



ACTIVE WITH  
AMBER  
SMOOTHIE BOOK

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# DISCLAIMER

The content within this guide is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/or injuries, do not attempt to follow the training or dietary guidance without clearance from your physician or doctor first.

By participating you knowingly and voluntarily assume all risks associated with such diet and exercise guidance. Powah Ltd & Amber Turner accepts no liability for any injury, loss or damage resulting from physical exercise or dietary choices made.

By following our guide you knowingly and voluntarily assume the inherent risk of physical/resistance training. You must always train in a safe and controlled environment, ensuring you have the requisite supervision of a competent/qualified gym assistant. At no time should you attempt to perform such activities alone and unsupervised.

The dietary guidance given as examples within this guide should act as a general guide only, based around how to formulate a balanced eating plan intended for someone who is in good health and aiming to be in a calorie deficit in order to lose unwanted excess fat. The specifics of an individual's dietary needs are complex, and therefore it is advised that you seek the advice of a qualified dietician in order to put together a full diet plan for yourself.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you must seek medical/professional advice immediately, do NOT proceed to partake in any activity or change in diet. Any medical questions should be directed at a health care professional.

You acknowledge and agree that you are responsible for your own health and safety at all times, and that you have been assessed by a medical expert (e.g. your GP/Doctor) who has given you consent to partake in physical activity.

# WELCOME TO MY ACTIVE WITH AMBER SMOOTHIE RECIPE BOOK!



If you follow me on Instagram, you'll know that I absolutely love making smoothies and including them in my daily diet, as they are full of good nutrients. You don't have to be amazing in the kitchen to follow any of the recipes in this book as making a smoothie is so quick and easy.

I get so many messages on social media asking me what I put in my smoothies, so I've teamed up with Sport and Exercise Nutritionist, Kit Chamier, to bring you a whole variety of smoothie recipes, and each one shows you the nutritional information, so you know how much carbohydrate, protein and fat each one contains as well as how many calories per serving.

I've learned so much since following these brilliant recipes, and I wanted to bring you something that you could fit into a busy life and really enjoy... so I can't wait to hear which ones are your favourites!

Don't forget to tag me on Instagram with your smoothie pics and use #activewithamber.

Much Love

*Amber x*

 @activewithamber





# KIT CHAMIER

Kit is a Registered Associate Dietician (BDA) and Sport and Exercise Nutritionist (SENr). After graduating from his MSc in 2013, he has been providing evidence based nutrition guidance to all, with the aim to make sure people get trustworthy advice.

‘I’ve been helping people of all ages and abilities with their performance and health, making sure they feel the best they can for every challenge they have.’ - Kit



@nutritionkit



@truefoodsportnutrition



@truefoodsportnutrition





# RECIPES







# LEMON GINGER ZINGER

Kcal = 57  
Carbohydrates = 12.8g  
Protein = 1.2g  
Fat = 0.6g

Ingredients	1 Portion
Water	125ml
Small Apple	1
Small Carrot	1
Lemon (juice of)	1/2
Fresh Ginger	1 inch

## Method:

- Remove the core from the apple, and the tops of the carrot after washing.
- Chop ingredients roughly before adding to a blender with the water and blitzing for around 1 minute or until all chunks have gone.

## FACTS

Cherries are rich in anti-inflammatories and antioxidants





# SKIP-A-BEAT-SMOOTHIE

Kcal = 276  
Carbohydrates = 57.4g  
Protein = 11.1g  
Fat = 0.6g

Ingredients	1 Portion
Beetroot Juice	200ml
Medium Pear	1
Skyr Yoghurt	100g
Apple Juice	100ml
Honey	1 tsp

## Method:

- Remove core from the pear and wash.
- Cut into rough chunks.
- Add everything to the blender and blitz until smooth.

### FACTS

There is some evidence to show that beetroot can be beneficial for sporting performance!







# GREEN GOBLIN

Kcal = 122  
Carbohydrates = 25.9g  
Protein = 3.1g  
Fat = 1.2g

Ingredients	1 Portion
Kiwis	2
Medium Apple	1
Water	100ml
Spinach	1 cup
Wedge Lemon	1

## Method:

- Wash and core the apple.
- Roughly chop all ingredients.
- Add all the ingredients to the blender and blitz until smooth.

## FACTS

Kiwi fruit have more  
vitamin C than oranges!





# MANGO-MADNESS

Kcal = 237  
Carbohydrates = 56.9g  
Protein = 4g  
Fat = 1g

Ingredients	1 Portion
Large Orange	1
Frozen Mango Chunks	1 cup
Orange Juice	100ml
Medium Banana (frozen)	1/2

## Method:

- Peel and chop the orange
- Add all the ingredients to a blender and blitz until smooth

## FACTS

Mango is a good source  
of Vitamin A!





