



# *33 Low Glycemic Smoothie Recipes*

# Table of Contents

Page

2	Table of Contents
3	How to make the best shake
4	STRAWBERRY SECTION
4	Strawberry Banana Smoothie
4	Easy Strawberry Lemonade
5	VANILLA SECTION
5	“Good and Plenty” candy Shake
5	Apple Pie Smoothie
6	Root Beer Float
6	Peppermint Patty Shake
6	Restaurant Style Italian Soda
7	Iced Cappuccino Smoothie
7	Banana Blast Smoothie
7	Ginger Snap Shake
7	Iced Chai Tea Latté Shake
8	Orange Cream Shake
8	Maple Nut Smoothie
8	Cinnamon and Nutmeg Shake
9	CHOCOLATE SECTION
9	Iced Mocha Shake
9	Chocolate Covered Banana Smoothie
10	Almond Joy Smoothie
10	Chocolate Mint Shake
10	Chocolate Malt Shake
11	Electric blender guide and frozen banana instructions
12	Blueberry Cheesecake Smoothie
12	Cherry Raspberry Smoothie
12	Peanut Butter Smoothie
13	Blueberry Colada Smoothie
13	Pina Colada Smoothie
13	Grapefruit Surprise Shake
14	Chocolate Nut Cheesecake Shake
14	Chocolate Zucchini Banana Nut Smoothie
14	Chocolate Covered Cherries Smoothie
15	Super Creamy Chocolate Malted Shake
16	Eggnog Smoothie





## 5 easy steps to a great smoothie



### Shaker bottle or Electric blender

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1— Start with crushed ice in the bottom of the container.

2—Add desired amount of water. *(Fill to the 12 ounce line for a thick shake or the 16 ounce line if your preference is for thinner shakes.)*



3—Then any flavorings or extracts.  
*Generally a couple drops will do.*

4—Optional fruit comes next.  
*(won't work in a shaker bottle)*



5—Add **shake powder** that meets the below criteria.  
Shake or blend and enjoy!

#### **For best weight loss results...**

**Your Meal Replacement Shake product should meet the below criteria.**

- Plenty of Essential Fatty Acids—the good fats. (*"Fat free" shakes are not good.*)
- 15 or more grams of Protein.
- Glycemic Load guaranteed to be less than 9.
- 250 calories or less.
- 8 or more grams of Fiber.\* (*In a mix of both soluble and insoluble fiber.*)

If you are going to reach the goal of having 35g of fiber daily, then it is vital that your smoothies have at least 8 grams. You'll also need additional fiber in your other meals and snacks so you hit the minimum number of 35g of fiber daily.

# Strawberry Shake Varieties



## Grab it and Go Shake!

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- Add **Strawberry** meal replacement powder meeting the criteria at the bottom of page 3.



## Strawberry Banana Smoothie

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of banana extract
- **STRAWBERRY** meal replacement powder meeting criteria at the bottom of page 3.



## Easy Strawberry Lemonade

### Ingredients

- 1 1/2 cups water, or club soda or sugar free sparkling water (Like Perrier)
- 1/2 - 3/4 cups Ice chips
- 1 Tbs lemon juice (or 1/2 tsp lemon extract)
- **STRAWBERRY** meal replacement powder meeting criteria at the bottom of page 3.

# Variations on Vanilla

## Grab it and Go Shake!

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- Add **VANILLA** meal replacement powder meeting the criteria at the bottom of page 3.



## GOOD and PLENTY Shake



### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- Raspberry Extract (Drops to taste)
- Anise (licorice) Extract (Drops to taste)
- **VANILLA** meal replacement powder meeting criteria at the bottom of page 3.

## Apple Pie Smoothie



### Ingredient

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 1/4 tsp Cinnamon to taste. (Cinnamon is good for blood sugar.)
- 1/2 cup unsweetened apple sauce
- **VANILLA** meal replacement powder meeting criteria on page 3.



## Root Beer Float

### Ingredients

- 1/2 - 3/4 cups Ice chips
- 1 1/2 cups seltzer water or sparkling water
- 1 tsp Root Beer extract
- **VANILLA** meal replacement powder meeting criteria on page 3.



## Peppermint Patty Shake

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of Peppermint extract
- **VANILLA** meal replacement powder meeting criteria at the bottom of page 3.



## Restaurant style Italian Soda

### Ingredients

- 1 1/2 cups club soda or seltzer water
- 1/2 - 3/4 cups Ice chips
- **VANILLA** meal replacement powder meeting criteria on page 3.
- 1/2 ounce Flavored syrup of your choice\*\*

G.L. of **8** with sugar free syrup.

G.L. of **12** with sugar syrup.

