

# The Ultimate Smoothie Guide

Learn how to make delicious and balanced smoothies, packed with nutrients to conveniently support a healthy lifestyle



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Thank you for downloading The Ultimate Smoothie Guide. In the next pages we breakdown the pillars of a super smoothie to help you understand the key elements and encourage you to be creative with your blender.

Smoothies have been synonymous with healthy living, but it's important to understand that randomly blending ingredients without a method may result in one of two things: a delicious calorie feast loaded in sugar and fat, or a disgusting drink!

Our aim is to deconstruct the building blocks of smoothies and share suggestions on how to make yummy, nutrient-packed drinks.

I hope you enjoy reading it and that you stay healthier and happier by incorporating these suggestions into your lifestyle.

Kind wishes,

A handwritten signature in black ink, appearing to read 'Natalia Bojanic', with a stylized flourish at the end.

**Natalia Bojanic**

Brand Director, Co-founder

# The Base

## COCONUT WATER

A good source of lauric acid, iron, electrolytes such as potassium, magnesium & calcium. One of the best natural hydrators there is.

## OAT MILK

Contains a soluble fibre called beta-glucan and phenolic acids that offer antioxidant and anti-inflammatory protection.

## ALMOND MILK

Almond milk contains some vitamins and minerals such as vitamin E, riboflavin and calcium.

## PEA MILK

Made with yellow split peas and is higher in protein than most plant-based milks. It is also a source of iron, potassium, calcium, vitamin A and D.

## WATER

Water is crucial for the health of our bodies. For example, it helps regulate body temperature, removes waste and helps protect our joints and organs.

## ORANGE JUICE

Rich in vitamin C, which is crucial for immunity, phytochemicals, limonoids and flavonoids which help protect against cancer and heart disease.

## GREEN TEA

Contains powerful phytonutrients, including a phytochemical called L-theanine that improves focus. It's also an excellent source of prebiotic and antioxidants.

# TIPS:

The liquid is the foundation of a smoothie. Depending on your preference and nutrient needs you can select what is most suitable from the following:

## **WATER**

Water is the ingredient that obviously will not interfere with taste and will work in all combinations. One important thing to remember is to not add too much of it if you like a thicker shake. Adding water in the form of ice cubes is a great trick to have super refreshing smoothies.

## **NUT MILKS**

Different types of plant-based milks will result in a different flavour and nutrient profile. Almond milk is the most versatile option, while cashew nut is also quite inoffensive and hazelnut milk has a more distinctive taste.

## **NUT-FREE MILKS**

Great nut-free options are coconut and oat milk. They both add sweetness to the mix. Pea milk is not as popular, but it tastes better than it sounds - as long as you find a good brand!

- What is important to notice when buying plant-based milk is ensuring no sugars, artificial sweeteners and thickeners are added. If you are not making your plant-based milk at home, make sure to read the labels. They don't need to have more than four ingredients: water, nut/grain, sea salt and sometimes added vitamins and minerals.

## **GREEN TEA**

Green tea can be a great option for morning smoothies providing an extra caffeine boost, but please make sure to let it cool down before blending. Raw coconut water is perfect in post-workout smoothies for extra hydration and electrolytes. Pasteurised coconut water will also work, but the taste is not as crisp and clean as the raw version.

## **FRUIT JUICES**

Fruit juices such as oranges can work well for smoothies, but be careful as they will also add natural sugars, so my recommendation is to use in moderation especially if you are already including other fruits in the mix.

- Normally 150ml-300ml is the recommended amount of liquid added for one serving and you can also mix half amount of water with your favourite smoothie base.



# The Thickeners



## BANANA

Bananas are great for replenishing muscle glycogen, as well as containing potassium to help regulate your muscle contractions.



## AVOCADO

Avocados are rich in essential fatty acids and increase the body's ability to assimilate nutrients. They're also a great source of glutathione, which helps boost immunity.



## CHIA SEEDS

Rich in protein, antioxidants, vitamins and minerals such as calcium, and omega-3s. It's also a great source of fibre (it contains mostly soluble fibre which is the reason chia seeds gels up).



## FLAXSEEDS

Flaxseeds are rich in omega 3 fatty acids and lignans, as well as being an excellent source of soluble fibre, which feeds the beneficial gut bacteria in our microbiome.



## OATS

Oats contain the prebiotic fibre beta-glucan, as well as phenolic acids that offer antioxidant and anti-inflammatory protection.



