

# High-Protein Vegan Smoothies

4 Recipes Ready in 5 Minutes



## Crimson Forest Fuel-Up

Berry Ginger Protein Smoothie  
30g Protein

- 100g frozen mixed berries (blueberries, raspberries, cranberries)
- 30g vanilla protein powder
- 250ml water or coconut water
- 1 tbsp chia seeds
- 1 tsp fresh lime juice
- peeled ginger (1/2-inch piece)

Blend berries, protein powder, water, ginger, and lime on high for 45-60 seconds until deep crimson and smooth. Add chia seeds, pulse 5-10 seconds only. Pour into a glass, let sit 2 minutes, stir once and enjoy!

🌱 5 plants: mixed berries • chia seeds • ginger • lime • coconut water (if using)

370 cal | **30g protein** | 39g carbs | 6g fat | 5 min | Serves 1

## Butterscotch Velocity Blitz

Whole-Nut Protein Power Shake  
26g Protein

- 30g vanilla protein powder
- 240ml (1 cup) oat milk
- 80ml (1/3 cup) cold water
- 10g raw almonds (8-10 nuts)
- 1/4 tsp butterscotch extract
- 1/4 tsp vanilla extract
- 1/2 tsp instant coffee powder
- 1 tsp agave syrup (optional)
- Pinch ground cinnamon



Blend almonds, oat milk, water, protein powder, butterscotch extract, vanilla, coffee powder, and agave on highest speed for 60-90 seconds until completely smooth and silky. Pour into a tall glass and dust with cinnamon.

🌱 3 plants: almonds • oats (oat milk) • cinnamon

365 cal | **26g protein** | 32g carbs | 12g fat | 5 min | Serves 1



## Emerald Halva Glow

Tahini & Spinach Protein Elixir  
31g Protein

- 150g (1½ cup) frozen spinach (3 cups fresh spinach)
- 30g vanilla protein powder
- 1 tbsp plain tahini
- 1/4 tsp orange extract
- 2 tbsp wheat germ
- 1 fresh banana
- 1 tsp fresh lime juice
- 250ml (1 cup) oat milk
- Black sesame seeds for garnish

Blend oat milk, lime juice, and spinach on high 30 seconds until smooth. Add remaining ingredients and blend 45-60 seconds until thick and emerald green. Top with black sesame seeds.

🌱 7 plants: spinach • sesame (tahini) • wheat germ • banana • lime • oats (oat milk) • orange extract

430 cal | **31g protein** | 49g carbs | 10g fat | 5 min | Serves 1

## Choco Green Iron-Booster

Chocolate-Spinach Smoothie  
31g Protein

- 100g frozen spinach (2 cups fresh spinach)
- 30g chocolate protein powder
- 1 tbsp hemp seeds
- 1 tbsp peanut butter
- 1 frozen ripe banana
- 1 tbsp cacao powder
- Tiny pinch of salt
- 250ml (1 cup) almond milk



Blend spinach and almond milk first until smooth. Add remaining ingredients. Blend on high 45-60 seconds until velvety. Top with hemp seeds.

🌱 6 plants: spinach • hemp seeds • peanuts • banana • cacao • almonds

510 cal | **31g protein** | 48g carbs | 20g fat | 5 min | Serves 1

Stay fueled 🌱 More high-protein vegan recipes at [vibrantveganfuel.com](https://vibrantveganfuel.com)