually until a smooth mixture has formed that is to your preferred consistency.

Distribute evenly between bowls, and serve immediately

You can use cinnamon interchangeably with nutmeg in both sweet and savory recipes. It has a similar flavor profile, but it's a bit more pungent so mix and match how you favour the taste.

MACROS PER PORTION

CALORIES	191	PROTEIN	10
CARBS	29.9	FATS	4.9
FIBRE	3		

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BLUEBERRY SMOOTHIE BOWL

SERVES: 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

2 frozen **bananas**, chopped
2 regular **bananas**, sliced
125 millilitres chilled **almond milk**
4 pitted **Medjool** dates
155 grams **frozen blueberries**
40 grams **rolled oats**
1 tablespoon **chia seeds**

Toppings:

Sliced **banana**, shredded **coconut**, **fresh strawberries**,
chopped **raw and unsalted almonds** and more **rolled oats**.

INSTRUCTIONS

Place all the ingredients in a blender and blend until smooth and at a consistency to your liking

Garnish with your choice of topping(s)

One large handful (1/2 a cup) of juicy blueberries contains just 44 calories but has 2 grams of dietary fibre and 10% of your daily recommended vitamin C content.

MACROS PER PORTION

CALORIES	556	PROTEIN	8
CARBS	102	FATS	18
FIBRE	15		

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DARK CHERRY SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

340 grams **frozen cherries**, pitted

1 **banana**

120 millilitres chilled **coconut water**

Optional Toppings:

Whole cherries

Coconut flakes

Sliced almonds

Raw cacao nibs

INSTRUCTIONS

Blitz the cherries, banana and coconut water in your blender, until smooth and no large pieces of cherry are visible

Pour the smoothie mixture into a bowl and top with your choice of the optional toppings

Cherries were part of a Roman soldiers rations. The pits were therefore proliferated across their empire. Wild cherry trees often indicate the whereabouts of old Roman roads.

MACROS PER PORTION

CALORIES	258	PROTEIN	4
CARBS	64	FATS	1
FIBRE	8		

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APPLE PIE SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

1 small **frozen banana**
125 grams **fat free vanilla Greek yoghurt**
250 grams **unsweetened apple sauce**
25 grams **rolled oats**
1 teaspoon **cinnamon**
1 teaspoon **vanilla extract**
120 millilitres chilled **unsweetened almond milk**

Optional:

Handful of **fresh spinach** or **kale**

INSTRUCTIONS

Break up the banana and place in a blender with the rest of the ingredients (including the kale or spinach if desired).

Blend until smooth and serve ice cold.

Apples are high in polyphenols, which function as antioxidants. This is one of the reasons they “an apple a day keeps the doctor away”.

MACROS PER PORTION

CALORIES	354	PROTEIN	15
CARBS	61	FATS	3
FIBRE	8		



TROPICAL SMOOTHIE BOWL

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

1 **banana**, previously sliced and frozen
200 grams **frozen mango chunks**
200 grams **frozen pineapple chunks**
240 millilitres chilled **almond milk**

INSTRUCTIONS

In blender, pulse the banana, mango and pineapple with the almond milk to a smooth, but thick consistency.

Add the milk gradually stopping to stir and scrape the sides clean.

If the smoothie is too thick you can add more liquid if needed.

Pour into 2 bowls and if desired, garnish with slices of banana and small chunks of mango.

If you're not a huge fan of mango, you can easily switch in pineapple as a substitute.

MACROS PER PORTION

CALORIES	180	PROTEIN	3
CARBS	43	FATS	2
FIBRE	5		

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CHERRY CHIA SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

225 grams **frozen pitted cherries**

240 millilitres chilled **unsweetened almond milk**

225 grams plain **low fat Greek yoghurt**

¼ **medium ripe avocado**

2 tablespoons **chia seeds**

¼ teaspoon **vanilla extract**

INSTRUCTIONS

Whiz all the ingredients in a blender to form a loose purée.

Serve immediately, or keep cold in your refrigerator until ready to serve.

Serve chilled and top with chopped cherries and chia seeds.