## SILKEN TOFU

A great source of plant protein. Contains isoflavones which is one of the unique phytochemicals in soy. Isoflavones have been shown to have a number of health benefits such as lowering cholesterol and strengthening bones.

## TIPS:

When looking for a satisfying drink that will keep you fuller for longer, ensuring that you add thickening ingredients is essential to make the smoothie more substantial.

### **BANANA/AVOCADO**

Banana is an accessible and easily available option and using frozen ones will make your smoothie feel velvety and sweet. However, if you don't like bananas or are trying to consume less natural sugars you can substitute them for avocados. With both options a helpful tip is to freeze them without skin in smaller pieces so it will blend quicker and you won't end up with big lumps in your smoothie.

- Adding 80g-150g of banana or avocado is enough for a rich consistency.

### **CHIA SEEDS & FLAXSEEDS**

Both work like magic in drinks. As they are both rich in soluble and insoluble fiber and can absorb 6-10 times their weight in water giving them gel-like consistency they are perfect for bulking up smoothies without adding too much flavour to it. You can soak them in water before adding them to smoothie (the ratio is 1 tbsp flax/chia to 2 tbsp water and wait ten minutes) or you can blend with the other ingredients and wait a few minutes before drinking the smoothie, allowing time for the gel-like consistency to form.

- Adding 1 to 2 tbsp per serving is our recommendation.

### **OATS**

Raw oats are another handy ingredient to make smoothies more dense. Using instant oats will give a smoother consistency as they are milled and dissolve more easily to drinks compared to the jumbo flattened grains that add a slightly grainy texture to the smoothie.

- Adding ¼ to ½ cup per serving will make you a delicious drink.

### **SILKEN TOFU**

Silken tofu might sound like a strange thing to add to drinks, but it is a brilliant option when you are looking to add more protein and creaminess to smoothies. Silken tofu has a subtle flavour and harmonises well with nearly anything you mix with so you don't need to worry about residual taste especially when using distinctive flavours such as peanut butter or strawberries. It's important to note that not all tofus are created equal and only the silken variety will blend seamlessly into your drinks.

- Add ¼ to 1/3 cup per serving.



# The Greens

## KALE

Rich in chlorophyll, amino acids, antioxidants, minerals such as iron and calcium. Contains antioxidant phytochemicals lutein and zeaxanthin, as well as beta-carotene which is crucial for eye health.

## CHARD

High in chlorophyll, carotenes, enzymes, vitamin A, B vitamins such as folic acid and alkaloids (which are plant compounds that help fight disease).

## CUCUMBER

Cucumbers contain an abundance of vitamins, minerals and enzymes. Deeply hydrating, they can help flush out your kidneys and prevent bloating. They also help support the liver and remove accumulated toxins and waste matter.

## CELERY

High in potassium, an electrolyte which helps with cellular cleansing and fluid levels. It's also a natural diuretic which helps keep blood pressure normal, and is high in vitamin C.

## SPINACH

Just one cup of cooked spinach offers 36% of your daily value for iron and 11% of your daily protein, with a bonus boost of fibre, vitamin A, C, E, K, calcium, magnesium, potassium and manganese.



## TIPS:

You might already be familiar with the saying "eat your greens" and here at Form we also believe that you should drink your veg for two main reasons: first it saves time (you don't need to cook or chew them). Secondly, if you don't like the taste of greens, the other sweet and delicious smoothie ingredients will disguise the flavour.

You can add fresh leafy greens or blend them with water and freeze them as ice cubes. Cucumber and celery can also be turned into juice and frozen, which is also a handy tip to avoid waste.

Adding  $\frac{1}{2}$  cup to 2 cups will be an awesome contribution to your five a day!





# The Colours



## BLUEBERRIES

Blueberries are a great source of vitamin C, A and E, selenium, zinc and phosphorus. These micronutrients support your immunity.



## STRAWBERRIES

Strawberries are rich in vitamin C and antioxidants such as anthocyanins, ellagic acid, quercetin and kaempferol.



## CHERRIES

Cherries are supportive for your immune system, sleep and skin health. Cherries are a natural source of melatonin which helps with sleep.



## MANGO

Mangoes are a great source of vitamin A, C, B6, folate, copper and fibre. They're also packed with antioxidants.



## KIWI

Kiwis are a top source of vitamin C which is crucial for immunity, as well as fibre which makes them a star for keeping you regular.



## APPLE

Apples contain a type of fibre called pectin, which helps cleanse out our bodies. They're packed with phytochemicals which helps with detoxification.



