Protein Smoothie Recipe Collection

NON-VEGAN EDITION • SIX EVERYDAY RECIPES

Simple, delicious smoothies made with Greek yogurt, milk, cottage cheese, fruit, and other familiar ingredients.

Helping people and workplaces feel better, move stronger, and thrive.

Expert-informed wellness resources for individuals and organizations, created to make healthier habits practical and enjoyable.

INSIDE THIS GUIDE

- Six easy smoothies with dairy-based protein
- One generous serving per recipe
- Approximate protein estimates and easy blending directions
- Sandra's Tips for delicious variations

CREATED BY SANDRA AKINS

The CompanYogi by Sandra Akins

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01 Strawberry Cheesecake

~30 g protein

Fresh • Creamy • Bright

INGREDIENTS

- Plain nonfat Greek yogurt — **3/4 cup**
- Low-fat milk — **1 cup**
- Frozen strawberries — **1 cup**
- Rolled oats — **2 tbsp**
- Vanilla extract — **1/4 tsp**

HOW TO MAKE IT

Blend all ingredients until creamy; add ice for a thicker texture.

SANDRA'S TIP A squeeze of lemon makes the strawberry flavor pop.

02 Chocolate Peanut Butter

~32 g protein

Rich • Nutty • Satisfying

INGREDIENTS

- Low-fat milk — **1 cup**
- Plain Greek yogurt — **3/4 cup**
- Natural peanut butter — **1 tbsp**
- Unsweetened cocoa — **1 tbsp**
- Frozen banana — **1/2 medium**

HOW TO MAKE IT

Blend until smooth. Add a splash of milk if needed.

SANDRA'S TIP Try cinnamon and a pinch of salt to deepen the chocolate flavor.

03 Tropical Mango Lassi

~28 g protein

Sunny • Tangy • Refreshing

INGREDIENTS

- Plain Greek yogurt — **1 cup**
- Low-fat milk — **1/2 cup**
- Frozen mango — **3/4 cup**
- Lime juice — **1 tsp**
- Ground cardamom — **A pinch**

HOW TO MAKE IT

Blend until thick and silky. Serve cold.

SANDRA'S TIP Add fresh mint for a fragrant finish.

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04 Blueberry Vanilla Oat

Comforting • Fruity • Smooth

~30 g protein

INGREDIENTS

- Plain Greek yogurt — **3/4 cup**
- Low-fat milk — **1 cup**
- Frozen blueberries — **3/4 cup**
- Rolled oats — **1/4 cup**
- Vanilla extract — **1/4 tsp**

HOW TO MAKE IT

Blend well and let stand for 1 minute so the oats soften.

SANDRA'S TIP Use frozen blueberries for a creamy texture without added sugar.

05 Peach Cobbler

Sweet • Cozy • Filling

~31 g protein

INGREDIENTS

- Low-fat cottage cheese — **3/4 cup**
- Low-fat milk — **1 cup**
- Frozen peaches — **1 cup**
- Rolled oats — **2 tbsp**
- Cinnamon — **1/4 tsp**

HOW TO MAKE IT

Blend thoroughly until cottage cheese is completely smooth.

SANDRA'S TIP Add a dash of nutmeg for a just-baked flavor.

06 Coffee Banana Breakfast

Bold • Smooth • Energizing

~31 g protein

INGREDIENTS

- Plain Greek yogurt — **3/4 cup**
- Low-fat milk — **1 cup**
- Chilled brewed coffee — **1/2 cup**
- Frozen banana — **1/2 medium**
- Almond butter — **1 tbsp**

HOW TO MAKE IT

Blend all ingredients until cold and creamy.

SANDRA'S TIP Choose decaf if you prefer to limit caffeine.

The easy smoothie formula

1 CHOOSE A PROTEIN BASE

Milk, Greek yogurt, cottage cheese, or kefir

2 ADD FRUIT OR VEGETABLES

Berries, peaches, mango, banana, or spinach

3 FINISH WITH FLAVOR

Cocoa, vanilla, cinnamon, nut butter, or coffee

4 ADJUST THE TEXTURE

Blend with ice or a splash of milk until smooth

Protein estimates & food safety

Protein values are approximate per complete smoothie and depend on product brands, serving sizes, and substitutions. Choose pasteurized dairy products, refrigerate promptly, and consume freshly made smoothies within 24 hours. Recipes include milk and may include peanuts or almonds.

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