# THREE INGREDIENT BLUEBERRY SMOOTHIE

Kcal = 246  
Carbohydrates = 31.1g  
Protein = 21.6g  
Fat = 4g

Ingredients	1 Portion
Semi-Skimmed Milk	200ml
Skyr Yoghurt (berry flavour works best)	150g
Blueberries	100g

## Method:

- Combine all ingredients using a blender

### FACTS

Skylr yoghurt contains a high amount of protein as well as calcium





# DOUBLE BERRY SMOOTHIE

Kcal = 282  
Carbohydrates = 43.4g  
Protein = 20.1g  
Fat = 3.3g

Ingredients	1 Portion
Semi-Skimmed Milk	150ml
Skyr Yoghurt (berry flavoured)	150ml
Strawberries	100g
Blueberries	50g
Honey	1 heaped tsp

## Method:

- Cut off the tops of the strawberries.
- Add all ingredients to the blender and blitz until smooth.

## FACTS

100g of strawberries contains 97% of the recommended vitamin C intake.







# BLUE-NANA SMOOTHIE

Kcal = 349

Carbohydrates = 64.4g

Protein = 20.1g

Fat = 2.6g

Ingredients	1 Portion
Skyr Yoghurt (fruit flavoured)	150g
Blueberries	1 cup
Medium Banana	1
Semi Skimmed Milk	100ml
Honey	1 heaped tsp

## Method:

- Peel banana and place into a blender
- Add the remaining ingredients and blitz until smooth

## FACTS

Blueberries are high in antioxidants, perfect for post workout!





## PB + J SMOOTHIE

Kcal = 289  
Carbohydrates = 32g  
Protein = 11g  
Fat = 13g

Ingredients	1 Portion
Peanut Butter	1tbsp
Chia Seeds	1tsp
Strawberries	80g
Semi Skimmed Milk	150ml
Medjool Date	1

### Method:

- Cut the top of the strawberries off and pit the date.
- Add all ingredients to the blender and blitz until smooth.

### FACTS

Chia seeds contain a high amount of fibre and aid in digestion.





# NUTTER BUTTER SMOOTHIE

Kcal = 545

Carbohydrates = 59.5g

Protein = 31.4g

Fat = 20g

Ingredients	1 Portion
Plain Skyr Yoghurt	150g
Semi Skimmed Milk	150ml
Large Banana	1
Peanut Butter	25g
Honey	1 heaped tbsp
Chia Seeds	1tbsp

## FACTS

This smoothie is high in protein and quick release carbohydrates.

## Method:

- Add all ingredients to a blender and combine





# ALMOND BERRY SMOOTHIE

Kcal = 408  
Carbohydrates = 45.2g  
Protein = 24.5g  
Fat = 13.1g

Ingredients	1 Portion
Semi Skimmed Milk	150ml
Skyr Berry Flavoured	150g
Blueberries	50g
Small Lemon (juice of)	1/2
Honey	1 generous tbsp
Chia Seeds	1tbsp
Almonds	10

## Method:

- Add all ingredients to a blender and combine

## FACTS

Almonds are a great source of vitamin E!







# RASPBERRY AND BANANA FREEZE

Kcal = 324  
Carbohydrates = 59.6g  
Protein = 13.5g  
Fat = 5.3g

Ingredients	1 Portion
Semi- Skimmed Milk	150ml
0% Yoghurt	100g
Small Frozen Banana	1
Frozen Raspberries	50g
Porridge Oats	20g
Honey	1 tsp

## Method:

- Roughly chop frozen banana and add all ingredients to a blender. Blend until smooth.

## FACTS

Oats are high in fibre and slow release carbohydrates which help to keep blood sugar steady.





# POME-BERRY SMOOTHIE

Kcal = 238

Carbohydrates = 48.8g

Protein = 12.6g

Fat = 0.3g

Ingredients	1 Portion
Pomegranate Juice	125ml
Skyr Yoghurt	100g
Small Banana	1
Raspberries	10
Honey	1 heaped tsp

## Method:

- Peel and chop banana.
- Add all ingredients to a blender and blend until smooth.
- Serve over ice.

## FACTS

Pomegranate juice is high in antioxidants!





# TROPICAL FUEL SMOOTHIE

Kcal = 351  
Carbohydrates = 71g  
Protein = 13.6g  
Fat = 3.1g

Ingredients	1 Portion
Mango Pieces	1 cup
Pineapple Chunks	1 cup
Semi Skimmed Milk	150ml
Small Banana	1
Plain Skyr Yoghurt	1 heaped 50g
Honey	1 tsp

## Method:

- Roughly chop the banana and add all the ingredients to the blender.
- Blend until smooth.