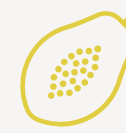
## PEAR

Pears are packed with vitamins A, B1, B2, B3, B6, C and K as well as minerals calcium, iron, copper, chromium, magnesium, potassium and zinc.



## PITAYA

Pitayas are a great source of vitamin C, B vitamins, magnesium, iron, phosphorus, antioxidants and fibre.



## PAPAYA

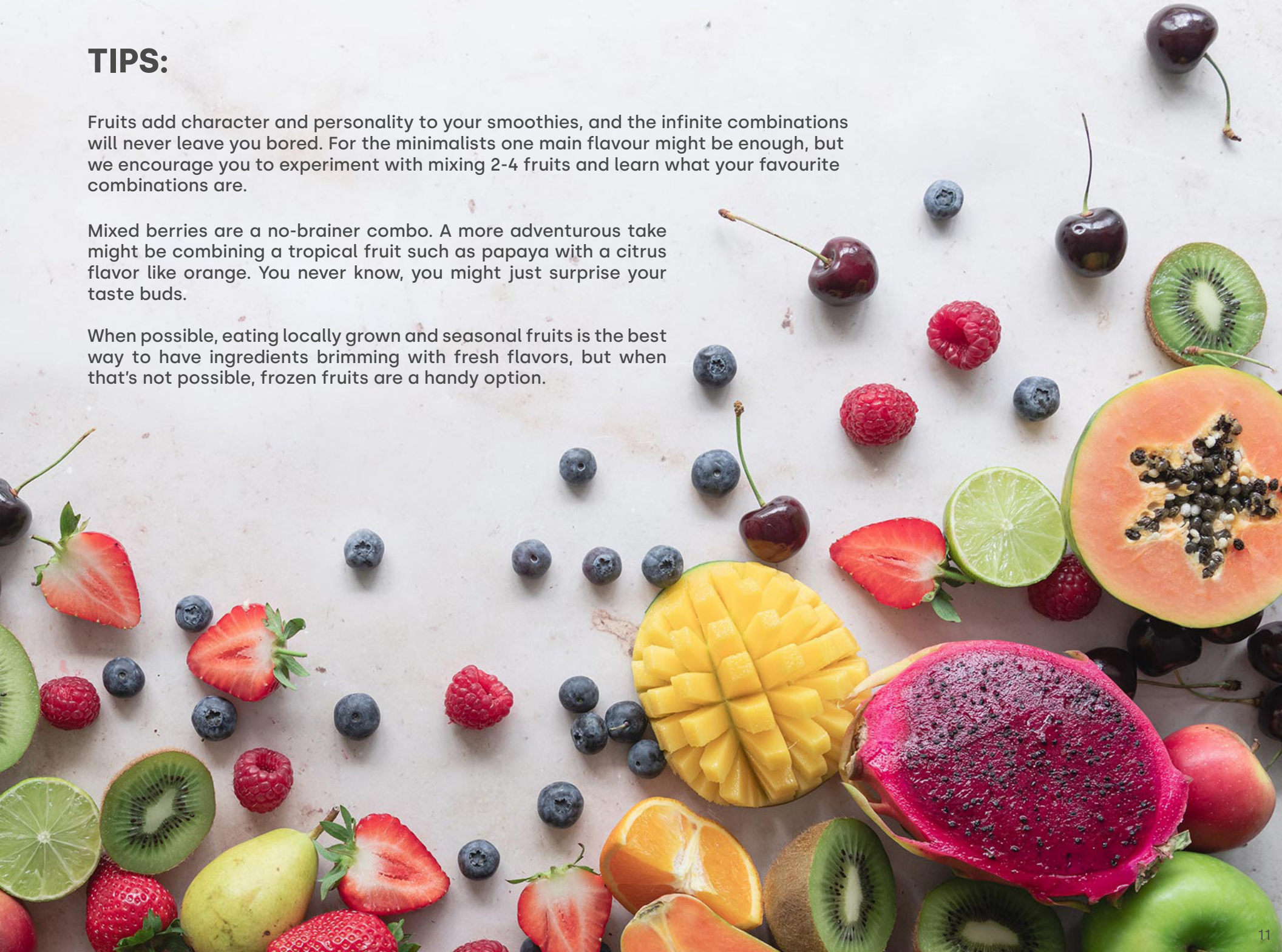
Papayas are one of the top foods for the gut and digestion, thanks to containing the digestive enzyme - papain. It's also a star fruit for skin health.

