THE COMPANY GI
by Sandra Akins

PROTEIN SMOOTHIE RECIPE COLLECTION

VEGAN EDITION | SIX EVERYDAY RECIPES

Six plant-based, protein-rich smoothies with simple ingredients, easy directions, and Sandra’s favorite finishing tips.

Helping individuals and organizations build healthier habits, move with strength, and thrive every day.

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SIX EASY SMOOTHIES

3 RECIPES PER PAGE

01 Berry Vanilla Power

~23 g PROTEIN

Bright • Creamy • Fruity

INGREDIENTS

Unsweetened soy milk	1 cup
Plain soy yogurt	3/4 cup
Mixed frozen berries	1 cup
Hemp hearts	2 tbsp
Vanilla extract	1/4 tsp

PREPARATION

Blend until silky. Add cold water or ice to adjust thickness.

SANDRA'S TIP

Try frozen raspberries for extra tartness.

02 Chocolate Almond Recovery

~22 g PROTEIN

Rich • Nutty • Satisfying

INGREDIENTS

Unsweetened soy milk	1 cup
Silken tofu	150 g
Almond butter	2 tbsp
Unsweetened cocoa	1 tbsp
Frozen banana	1/2 medium

PREPARATION

Blend until smooth and creamy. Serve chilled.

SANDRA'S TIP

Add a pinch of cinnamon or espresso powder.

03 Tropical Green Glow

~22 g PROTEIN

Fresh • Tropical • Vibrant

INGREDIENTS

Unsweetened soy milk	1 cup
Plain soy yogurt	3/4 cup
Frozen mango	3/4 cup
Baby spinach	1 packed cup
Pumpkin seeds	2 tbsp

PREPARATION

Blend the greens and milk first, then add remaining ingredients.

SANDRA'S TIP

A squeeze of lime adds brightness.

SIX EASY SMOOTHIES

3 RECIPES PER PAGE

04 Peanut Butter Banana

~25 g PROTEIN

Classic • Filling • Creamy

INGREDIENTS

Unsweetened soy milk	1 cup
Plain soy yogurt	3/4 cup
Peanut butter	2 tbsp
Banana	1 small
Ground flaxseed	1 tbsp

PREPARATION

Blend until thick. Add ice for a milkshake texture.

SANDRA'S TIP

Use a frozen banana for extra creaminess.

05 Coffee Date Energizer

~22 g PROTEIN

Bold • Smooth • Naturally sweet

INGREDIENTS

Unsweetened soy milk	1 cup
Silken tofu	200 g
Chilled brewed coffee	1/2 cup
Medjool date, pitted	1
Hemp hearts	2 tbsp
Cinnamon	1/4 tsp

PREPARATION

Blend until the date is fully incorporated.

SANDRA'S TIP

Use decaf coffee if you are sensitive to caffeine.

06 Strawberry Oat Breakfast

~22 g PROTEIN

Soft • Fruity • Balanced

INGREDIENTS

Unsweetened soy milk	1 cup
Plain soy yogurt	3/4 cup
Frozen strawberries	1 cup
Rolled oats	1/3 cup
Chia seeds	1 tbsp

PREPARATION

Blend thoroughly; let rest 2 minutes for oats to soften.

SANDRA'S TIP

Prepare the dry oats and chia ahead of time.

THE EASY SMOOTHIE FORMULA

01 **CHOOSE A PROTEIN BASE**

Soy milk, soy yogurt, or silken tofu

02 **ADD FRUIT OR VEGETABLES**

Berries, mango, banana, or spinach

03 **FINISH WITH FLAVOR**

Cocoa, vanilla, cinnamon, seeds, or nut butter

04 **ADJUST THE TEXTURE**

Blend with ice or a splash of soy milk until smooth

PROTEIN ESTIMATES & FOOD SAFETY

Protein values are approximate per complete smoothie and depend on product brands, serving sizes, and substitutions. Use refrigerated ingredients, refrigerate smoothies promptly, and consume within 24 hours. Recipes contain soy; some contain peanuts, almonds, or seeds.

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