

"LITTLE ADAPTS"

Summer Smoothies



By Jax Smith

LITTLE ADAPTS BY JAX 

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Fresh + Light



WATERMELON BUZZ

INGREDIENTS

SERVES 1

- 6 oz water
- 1/2 cup frozen watermelon
- 1 frozen unsweetened pitaya packet
- 1/3 cup frozen zucchini
- 1 tbsp chia seeds
- 1 handful of spinach



LITTLE ADAPT:

I put a handful of greens into every single smoothie because it gives me an added dose of nutrients, vitamins + fiber. I also use spinach because it blends well + doesn't change the taste of the smoothie, but feel free to use any green!

CUCUMBER COOLER

INGREDIENTS

SERVES 1

- 6 oz water
- 1/4 cucumber
- 1 stalk celery
- 1/2 cup frozen mango
- 1/2 of a lime, squeezed
- 1 tbsp ground flaxseed
- 1 tbsp hemp hearts
- 1 handful of spinach
- Handful of ice



LITTLE ADAPT:

I love using ground flaxseed in my smoothies because it is packed with omega-3 fats, which are amazing for inflammation and needed if you eat mostly plant based.

STRAWBERRY KISS

INGREDIENTS

SERVES 1

- 6 oz coconut water
- 1/2 frozen banana
- 1/4 cup strawberries
- 1/4 cup pineapple
- 1 tsp ground ginger
- 1 tbsp coconut oil
- 2 tbsp hemp hearts
- 1 handful of spinach



LITTLE ADAPT:

Coconut water is one of my favorite bases for a smoothie as it is packed with potassium, electrolytes + hydrates you faster than water.

Everyday Loves



BLUEBERRY BRUNCH

INGREDIENTS

SERVES 1

- 6 oz coconut water
- 1/2 frozen banana
- 1/2 cup frozen blueberries
- 1 handful of spinach
- 1/2 tsp maca powder
- 1/2 packet or 1 scoop SANO Vanilla Plant Based Protein Powder
- 1 tbsp almond butter
- 1 tbsp MCT or coconut oil
- Toppings: Drizzle of almond butter + grain-free granola



LITTLE ADAPT:

Blueberries are my go to for smoothies + acai bowls because they are packed with antioxidants and are low on the glycemic index (less sugar + carbs!)

PEACHES + CREAM

INGREDIENTS

SERVES 1

- 6 oz unsweetened vanilla almond milk
- 1/2 cup frozen peaches
- 1/2 frozen banana
- 1/2 tsp cinnamon
- 1 tbsp almond butter
- 1 scoop or 1/2 packet SANO Vanilla Plant Based Protein Powder
- 1 tbsp ground flaxseed
- 1 handful of spinach
- Toppings: Sprinkle of granola + drizzle of AB



LITTLE ADAPT:

I love using nut butter in my smoothies to make sure I always have a healthy fat + protein in order to keep me satisfied and full (plus, it's great to drizzle a little bit on top for some added texture!)

PB + JAM DELIGHT

INGREDIENTS

SERVES 1

- 6 oz oat milk
- 1/4 cup steamed + frozen cauliflower
- 1/4 cup frozen zucchini
- 1/2 cup frozen strawberries
- 1 handful of spinach
- 1 tbsp hemp hearts
- 1/2 tsp cinnamon
- 1 tbsp peanut butter
- 1/4 dropper vanilla stevia
- Toppings: Drizzle of peanut butter + cacao nibs



LITTLE ADAPT:

I have been using steamed + frozen cauliflower as a base for my smoothies in an effort to get more veggies in and reduce my intake of carbs + sugar. Paired with PB - you'd never know it was in there!

MOCHA + GREENS

INGREDIENTS

SERVES 1

- 4 oz almond milk
- 2 oz cold brew
- 1 handful spinach
- 1/4 frozen banana
- 1/2 cup frozen zucchini
- 1 scoop or 1/2 packet SANO
Chocolate Plant Based
Protein Powder
- 1 tbsp almond butter
- Toppings: Drizzle of AB +
cacao nibs



LITTLE ADAPT:

Make sure to always use unsweetened dairy-free milk for all of your smoothies because the fruit will give you all the sweetness you need!

Treat Yo Self



MINT CHOCOLATE CHIP

INGREDIENTS

SERVES 1

- 1/4 large avocado
- 1/2 frozen banana
- 1 handful spinach
- 1 tbsp ground flaxseed
- 1 tbsp hemp hearts
- 1 tsp spirulina
- 1/2 tsp peppermint extract
or 1 drop peppermint oil
- Handful of ice
- Toppings: Sprinkle of
granola + cacao nibs/vegan
dark chocolate chips



LITTLE ADAPT:

My other favorite low glycemic smoothie base is the avocado because it is packed with fat + makes the smoothie so creamy. I try to vary the bases I use throughout the week to maximize my nutrients: banana, cauliflower, zucchini + avocado.

PB BANANA SPLIT

INGREDIENTS

- 6 oz coconut milk
- 1.5 frozen bananas or 1 frozen banana + 1/2 cup frozen, steamed cauliflower
- 1 handful spinach
- 1 tbsp peanut butter
- 1 tbsp MCT oil or coconut oil
- Splash of vanilla extract or vanilla stevia
- Handful of ice



LITTLE ADAPT:

MCT stands for medium chain triglycerides, which are found in coconut oil. It can easily be broken down and then used as an immediate source of energy for the body, especially the brain.

MANGO COLADA

INGREDIENTS

SERVES 1

- 12 oz coconut water
- 1/2 tbsp spirulina
- 1/4 cup frozen mango
- 1/4 cup frozen pineapple
- 1/2 frozen banana
- 1 tbsp ground flaxseed
- 1 tbsp MCT Oil
- 1 handful of spinach



LITTLE ADAPT:

Spirulina is a blue-green algae that is packed with protein, B vitamins, copper + iron. This is a nutrient power house supplement for all plant based eaters!

THANK YOU!

SMOOTHIE ADD-INS:

SMOOTHIE ESSENTIALS

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