## TIPS:

Fruits add character and personality to your smoothies, and the infinite combinations will never leave you bored. For the minimalists one main flavour might be enough, but we encourage you to experiment with mixing 2-4 fruits and learn what your favourite combinations are.

Mixed berries are a no-brainer combo. A more adventurous take might be combining a tropical fruit such as papaya with a citrus flavor like orange. You never know, you might just surprise your taste buds.

When possible, eating locally grown and seasonal fruits is the best way to have ingredients brimming with fresh flavors, but when that's not possible, frozen fruits are a handy option.





# The Flavour Boosters



## RAW CACAO

Cacao is a natural energy booster, which comes from theobromine, an alkaloid which produces similar effects to caffeine. Cacao also contains phenylethylamine (PEA), which stimulates the feel-good hormones in your body.



## CINNAMON

Cinnamon is great for reducing inflammation in the body, and can help increase circulation, as well as regulate blood sugar.



## GINGER

Ginger can help boost your immune system, and as it's an anti-inflammatory it has been shown to provide support for gas, bloating and indigestion. Ginger is also a natural source of melatonin which helps with sleep.



## MATCHA

Matcha can be considered as an adaptogenic herb that has stress-fighting properties and has been shown to help with concentration and focus.



## TURMERIC

A powerful anti-inflammatory, antioxidant and anti-microbial ingredient. Studies have found turmeric to be capable of enhancing antibody response which boosts immunity.



## VANILLA

Vanilla has been shown to help promote healthy digestion by helping combat inflammation in the gut. To gain any benefits, be sure to pick real vanilla and preferably ones without alcohol.

## TIPS:

You should use at least one flavour booster in your smoothie and you only need a small amount of them to elevate your creations.

### **RAW CACAO**

Raw cacao tends to please most people due to the familiarity with chocolate, minus the milk and sugar. It brings an indulgent and gratifying taste to smoothies.

### **VANILLA**

Vanilla is a classic, bringing comfort and a sweet fragrance to your recipes; it's a must in everyone's pantries. You can have it in its raw form as vanilla pods, vanilla paste (watch out for added sugar) and vanilla extract (normally contains alcohol). Investing in real vanilla flavour is a better option instead of using the artificial and cheap versions.

### **CINNAMON/GINGER**

Cinnamon is powerful and spices up your recipes. The same applies to ginger, which goes really well in green smoothies.

### **MATCHA/TURMERIC**

Matcha and turmeric have an earthy, slightly bitter and distinct flavour profile so they are not everyone's cup of tea. Use in moderation, mixing with your favorite sweet ingredients as these superfoods are packed with important nutrients.

- Add ¼ tsp to 1 tsp to one serving depending on your taste.



# The Sweet Stuff

## DATE SYRUP

Date syrup is rich in antioxidants, with up to 10 times more compared to maple syrup or honey, as well as more than twice the potassium, magnesium and calcium.

## COCONUT SUGAR

Coconut sugar is a source of magnesium, potassium, vitamin C, and B vitamins.

## MAPLE SYRUP

One of the best and most traditional sweeteners, the sugar in maple syrup travels quickly to the liver to refuel your glycogen levels.

## FRUIT SYRUP

These are made with concentrated fruit juices, and contain some vitamins and minerals like manganese, zinc and copper.

## OAT SYRUP

Oat syrup is made by extracting the sweetness from oats.

## DATES

Dates are a natural energy booster, and is one of the healthiest sweeteners as it's packed with antioxidants and is anti-inflammatory. It can also help keep you regular.

## TIPS:

If you are already using fruits and a flavoured protein in your smoothie you probably do not need to add more natural sugars to your drink. Our recommendation is to use non-refined sugar and natural syrups when you go for an unflavoured protein powder.

In terms of sweetness, from weakest to strongest here is our ranking:

### OAT SYRUP

If you don't like oats obviously stay away from it as it does taste a bit like sweet porridge.

### MAPLE SYRUP

Versatile and flavoursome, get the original stuff made in Canada.

### FRUIT SYRUP

Normally half of the price of real maple syrup and some less experienced taste buds will not notice the difference.

### COCONUT SUGAR

It adds a deeper taste and also a subtle hint of coconut.

### DATES

Medjools are our preferred option as they taste almost like caramel.

### DATE SYRUP

Very intense, use only if you have a massive sweet tooth.