Chia seeds are one of the world's best sources of several important nutrients, calorie for calorie.

MACROS PER PORTION

CALORIES	396	PROTEIN	20
CARBS	42	FATS	20
FIBRE	16		

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STRAWBERRY CHEESECAKE PROTEIN SMOOTHIE

SERVES: 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

300 grams **whole frozen strawberries**
115 grams **frozen sliced banana**
30 grams **vanilla protein powder**
85 grams **fat free Greek yoghurt**
240 millilitres chilled **unsweetened almond milk**

Optional topping:
Crushed **digestive biscuits**

INSTRUCTIONS

Blend all ingredients in a high-speed blender blend until smooth.

Add more, or reduce the amount of almond milk depending on preference.

Serve in a tall glass, topped with the crumbled biscuit if desired.

The type of protein powder you use in recipes will change the texture and taste. In 'creamy' recipes whey is always favourable if your diet permits it.

MACROS PER PORTION

CALORIES	206	PROTEIN	19
CARBS	28	FATS	2
FIBRE	5		

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MINT CHOCOLATE PROTEIN SHAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

250 millilitres **cold almond or coconut milk**

1 tablespoon **cacao powder**

1 tablespoon **cacao nibs**

(for a crunchy texture)

2 drops of **food grade peppermint oil**

1 large handful of **spinach**

1 scoop of **vanilla protein powder**

1-2 **pitted dates**

1 large handful of **ice**

INSTRUCTIONS

Thoroughly wash the spinach and pat dry.

Combine all the ingredients in your blender and blend for 45 – 60 seconds or until smooth.

Reducing or increasing the amount of ice used will yield a thinner or thicker consistency.

Serve ice cold

A slightly less chocolatey take on our earlier choc mint recipe. This one packs some extra nutrients in there with a big hit of spinach.

MACROS PER PORTION

CALORIES	310	PROTEIN	14
CARBS	32	FATS	15
FIBRE	12		

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CHOCOLATE ORANGE SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

1 frozen **banana**
1 large handful of **ice**
1 scoop of **chocolate vegan protein powder**
2 tablespoons **cacao powder**
½ an **orange**, zested
Milk of choice to blend, if needed

Optional toppings:

1 tablespoon **almond butter**
1 tablespoon **granola**
1 **orange**, peeled and diced
1 piece of **orange chocolate**, chopped

INSTRUCTIONS

Blend all the ingredients in a blender until silky and thick.

If the consistency isn't to your liking, you can let it down by adding a splash or two of your favourite milk.

Scoop the smoothie into a bowl, adorn with a combination of the suggested toppings and enjoy!

MACROS PER PORTION

CALORIES	431	PROTEIN	33
CARBS	50	FATS	12
FIBRE	5		

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CHOCOLATE ESPRESSO SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

240 millilitres chilled unsweetened **almond milk**

1 **Medjool date** pitted

115 grams **baby spinach**

1 scoop **chocolate protein powder**

1 tablespoon **unsweetened cocoa powder**

1 teaspoon **espresso powder** or

instant coffee

Handful of **ice**

Toppings:

1 tablespoon **chocolate chips** or cacao nibs

2 tablespoons chopped **walnuts**

½ medium **banana** sliced

2 tablespoons **pomegranate** seeds

INSTRUCTIONS

Wash the spinach and pat dry

Blend all smoothie ingredients together, gradually adding the almond milk and ice to achieve your preferred consistency

Pour into a bowl, top with any combination of the suggested toppings and enjoy cold!

On for the coffee lovers. If you remove the toppings from this you'll bring the dish down to 230 calories.

MACROS PER PORTION

CALORIES	391	PROTEIN	29
CARBS	46	FATS	12
FIBRE	9		

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ALMOND BUTTER BERRY BOWL

SERVES: 1

TOTAL TIME: 15 MINUTES

INGREDIENTS

200 grams **frozen strawberries**
25 grams **fresh blueberries**
30 grams **fresh raspberries**
60 millilitres chilled **unsweetened almond milk**
125 grams fat free, plain **Greek yoghurt**
1 tablespoon **almond butter**
½ scoop **vanilla protein powder**

Toppings:

1 teaspoon **pecan pieces**
1 teaspoon **honey**
2 teaspoons **granola**

INSTRUCTIONS

Place the milk, yoghurt, strawberries, protein powder and almond butter into a blender.

