

simple smoothies

Homemade smoothies are a delicious and nutrient-dense way to refuel. They are great post-workout, on a hot afternoon, or as an easy on-the-go snack. Check out some of our favorite recipes below, and for more inspiration visit www.siggis.com.

smoothie education: how to make the perfect blended beverage

shop seasonal + local. Fruit that is locally in-season will be fresher than fruit that's been shipped across continents to get to you.

freeze first. Choose pre-frozen fruit in a pinch. It's just as nutritious!

add fiber. Adding fiber will make your smoothie more robust and filling. Berries, veggies, seeds and whole grains like oats are all great fiber-rich smoothie add-ins.

rinse the blender ASAP. Blenders can be tricky to clean, so remember to rinse the blender immediately after you use it - excess smoothie will rinse away with ease.

matcha smoothie | serves 4

ingredients

- 2 cups siggi's 0% plain skyr
- 1 banana, ripe
- 1 green apple, cored with skin left on
- 3 Tbsp honey
- 4 tsp matcha powder
- 1 cup ice
- milk, optional to adjust consistency

preparation

blend all ingredients in a blender, starting on low speed and then finishing on high speed until smooth. if using milk, add to adjust consistency.



nutrition facts (per serving)

Calories 240, Protein 14g, Total Fat 9g, Saturated Fat 7g, Cholesterol 20mg, Sodium 110mg, Total Carbohydrates 26g, Sugars 14g

coconut golden milk smoothie | serves 1

ingredients

- 1 container siggi's 2% coconut skyr
- ½ cup cold chamomile tea
- ½ cup frozen cauliflower florets
- 1 Tbsp turmeric
- ¼ tsp black pepper

preparation

combine all ingredients, blend until smooth.



nutrition facts (per serving)

Calories 160, Protein 14g, Total Fat 4g, Saturated Fat 3g, Cholesterol 15mg, Sodium 50mg, Total Carbohydrates 15g, Sugars 8g, Fiber 4g

strawberry and banana oatmeal smoothie | serves 1

5 grams of fiber per serving!

ingredients

- ¼ cup rolled oats
- 2 Tbsp almond oatmeal
- ½ tsp chia seeds
- ½ cup siggi's 0% vanilla skyr
- 1 banana, sliced and frozen
- ½ cup milk
- 1 cup strawberries, sliced and frozen

preparation

combine all ingredients in a blender and blend until smooth. If using fresh fruit, add cup ice cubes.

nutrition facts (per serving)

Calories 200, Protein 10g, Total Fat 5g, Saturated Fat 0.5g, Cholesterol less than 5mg, Sodium 30mg, Total Carbohydrates 33g, Sugars 15g, Fiber 5g



green smoothie | serves 1

ingredients

- 1 cup baby spinach
- ¾ cup coconut milk
- ½ cup frozen banana slices
- ½ cup siggi's 4% plain skyr
- ½ inch piece ginger

preparation

blend all ingredients until well combined and enjoy!

nutrition facts (per serving)

Calories 240, Protein 14g, Total Fat 9g, Saturated Fat 7g, Cholesterol 20mg, Sodium 110mg, Total Carbohydrates 26g, Sugars 14g



acai & mixed berry smoothie | serves 1

ingredients

- 1 container siggi's 0% mixed berry and acai skyr
- 1 frozen acai packet
- ½ cup blackberries
- ½ cup almond milk
- ¼ cup blueberries

preparation

combine all ingredients, blend until smooth.

Add water if a smoother consistency is preferred.

nutrition facts (per serving)

Calories 270, Protein 18g, Total Fat 7g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrates 31g, Sugars 18g



pumpkin spice latte smoothie | serves 1

ingredients

- ¾ cup milk
- 1 container siggi's pumpkin & spice skyr
- 1 shot espresso
- 1 Tbsp of maple syrup
- 1 cup ice (optional)

preparation

blend all ingredients until well combined and enjoy!

nutrition facts (per serving)

Calories 200, Protein 16g, Total Fat 3.5g, Saturated Fat 2g, Cholesterol 15mg, Sodium 80mg, Total Carbohydrates 28g, Sugars 24g