\*\* There are dozens of flavors to choose from on the internet, and likely also for sale locally in your city. Go **LIGHT** on the syrup! These should be used in extreme moderation, as some syrups have a lot of sugar, and others have chemical sweeteners.

See syrup flavors at [www.DaVinciGourmet.com](http://www.DaVinciGourmet.com)

## Iced Cappuccino Shake

### Ingredient

- 2 cups cold Coffee (*Decaf or regular*)
- 1/2—1 cup ice chips
- **VANILLA** meal replacement powder meeting criteria at the bottom of page 3.



## Banana Blast Smoothie

### Ingredient

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 1/2 tsp Banana extract.
- **VANILLA** meal replacement powder meeting criteria at the bottom of page 3.

## Ginger Snap Shake

### Ingredient

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 1 teaspoon Ginger powder
- 1 teaspoon molasses
- **VANILLA** meal replacement powder meeting criteria on page 3.



## Iced Chai Tea Latté Shake



### Ingredient

- 2 cups chilled Chai Tea (*Brewed strong the day before*)
- 1/2—1 cup ice chips
- **VANILLA** meal replacement powder meeting criteria on page 3



## Orange Cream Shake

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of Orange extract
- **VANILLA** meal replacement powder meeting criteria at the bottom of page 3.



## Maple Nut Shake

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of Maple Extract
- 2-4 drops of Almond Extract
- **VANILLA** meal replacement powder meeting criteria on page 3.  
(Use 1/2 vanilla 1/2 chocolate for a different taste.)

## Cinnamon & Nutmeg Shake

### Ingredient

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- A dash of ground Nutmeg
- 1/4 tsp ground Cinnamon (Cinnamon is great for blood sugar control)
- **VANILLA** meal replacement powder meeting criteria at the bottom of page 3.



# Chocolate Shake Varieties

## Grab it and Go Shake!

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- Add **CHOCOLATE** meal replacement powder meeting the criteria on page 3



## Iced Mocha Shake

### Ingredients

- 2 cups cold Coffee (*Decaf or regular*)
- 1/2—1 cup ice chips
- **CHOCOLATE** meal replacement powder meeting criteria on page 3.

## Chocolate Covered Banana Smoothie

### Ingredient

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of Almond extract
- 2-4 drops of Banana extract
- **CHOCOLATE** meal replacement powder meeting criteria on page 3.





## Almond Joy Shake

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of Almond extract
- 2-4 drops of Coconut extract (*Plus optional coconut flake “sprinkle”*)
- **CHOCOLATE** meal replacement powder meeting criteria on page 3

## Chocolate Mint Shake

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of Mint extract
- **CHOCOLATE** meal replacement powder meeting criteria on page 3.



## Chocolate Malt Shake

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 1/2 Tablespoon Malted Milk Powder
- **CHOCOLATE** meal replacement powder meeting criteria at the bottom of page 3.



## Shakes for “Maintain” days.

The shakes in this section have additional items added to the basic shake powder that increases their glycemic load and/or their calories. Therefore we have put these in this special addendum to the shake cookbook for your use during the days you want a healthy shake with a few more calories.

Some of these recipes that follow in this section require the use of an electric blender. When using a blender to make your shakes, pulse the first few ingredients in the blender for 10 seconds. Then add the shake powder and blend for 5-8 seconds until smooth. *(Pulsing the other ingredients before adding the shake powder will prevent your shake from getting too foamy.)*



### Frozen Bananas the magic ingredient!

Adding a frozen banana to your smoothies is a great way to give your shake that rich, smooth and creamy feel in your mouth. *(A feel that you normally only get with “real” milkshakes that have a lot of fat in them.)*

Bananas have a high GL, so we suggest only adding one two-inch chunk of banana to your shake.



Peel your bananas and cut them into 2 inch chunks before freezing. You can put 4 or 5 two-inch chunks in each baggie in the freezer. This is a great way to salvage those bananas on the kitchen counter that are starting to get to ripe. Just peel them and freeze them before they go bad. *(Just don't freeze them after they have already gotten mushy. Those you gotta toss!)*

When you are ready to use your frozen bananas add them to your shake with the ice and water and blend until all the banana chunks are blended out. Then add your shake powder at the end.



## Blueberry Cheesecake Smoothie — 15 GL

Combine ingredients in a food processor, blender or Magic Bullet.



### Ingredients

- 1 oz. fat free cream cheese
- 2 cups frozen unsweetened blueberries
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 1 tsp Granulated Fructose, Stevia or Xylitol to sweeten.
- **VANILLA** meal replacement powder meeting criteria on page 3.

## Cherry Raspberry Smoothie — 11 GL

Combine ingredients in a food processor, blender or Magic Bullet.