## FACTS

Honey contains quick release energy, useful for before and after a training session.





# MOCHA BANANA BLITZ

Kcal = 331  
Carbohydrates = 43g  
Protein = 25g  
Fat = 5.4g

Ingredients	1 Portion
Coffee	1 tsp
Cocoa Powder	1 tsp
Banana	1
Medjool Date	1
Semi Skimmed Milk	150ml
Ice	Handful
Whey Protein (chocolate flavour)	1 Scoop

## FACTS

This recipe has some fast release carbohydrates as well as a high amount of protein to aid with muscle recovery and growth.

## Method:

- Pit the date and roughly chop the banana.
- Add all ingredients into a blender and blend until smooth.







# PI-NO-COLADA

Kcal = 144  
Carbohydrates = 18g  
Protein = 2.6g  
Fat = 5.1g

Ingredients	1 Portion
Frozen Pineapple Chunks	50g
Frozen Mango Chunks	50g
Alpro Coconut Drink	200ml
Chia Seeds	1 tsp

## Method:

- Add frozen mango and pineapple into a blender along with the coconut milk and chia seeds.
- Blend until smooth.

## FACTS

Pineapples act as an anti-inflammatory.





# BERRY BLAST

Kcal = 256  
Carbohydrates = 25g  
Protein = 25g  
Fat = 4.2g

Ingredients	1 Portion
Frozen Raspberries	50g
Frozen Blueberries	50g
Frozen Strawberries	50g
Strawberry Whey	1 scoop
Oats	20g
Water	200ml

## Method:

- Add all the ingredients into the blender and blitz until smooth.

## FACTS

Oats can naturally help lower cholesterol.





# TURMERIC TINGLE

Kcal = 210  
Carbohydrates = 39g  
Protein = 3.3g  
Fat = 2.7g

Ingredients	1 Portion
Ginger	1 inch
Ground Turmeric	1 tsp
Black Pepper	pinch
Orange Juice	150ml
Flax Seed	1 tsp
Small Apple	1
Lemon (juice of)	1/4
Honey	1 tsp

## Method:

- Peel and wash the ginger.
- Take the core out of the apple and roughly chop
- Blend all ingredients and serve over ice.

## FACTS

Turmeric is best absorbed by the digestive system when consumed with black pepper.





# CHERRY BAKEWELL SMOOTHIE

Kcal = 231  
Carbohydrates = 23g  
Protein = 11g  
Fat = 11g

Ingredients	1 Portion
Frozen Cherries	80g
Oats	20g
Almond Drink (unsweetened)	300ml
Almonds	12
Quark	20g

## Method:

- Combine all ingredients and blitz until smooth.

## FACTS

Cherries are dense in antioxidants and anti-inflammatories which boost the recovery process.







# APPLE CRUMBLE SMOOTHIE

Kcal = 341  
Carbohydrates = 38g  
Protein = 13g  
Fat = 16g

Ingredients	1 Portion
Apple	1
Cinnamon	1/2 tsp
Nutmeg	1/4 tsp
Semi Skimmed Milk	200ml
Oats	20g
Walnuts	15g

## Method:

- Cut and core the apple.
- Combine all ingredients using a blender.

## FACTS

Walnuts are a good source of omega 3 fatty acids!





# GREEN MACHINE SMOOTHIE

Kcal = 303  
 Carbohydrates = 13g  
 Protein = 30g  
 Fat = 15g

Ingredients	1 Portion
Kiwi Fruit	1
Avocado	1/2
Water	200ml
Vanilla Whey Protein	1 scoop
Baby Spinach	1 handful

## Method:

- Throw all the ingredients into a blender and blitz until smooth

### FACTS

Avocado is naturally high in vitamin B-6 and vitamins C, E and K





# VERY BERRY PROTEIN PUNCH

Kcal = 249  
Carbohydrates = 13g  
Protein = 37g  
Fat = 5.6g

Ingredients	1 Portion
Spinach Leaves	20g
Frozen Mixed Berries	140g
Flax Seeds	1 tbsp
Vanilla Protein Powder	1 scoop
0% Fat Greek Yoghurt	80g
Water	250ml

## Method:

- Combine all ingredients and blend until smooth

## FACTS

Spinach is high in vitamin C and A.





## PURPLE RAIN

Kcal = 222  
Carbohydrates = 14g  
Protein = 31g  
Fat = 4.9g

Ingredients	1 Portion
Cooked Beetroot	40g
Pitted Cherries	40g
Blueberries	40g
Raspberries	40g
Flax Seed	1 tbsp
Vanilla Whey	1 scoop
Water	250ml

### FACTS

Beetroot can be a great source of folate and manganese.

