

20 PB[®] fit SMOOTHIE RECIPES



VOLUME 1



WELCOME

Welcome to our **FREE**
PBfit Smoothie Recipe eBook!
We hope you'll love it as much as we do!

In it we've created 20 incredible,
PBfit-packed smoothies that'll satisfy your
tastebuds **AND** your time crunch. We know
how crazy some days get, but that doesn't
mean you should have to sacrifice nutrition
OR flavor because of it.

CUE PBfit! Whether it's in a glass or a bowl,
we'll take any one of these PBfit smoothies
any way we can get 'em!

GREEN PB SMOOTHIE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1/2 banana
- 2 Tbsp PBfit
- 1 Serving BFF Plant Protein
- 2 large handfuls spinach
- 1/2 tsp vanilla
- 1 cup unsweetened vanilla almond milk

INSTRUCTIONS

Place all ingredients in blender and blend until smooth. Enjoy!

MACROS

CALORIES 250 • FAT 5G • PROTEIN 26G • CARBS 26G • FIBER 7G

PBFIT KEFIR PROTEIN BOWL

(MAKES MAKES 1 LARGE BOWL)



INGREDIENTS

- 1 cup lowfat plain kefir
- 1 serving vanilla whey protein
- 1/4 cup PBfit
- Toppings
 - 1/4 cup blackberries
 - 1/4 cup peaches
 - 1 tbsp oats
 - 1/2 tsp coconut palm sugar

INSTRUCTIONS

Add kefir, protein and PBfit to a blender and blend until smooth. Pour into one large bowl or two small bowls and top with blackberries, peaches and oats. Sprinkle coconut palm sugar over peaches and serve.

MACROS

CALORIES 440 • FAT 8G • PROTEIN 48G • CARBS 46G • FIBER 10G

KIWI MANGO PB BOWL

(MAKES 1 BOWL)



INGREDIENTS

- 1 cup lowfat coconut milk
- 2 tbsp chia
- 2 tbsp monkfruit, or preferred sweetener
- 2 tbsp PBfit
- 1 kiwi, chopped
- ½ mango, chopped
- 2 tbsp shredded coconut

INSTRUCTIONS

Blend together coconut milk, chia, monkfruit and PBfit until smooth. Refrigerate for 20 minutes to thicken. Pour into bowl and top with kiwi, mango and toasted coconut. Enjoy!

MACROS

CALORIES 360 • FAT 16G • PROTEIN 16G • CARBS 66G • FIBER 35G

PB & GRAPE ON WHITE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1 cup almond milk
- 3 tbsp PBfit
- 1 cup frozen grapes

INSTRUCTIONS

Combine all the ingredients in a high speed blender and blend until thick and creamy. Pour into a large glass and enjoy!

MACROS

CALORIES 165 • FAT 5G • PROTEIN 11G • CARBS 32G • FIBER 5G

BERRY CHERRY BANANA BOWL

(MAKES 2 BOWLS)



INGREDIENTS

- 1 ½ frozen bananas
- ¼ cup PBfit
- 1 cup almond milk
- 1 tbsp chia
- ½ banana, sliced
- ¼ cup blueberries
- ½ cup cherries
- 2 - 3 large strawberries, sliced

INSTRUCTIONS

In a high speed blender combine frozen banana, PBfit, almond milk and chia. Blend until smooth and creamy. Pour into one or two bowls and top with banana slices, blueberries, cherries and strawberries. Enjoy!

MACROS

CALORIES 250 • FAT 2G • PROTEIN 12G • CARBS 42G • FIBER 10G

BERRY BLAST PB SMOOTHIE

(MAKES 4 SERVINGS)



INGREDIENTS

- 1 frozen banana, raw
- 1 pint raspberries
- 1 pint blackberries
- 1 pint blueberries
- 2 cups unsweetened almond milk
- ½ cup PbFit
- ¼ cup monkfruit
- 1 pint strawberries

INSTRUCTIONS

Combine all the ingredients in a high speed blender and blend until thick and creamy. Pour into 4 large glasses and enjoy!

MACROS

CALORIES 205 • FAT 4G • PROTEIN 9G • CARBS 49G • FIBER 20G

PEANUT BUTTERY BANANA SMOOTHIE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1 frozen banana
- 1 cup almond milk
- 4 scoops of PBfit

INSTRUCTIONS

In a high speed blender combine all ingredients. Blend until smooth and creamy.