Blend until the contents are fully combined.

Add the smoothie to a bowl and top with the fresh fruit, granola and pecans.

Finally, drizzle over the honey and enjoy!

Nut and seed butters are almost interchangeable calorie wise. Give this a go with peanut butter, cashew butter or any of the seed variants.

MACROS PER PORTION

CALORIES	410	PROTEIN	29
CARBS	34	FATS	17
FIBRE	6		





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APPLE AND SPINACH SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

6 **egg whites**
1 tablespoon **peanut butter**
1 **whole apple**
1 tablespoon **ripe avocado**
450 grams **baby spinach**
2 handfuls **ice**

INSTRUCTIONS

Peel core and roughly chop the apple.

Add the chopped apple, egg whites, peanut butter, avocado and spinach together in a blender and blend until well combined.

Add the ice a little at a time, while continuing to blend until you achieve the desired consistency.

Serve cold.

Feel free to switch out the spinach with some swiss chard, celery, kale or even lettuce.

MACROS PER PORTION

CALORIES	339	PROTEIN	36
CARBS	17	FATS	15
FIBRE	2		

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COCONUT ACAI SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

100 gram packet **unsweetened açai**
1 large **banana**
120 millilitres cold **coconut water**
2 tablespoons **chia seeds**, divided in two
1 tablespoon **agave syrup**, plus additional for serving
25 grams **dried mulberries**
50 grams **blackberries**
¼ **apple**, thinly sliced

INSTRUCTIONS

Blend the açai, banana, coconut water, and 1 tablespoon each of chia seeds and agave until smooth.

Once blended pour the mixture into a bowl and top generously with the mulberries, blackberries, sliced apple, remaining chia seeds, and finally a drizzle of agave.

Acai has been recognised as one of the world's highest ORAC (Oxygen Radical Absorption Capacity) foods. ORAC is a measurement of how well antioxidants can neutralise free radicals. The higher the value, the better the body utilises it to fight free radicals. Acai has more than double the antioxidants of blueberries and nearly ten times that of grapes.

MACROS PER PORTION

CALORIES	424	PROTEIN	9
CARBS	67	FATS	12
FIBRE	13		

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MIXED BERRY SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

150 grams frozen **mixed berries** (such as strawberries, raspberries, and blueberries)

60 millilitres **pomegranate juice**

65 grams plain **yoghurt**, plus additional for drizzling

50 grams **blueberries**

½ **peach**, sliced

2 tablespoons **dried mulberries**

2 tablespoons **pumpkin seeds**

INSTRUCTIONS

In your blender, blitz the frozen berries, pomegranate juice, and the yoghurt together until smooth and no visible pieces of the berries remain.

Transfer to a bowl and serve topped with the blueberries, peach, mulberries, pumpkin seeds, and a drizzle of extra yoghurt.

Berries are packed with the good stuff. Berries in all of it's fresh varieties are almsocalorie matched so chop and change your combinations of berries. Also keep frozen berries in your freezer as a staple.

MACROS PER PORTION

CALORIES	443	PROTEIN	15
CARBS	48	FATS	22
FIBRE	7		

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KIWI BREAKFAST BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

1 **frozen banana**

1 or 2 **kiwis**, peeled

2 handfuls of **spinach**

240 millilitres cold **coconut water**

Toppings:

Chopped **kiwi**

Goji berries

Coconut flakes

INSTRUCTIONS

Wash the spinach then pour half the coconut water into blender. Add the banana, one of the kiwis and the spinach.

Blend until smooth, adding more coconut water if required.

Top with chopped kiwi, coconut flakes, goji berries, and enjoy ice cold!

MACROS PER PORTION

CALORIES	234	PROTEIN	10
CARBS	46	FATS	2
FIBRE	6		



ENERGISE KITCHEN COOKBOOK