- Add to taste, but we believe two tbsp is the maximum amount per serving

# The Protein

## PERFORMANCE PROTEIN


Performance was formulated for post work-out. It contains 30g of protein along with curcumin and black pepper extract which as a combination is proven to be anti-inflammatory, helping you recover faster. It also has digestive enzymes and comes in Chocolate Peanut, Vanilla, Chocolate Hazelnut, Banoffee & Tiramisu flavours.

## PUREBLEND PROTEIN

Pureblend is unflavoured and unsweetened so it is perfect to use if you prefer to keep your smoothies unsweetened and unflavoured. Or you could also mix the Pureblend with one of our other flavoured blends to customise the right sweetness for you. It is also great to add into savoury dishes and baking for that extra boost of protein.

## SUPERBLEND PROTEIN

Superblend was formulated as a healthy snack, breakfast on the go or a sweet treat, and has 20g plant-based protein per serving as well as maca powder, fibre, greens and fruit powders as well as vitamins and minerals, digestive enzymes and a probiotic. It comes in Chocolate Salted Caramel, Vanilla and Toffee flavours.



Our blend is unique - Our high grade protein powders contain no emulsifiers or thickeners and we only use natural ingredients so no artificial sweeteners here. For Superblend, you have the added benefits of fruit and vegetable powders as well as actual vitamins and minerals. We're also a B Corp company and all our protein packaging is fully compostable.

## **WHY ADD PROTEIN TO SMOOTHIES?**

In an ideal world, we'd all hit our recommended daily intake of micro and macronutrients directly from our food. But this can be difficult for some of us for various reasons. For example, eating a plant-based diet can mean it could take slightly more effort to hit your protein needs. It's important to make sure you're getting enough protein because protein works within every cell of your body and is essential for our muscle growth, strength, and repair. It doesn't matter how hard you work out at the gym, if you're not getting enough protein in your diet then you're unlikely going to see improving results. Not enough protein in your diet reduces lean body mass, muscle strength, and function. It can also cause muscle cramping, weakness, and soreness. Your body will take protein from muscle tissue and use it as energy to support other vital body functions when protein is low. So make sure you're getting enough protein per day to keep your body working the way it should.

This is where a good quality protein powder can come in handy. Adding in a protein powder to your smoothie can help with bumping up your daily protein intake in a quick, easy and convenient way as well as being able to support satiety and bone health.

## **WHAT TO LOOK OUT FOR?**

The amino acid profile. There are nine essential amino acids that we have to get from food. When a food contains all eight essential amino acids it's considered to be a complete protein. Most plant-based protein sources are deficient in one or more of these amino acids. So when you're looking at a plant-based protein powder, make sure it's stated that it has a complete amino acid profile. This is achieved by combining a few different plant-based proteins or through fortification.

How many grams of protein per serving. This will depend on your daily needs (your age, sex, activity levels matter). We're advocates for whole foods, but no matter how well we eat, sometimes gaps can still happen. You may want to pick a protein with a higher gram of protein per serving (like Performance) if you feel like your diet doesn't provide adequate protein or you're looking to bulk and build muscle. Or if you're looking to get some protein with the added benefits of vitamins and minerals and other beneficial nutrients something like Superblend with 20g per serving is a great option.

Does it contain questionable thickeners, emulsifiers, fillers, additives, artificial sweeteners. It's worth knowing what you're putting into your body.

## TIPS:

At Form we are always happy to introduce new flavours and take pride in not rushing product development. Our blends are made to taste good just with water so they elevate your smoothies without overpowering the other flavours.

### **CHOCOLATE BASED FLAVOURS**

The chocolate based flavours such as Performance Choc & Peanut, Tiramisu, Choc & Hazelnut and Superblend Choc & Salted Caramel go really well with any plant-based milk, bananas,berries, and all nut butters. Plus you probably won't taste any spinach leaves when using them.

### **PERFORMANCE BANOFFEE & SUPERBLEND TOFFEE**

Performance Banoffee and Superblend Toffee are more versatile than you might think. They work well with water based smoothies, are great disguises for silken tofu and their sweetness is beautifully balanced with cinnamon.

### **PERFORMANCE VANILLA & SUPERBLEND VANILLA**

They work in any recipe and are especially good in green smoothies.

### **PUREBLEND**

Pureblend work in any recipe and are especially good in green smoothies. Remember that Pureblend is unflavoured and unsweetened so it requires more creativity to add your own touch to it.



# The Fats



## ALMOND BUTTER

Vitamin E, found in almonds, is an antioxidant that protects our cells. It is also great for keeping our blood flowing freely throughout our body.