Pour and enjoy!

MACROS

CALORIES 240 • FAT 6G • PROTEIN 14G • CARBS 38G • FIBER 8G

TROPICAL PROTEIN BOWL

(MAKES 1 BOWL)



INGREDIENTS

- 1/3 cup greek nonfat yogurt
- 2 Tbsp PBfit
- 1 scoop vanilla protein powder
- 1/2 mango, chopped
- 1/3 cup pineapple, diced
- 1/4 cup blueberries
- 1/8 cup Coconut Flakes
- 1/8 cup Chia Seeds

INSTRUCTIONS

In a high speed blender combine yogurt, PBfit, protein powder and mango. Blend until smooth and creamy. Pour into one or two bowls and top with remaining mango, blueberries, coconutflakes and chiseeds. Enjoy!

MACROS

CALORIES 223 • FAT 2G • PROTEIN 8G • CARBS 48G • FIBER 5G

APPLE PEACH COBBLER PB BOWL

(MAKES 2 BOWLS)



INGREDIENTS

- 1 cup unsweetened kefir
- 1 serving vanilla protein
- ¼ cup PBfit
- 1 apple, sliced
- 1 peach, sliced
- ¼ cup rolled oats
- couple pinches of cinnamon

INSTRUCTIONS

Blend together almond milk, vanilla protein and PBfit until smooth. Divide in to 2 bowls and top with apples, peaches, oats and cinnamon. Enjoy!

MACROS

CALORIES 202 • FAT 4G • PROTEIN 15G • CARBS 28G • FIBER 6G

PBFIT BERRY SMOOTHIE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- ½ frozen banana
- 1 cup almond milk
- ¼ cup PBfit
- 1 cup frozen mixed berries

INSTRUCTIONS

Combine all the ingredients in a high speed blender and blend until thick and creamy. Pour into a large glass and enjoy!

MACROS

CALORIES 205 • FAT 4G • PROTEIN 9G • CARBS 49G • FIBER 20G



PBJ SMOOTHIE



INGREDIENTS

- 1 frozen banana, raw
- 1 pint raspberries
- 1 pint blackberries
- 1 pint blueberries
- 2 cups unsweetened almond milk
- ½ cup PbFit
- ¼ cup monkfruit
- 1 pint strawberries

INSTRUCTIONS

Combine all the ingredients in a high speed blender and blend until thick and creamy. Pour into 4 large glasses and enjoy!

MACROS

CALORIES 312 • FAT 7G • PROTEIN 37G • CARBS 34G

PB PINEAPPLE HYDRATING SMOOTHIE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1 cup coconut water
- ½ frozen bananas
- ½ cup pineapple, chopped
- 2 tbsp PBfit
- ½ cup ice

INSTRUCTIONS

In a high speed blender combine all ingredients. Blend until smooth and creamy.

Pour and enjoy!

MACROS

CALORIES 223 • FAT 2G • PROTEIN 8G • CARBS 48G • FIBER 5G

SUPERFOOD CACAO PB BOWL

(MAKES 2 BOWLS)



INGREDIENTS

- 1 cup nonfat greek yogurt
- 1 tbsp cacao
- 1 scoop LIVfit Superfood
- 2 tbsp PBfit
- 1 tbsp agave (or sweetener of choice)
- ¼ cup blueberries
- ¼ cup raspberries
- ¼ cup bran cereal
- ¼ cup coconut flakes

INSTRUCTIONS

Whisk together yogurt, cacao LIVfit Superfood, PBfit and agave in a bowl until smooth. Top with blueberries, raspberries, bran cereal and coconut flakes. Enjoy the whole bowl or save half for later!

MACROS

CALORIES 219 • FAT 3G • PROTEIN 20G • CARBS 32G • FIBER 7G

NUTS FOR PB & CHOCOLATE BOWL

(MAKES 2 BOWLS)



INGREDIENTS

- 1 ½ cups nonfat Greek yogurt
- 1 scoop chocolate protein powder
- 2 tbsp PBfit
- 1 tbsp dark chocolate chunks
- 2 tbsp rolled oats
- 2 tbsp PBfit mixed with 2 tbsp water

INSTRUCTIONS

Divide the yogurt into 2 bowls. In first bowl whisk together yogurt with chocolate protein until smooth. In second bowl whisk yogurt and PBfit together until smooth. In two small bowls carefully fill half the bowl with the chocolate yogurt and the other half with the peanut butter yogurt so they are equally divided. Top with chocolate chunks and rolled oats. Drizzle each bowl with the PBfit and water mixture. Serve immediately.