### Method:

- Combine all ingredients and blend until smooth





# MINT CHOC CRUNCH

Kcal = 371  
Carbohydrates = 9g  
Protein = 29g  
Fat = 425g

Ingredients	1 Portion
Mint Leaves	3
Cacao Powder	15g
Cacao Nibs	18g
Chocolate Whey	1 scoop
Unsweetened Almond Milk	250ml
Walnuts	3
Water	250ml

## FACTS

Raw Cacao can provide some of your iron, magnesium and zinc needed for a balanced diet.

## Method:

- Combine all ingredients apart from cacao nibs, blend in a smoothie maker until smooth.
- Mix the cacao nibs into the made smoothie.







# COCONUT ALMOND PROTEIN SMOOTHIE

Kcal = 292  
Carbohydrates = 2.6g  
Protein = 33g  
Fat = 17g

Ingredients	1 Portion
Unsweetened Coconut Flakes	10g
Almond Butter	15g
Unsweetened Almond Milk	250ml
Chocolate Whey Powder	1 scoop

## Method:

- Combine all ingredients and blend until smooth.

## FACTS

Almonds can provide a source of vitamins B, E and calcium.





# ORANGE CREAM SMOOTHIE

Kcal = 399  
Carbohydrates = 39g  
Protein = 32g  
Fat = 14g

Ingredients	1 Portion
Orange	1
Orange Zest	Half an Orange
Vanilla Whey	1 scoop
Walnuts	1 tbsp
Flax Seed	1 tbsp
Orange Juice	150ml
Water	150ml

## Method:

- Add all ingredients to a blender and combine until smooth, add ice if desired.

## FACTS

Walnuts contain a high amount of omega 3 fatty acids as well as fibre.





# IT'S-ALL-PEACHY

Kcal = 387  
Carbohydrates = 27g  
Protein = 46g  
Fat = 12g

Ingredients	1 Portion
Pitted Peaches (tinned or fresh)	120g
Whole Greek Yoghurt	100g
Semi Skimmed Milk	250ml
Vanilla Whey	1 scoop
Mint Leaves	2

## Method:

- Blend all ingredients together and add water or ice to reach desired consistency.

### FACTS

Peaches are high in Vitamins A, C  
and also Fibre





## GREEN QUEEN

Kcal = 251  
Carbohydrates = 34g  
Protein = 24g  
Fat = 3.4g

Ingredients	1 Portion
Medium Green Apple	1
Green Grapes	100g
Large Stalk Of Celery	1
Baby Spinach	40g
Protein Powder	1 scoop
Water	350ml

### Method:

- Blend all ingredients together and add water or ice to reach desired consistency.

### FACTS

Celery is rich in vitamins such as A, K and C as well as being high in fibre.





# MANGO BEACH

Kcal = 289  
Carbohydrates = 34g  
Protein = 15g  
Fat = 11g

Ingredients	1 Portion
Ripe Mango	80g
Medium Peach	1
Strawberries	160g
Greek Yoghurt	100g
Unsweetened Almond Milk	250ml

## Method:

- Remove the stone from the peach and tops from the strawberries.
- Blend all ingredients together.

## FACTS

Greek yoghurt can provide you with calcium, a source of fat and a high amount of protein.







## BERRY SPECIAL

Kcal = 196  
Carbohydrates = 27g  
Protein = 20.4g  
Fat = 1.4g

Ingredients	1 Portion
Strawberries	100g
Raspberries	50g
Blackberries	50g
Spinach	40g
Apple Juice	150ml
Protein Powder	1 scoop
Water	200ml

### Method:

- Combine all ingredients together and add water or ice to reach desired consistency.

### FACTS

Blackberries are very high  
in antioxidants





# JUNGLE JUICE

Kcal = 271  
Carbohydrates = 41g  
Protein = 20.6g  
Fat = 0.7g

Ingredients	1 Portion
Pineapple	100g
Spinach	50g
Medium Banana	1
Apple Juice	150ml
Water	200ml
Protein Powder	1 scoop

## FACTS

Pineapples are high in fibre and Vitamins A and C.

## Method:

- Combine all ingredients together and add water or ice to reach desired consistency.

## A Note on Protein Powders

There are many protein powders on the market that you can choose from. We have included whey as this is the most popular and widely used, but, if you want to choose a different powder then just be aware that the calories and macronutrients will change slightly. Our best advice for choosing an appropriate protein powder is finding one that digests well and doesn't cause bloating or gas... and also tastes nice! There are many options such as pea, hemp, soya, casein, pea, bean, or rice and everyone has their own personal preference.



A large, abstract, light pink graphic that resembles a stylized letter 'A' or a series of overlapping geometric shapes, serving as a background for the title.

# ACTIVE

with *Amber*<sub>x</sub>