## CASHEW BUTTER

Cashews are rich in fibre and healthy fats as well as a variety of vitamins and minerals such as magnesium.



## CACAO HAZELNUT SPREAD

Hazelnuts are a good source of vitamin E, magnesium, copper and manganese.



## PEANUT BUTTER

A good source of protein. It also contains vitamin E, niacin, folic acid, magnesium and oleic fatty acids.



## PUMPKIN SEED BUTTER

A good source of protein, vitamin E, magnesium and antioxidants. It's also a natural source of tryptophan which is an amino acid that can help promote sleep.



## SUNFLOWER BUTTER

Sunflower seeds are one of the highest sources of vitamin E, which is important for overall health. It functions as a free-radical neutraliser and protects fat-containing structures and molecules such as brain cells.



## TAHINI

Sesame seeds, the main ingredient in tahini, is a great source of calcium, magnesium, iron and zinc. Sesame seeds are also a good source of fibre.

## TIPS:

There's nothing like a nut or a seed butter to add an extra delicious dimension to your smoothie. Peanut butter is the most commonly used nut butter, but we invite you to be adventurous and try almond butter for a more sophisticated flavour, cashew nut for a sweeter option and cacao & hazelnut spread for when you feel like treating yourself!

If you have nut allergies, tahini is the most versatile seed butter, while pumpkin and sunflower seeds have a more savoury and earthy taste so if you like a sweet smoothie consider adding your favourite sweet syrup.

- Add 1 tsp to 1 tbsp per serving.





# Smoothie Recipes



# Choc & Peanut Banana Smoothie

**WATER**  
300ml

**CINNAMON**  
½ tsp

**FROZEN BANANA**  
1x

**RAW CACAO**  
½ tsp

**PERFORMANCE  
CHOC PEANUT**  
2 tbsp (30g)

Blend all ingredients in a blender & enjoy!

Calories 208 Protein 24g Fat 3g Carbs 24g Fibre 3g

# Banoffee & Blueberry Smoothie

**PERFORMANCE  
BANOFFEE**  
2 tbsp (30g)

**BLUEBERRIES**  
½ cup

**ALMOND MILK**  
300ml

**VANILLA EXTRACT**  
½ tsp

**ALMOND BUTTER**  
2 tsp

Blend all ingredients in a blender & enjoy!

Calories 267 Protein 26g Fat 11g Carbs 18g Fibre 3g

# Supergreens Smoothie

**MATCHA**  
½ tsp

**AVOCADO**  
1 cup

**GINGER**  
1 tsp

**SPINACH**  
1 cup

**COCONUT WATER**  
300ml

**PEAR**  
½ cup

**SUPERBLEND VANILLA**  
2 tbsp (30g)

Blend all ingredients in a blender & enjoy!

Calories 460 Protein 21g Fat 22g Carbs 54g Fibre 22g

# Tropical Smoothie

**PUREBLEND**  
2 tbsp

**FROZEN MANGO**  
½ cup

**MAPLE SYRUP**  
1 tbsp

**FLAXSEED**  
1 tsp

**TURMERIC**  
¼ tsp

**PAPAYA**  
1 cup

**ORANGE JUICE**  
300ml

Blend all ingredients in a blender & enjoy!

Calories 472 Protein 27g Fat 4g Carbs 84g Fibre 7g

# Strawberries & Cream Smoothie

**OAT MILK**  
300ml

**FROZEN STRAWBERRIES**  
1 cup

**TOFU**  
¼ cup

**PERFORMANCE VANILLA**  
2 tbsp (30g)

**PEANUT BUTTER**  
1 tsp

**FROZEN RASPBERRIES**  
½ cup

**OATS**  
¼ cup

Blend all ingredients in a blender & enjoy!

Calories 579 Protein 36g Fat 18g Carbs 75g Fibre 15g

# Our values



## Empowering the Individual

Performance is yours to define. We're all on a path to fulfil our potential. Whatever your goals, there's room for everyone at our table.



## Flourishing Ethically

We use trusted research and sustainable practices to naturally support your wellbeing. How we choose to nourish ourselves impacts others.



## For People and Planet

We believe human health depends on the health of our planet and that together we can impact society in a way that's bigger than our products alone.




## Unbound by Convention

We are quick thinkers who don't rush. Our success lies in doing the unexpected, taking our time and not compromising.

Recipe development: Natalia Bojanic  
Nutritional information: Vanessa Rohmig  
Photography: Natalie Penny  
Editing: Richard Jones

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Certified



Corporation

This company meets the highest standards of social and environmental impact