MACROS

CALORIES 223 • FAT 2G • PROTEIN 8G • CARBS 48G • FIBER 5G

CHOCOLATE PB AVOCADO SMOOTHIE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1 cup unsweetened almond milk
- ¼ medium avocado
- ½ frozen banana
- 1 tbsp cacao
- 2 tbsp PBfit
- ½ tsp vanilla

INSTRUCTIONS

Place all ingredients in blender and blend until smooth. Enjoy!

MACROS

CALORIES 225 • FAT 10G • PROTEIN 10G • CARBS 26G • FIBER 9G

CHOCOLATE PB SMOOTHIE BOWL

(MAKES 2 BOWLS)



INGREDIENTS

- 1 frozen banana
- 2/3 cup almond milk
- 3 tbsp PBfit
- 1 tablespoon cacao powder
- 1 scoop chocolate protein powder
- Toppings:
 - 1/2 banana sliced
 - Cacao nibs
 - 1 tsp roasted peanuts
 - 1 tbsp PBfit mixed with water to drizzle

INSTRUCTIONS

Combine banana, almond milk, PBfit, cacao, and protein powder in a blender. Puree until smooth. Transfer to 2 bowls and add toppings. Enjoy!

MACROS

CALORIES 244 • FAT 7G • PROTEIN 24G • CARBS 23G • FIBER 9G

SPICED APPLE PB SMOOTHIE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1 cup almond milk
- 1 small apple, chopped
- 2 tbsp. PBfit
- 1 scoop vanilla protein powder
- 1/4 tsp ground cinnamon
- 4-6 ice cubes

INSTRUCTIONS

Place all ingredients in blender and blend until smooth. Enjoy!

MACROS

CALORIES 235 • FAT 7G • PROTEIN 15G • CARBS 32G • FIBER 9G

PBFIT CHERRY HYDRATING SMOOTHIE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1 cup coconut water
- ½ cup cherries
- 1 frozen banana
- ¼ cup PBfit
- ½ cup ice

INSTRUCTIONS

In a high speed blender combine all ingredients. Blend until smooth and creamy.

Pour and enjoy!

MACROS

CALORIES 349 • FAT 5G • PROTEIN 19G • CARBS 63G • FIBER 11G

AVOCADO AND SPINACH SMOOTHIE BOWL

(MAKES 2 BOWLS)



INGREDIENTS

- 1 cup spinach leaves
- 1 cup almond milk
- 1 frozen banana
- 4 tbsp PBfit
- ½ avocado
- 1 tsp. agave syrup
- 6-8 icecubes

INSTRUCTIONS

Place all smoothie ingredients in the blender and blend until smooth. Arrange the toppings and enjoy!

Toppings:
½ cup raspberries
½ cup strawberries, sliced
1 tsp. chia seeds

MACROS

CALORIES 240 • FAT 9G • PROTEIN 11G • CARBS 31G • FIBER 11G

CHAI PB SMOOTHIE

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- 3 Tbsp PBfit
- ½ tsp ground cloves
- ½ tsp allspice
- 1 tsp cinnamon
- ½ tsp ground ginger
- 1 tsp agave
- pinch of pepper
- 1 cup of ice

INSTRUCTIONS

Place all ingredients in blender and blend until smooth. Enjoy!

MACROS

CALORIES 155 • FAT 2G • PROTEIN 11G • CARBS 23G • FIBER 10G

RAINBOW PROTEIN PARFAIT

(MAKES 1 SMOOTHIE)



INGREDIENTS

- 1/3 cup greek nonfat yogurt
- 2 Tbsp PBfit
- 1 scoop vanilla protein powder
- 1/4 cup strawberries, sliced
- 1/2 mango, chopped
- 1/3 cup pineapple, diced
- 1 kiwi, peeled & chopped
- 1/4 cup blueberries
- 10 grapes, halved

INSTRUCTIONS

In a small bowl whisk together yogurt, PBfit and protein powder. Pour into parfait glass.

Add the fruit, one layer at a time, like a rainbow.

MACROS

CALORIES 313 • FAT 6G • PROTEIN 25G • CARBS 45G • FIBER 8G



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