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 1 cup frozen Raspberries
- 2-4 drops of Cherry Extract
- **VANILLA or CHOCOLATE** meal replacement powder meeting criteria on page 3.



## Peanut Butter Smoothie — 8 GL

Combine ingredients in a food processor, blender or Magic Bullet.



### Ingredient

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 1 Tablespoon natural Peanut Butter
- **VANILLA or CHOCOLATE** meal replacement powder meeting criteria on page 3.



### Blueberry Colada Smoothie — 11 GL

Combine ingredients in a food processor, blender or Magic Bullet.

#### Ingredient

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops Coconut extract
- 1/2 cup fresh or frozen Blueberries
- **VANILLA** meal replacement powder meeting criteria on page 3.



### Pina Colada Smoothie — 12 GL

Combine ingredients in a food processor, blender or Magic Bullet.

#### Ingredient

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of Coconut extract
- 1/2 cup fresh or unsweetened canned Pineapple
- **VANILLA** meal replacement powder meeting criteria on page 3



### Grapefruit Surprise Shake — 14 GL

Easy mix ingredients work in a shaker bottle.

#### Ingredients

- 6 oz. (3/4 cup) pure unsweetened Grapefruit juice.
- 1/2 to 1 cup ice chips
- 6 oz. (3/4 cup) water
- Optional grapefruit wedge for garnish
- **VANILLA** meal replacement powder meeting criteria on page 3.

## Chocolate Nut Cheesecake Shake — 11 GL

Combine ingredients in a food processor, blender or Magic Bullet.

### Ingredients

- 1 oz. Fat free Cream cheese
- 1/2 tsp Almond extract
- 1 cup water
- 1/2 to 1 cup ice chips
- 1 tsp Granulated Fructose, Stevia or Xylitol to sweeten.
- **CHOCOLATE** meal replacement powder meeting criteria on page 3.



## Chocolate Covered Cherries Smoothie — 12 GL

Combine ingredients in a food processor, blender or Magic Bullet.

### Ingredients

- 1/2 to 1 cup ice chips
- Fill to 12 or 16 ounce line with cold water. (See page 3.)
- 2-4 drops of Cherry extract
- 1/2 cup unsweetened frozen cherries
- **CHOCOLATE** meal replacement powder meeting criteria at the bottom of 3.



## Chocolate Zucchini Banana Nut Smoothie — 12 GL

Combine ingredients in a food processor, blender or Magic Bullet.

### Ingredients

- 1/4 cup peeled, grated zucchini, frozen
- 2-4 drops of Almond extract
- 1 cup water
- 1/3 large banana, peeled and frozen. (Or 1/2 a small banana.)
- **CHOCOLATE** meal replacement powder meeting criteria on page 3



# Super Creamy Chocolate Malted Shake

Recipe serves two

**GL = 15    258 calories    18g protein**

Not only does the malt make it taste like a real milkshake, but you can serve it to your family as dessert and they would probably never guess it was super healthy!

## Ingredients to serve 2

- 1 cup low-fat evaporated milk (canned)
- 1 1/4 cups crushed ice
- 2 Tbs malted milk powder
- 4 scoops Chocolate meal replacement powder.



## Preparation

- Add first three ingredients to blender; pulse in quick bursts for 10 or 20 seconds.
- Add chocolate meal replacement powder and blend for another 5 seconds or so, until smooth.
- Serve it with a dab of low-fat whipped cream and a little cocoa powder on top if you want to make it look like an indulgent dessert!

\*\* GL shown assume that the shake powder you are using is guaranteed low GL.



# *Eggnog Smoothie*

*Great tasting "Comfort Food" all year long!*

Enjoy it ice cold . .

. . .or piping hot.



Put 16 ounces ice chips and cold water into an electric blender.

Add the below ingredients and blend for 60-90 seconds.

3 scoops Vanilla Meal Replacement Powder. (Use only a low glycemic brand.)

2 tablespoons Vanilla Instant Pudding powder\*

½ tsp cinnamon

½ tsp nutmeg

½ tsp Brandy or Rum extract flavoring. (Or 1 Tbsp dry Sherry if you are over 21. )

16 ounces of "store bought" Eggnog packs in 700 blood sugar spiking high glycemic calories! But THIS eggnog is only 260 healthy low glycemic calories!

\* To keep this a "low glycemic" meal you would have to use the "sugar free" pudding. However, it is best to avoid artificial sweeteners which some studies show can have negative long term health side effects. To avoid artificial sweeteners use instant pudding with sugar, but this will make it a medium glycemic drink. (Which is still MUCH better than the high glycemic "real" Eggnog.)

Compliments of [www.TrinityHealthWeightLoss.com](http://www.TrinityHealthWeightLoss.com)