



MEAL REPLACEMENT SMOOTHIES  
GO WILD

Wild  
Blueberries™

# MEAL REPLACEMENT SMOOTHIES GO WILD

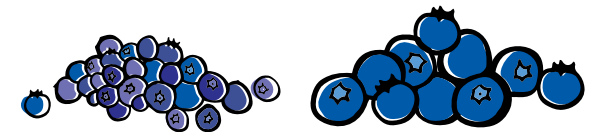
## Tips and Recipes for Making Satisfying Wild Blueberry Smoothies

Smoothies are quick, easy, and delicious meal replacements, especially if you're trying to manage your weight. The secret to making smarter smoothies for weight management is to use a blended balance of healthy carbs, protein, fiber, and good fats that keep you fueled and feeling full longer. Follow this formula for a delicious meal in every glass!

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THERE ARE TWO KINDS OF BLUEBERRIES.  
ONLY ONE CAN CHANGE  
YOUR SMOOTHIE.



WILD VS. REGULAR

ONE SERVING OF WILD  
BLUEBERRIES CONTAINS:

2X

the antioxidants of  
regular blueberries

MORE INTENSE

blueberry taste than  
regular blueberries

8X

the manganese  
per serving vs.  
regular blueberries

32%

less sugar than  
regular blueberries

72%

more fiber than  
regular blueberries

FROZEN

no ice needed,  
nutrition locked in



For the best blueberry smoothie  
pick tiny, potent **Wild Blueberries**

FIND THEM IN THE FROZEN AISLE



# HEALTHY SMOOTHIES START HERE **Wild** Blueberries™

## 5 SIMPLE STEPS TO YOUR PERFECT SMOOTHIE

### 1 FROZEN FRUIT FIRST

Every healthy smoothie starts with **frozen Wild Blueberries** because they're loaded with antioxidants and phytonutrients; they also provide fiber, natural sweetness, and delicious taste. Frozen Wild Blueberries deliver a perfect, cool consistency with every sip.

### 2 VEGGIES NEXT

Smoothies are a great way to **sneak a serving or two of veggies into your day**, and veggies matter, because they provide the fiber, vitamins, minerals, and essential nutrients that your body needs every day.

### 3 CHOOSE YOUR LIQUID

**Liquid is essential** for controlling the thickness and drink-ability of your smoothie. Liquids also offer a way to stay hydrated, restore electrolytes, and even add some calcium and protein to your smoothies.



SEE NEXT  
PAGE FOR  
OPTIONS  
& TIPS

### 4 THICKEN IT UP

**Stay satisfied longer** and improve your digestion by adding probiotics, creamy blend-able proteins, and other fiberrich, natural ingredients to your smoothies. Thickening up your smoothie the smart way keeps your body humming.

### 5 HEALTH AND FLAVOR BOOSTERS

**The finishing touch** on the perfect smoothie can be as simple as a teaspoonful of flaxseeds, a pinch of nutmeg, a lemon zest, or a sprig of mint. A host of flavorful boosters can turn an average smoothie into a shareable moment.

# THE ULTIMATE MEAL REPLACEMENT SMOOTHIE CHECKLIST

## BLEND IT UP—DRINK TO YOUR HEALTH

### RAMP UP THE PROTEIN



**TIP: Protein provides staying power and keeps you full longer.**  
Great sources of protein include:

- Cottage cheese
- Kefir
- Milk
- Nut butters
- Nuts
- Protein powder
- Quinoa
- Soy milk
- Spirulina
- Tofu
- Yogurt

### FILL UP ON FIBER



**Tip: Fiber helps keep you satisfied until your next meal or snack, preventing you from overeating or grazing.** Add high fiber ingredients like:

- Wild Blueberries
- Nuts & Nut butters
- Dark Leafy Greens:
  - Arugula
  - Kale
  - Spinach
  - Swiss Chard
- Oats
- White beans
- Vegetables:
  - Beets
  - Carrot
  - Pumpkin
  - Sweet potato
- Coconut
- Seeds:
  - Chia
  - Flax
  - Hemp
  - Pumpkin
  - Sunflower

### ADD A HEALTHY FAT



**Tip: Moderate consumption of healthy fats helps us absorb fat-soluble vitamins (A, D, E and K), boosts energy levels, supports satiety and assists in weight loss.**  
These healthy fats will do the trick:

- Avocado
- Coconut
- Flaxseed
- Hemp Oil
- Nuts
- Nut Butter
- Seeds:
  - Chia
  - Hemp
  - Pumpkin
  - Sunflower





# WILD BLUEBERRY & APPLE CRUMBLE SMOOTHIE BOWL

SERVES 1

## INGREDIENTS

½ cup frozen Wild Blueberries  
¼ cup apple juice  
½ apple, cored, peeled and cut into a few chunks  
¼ cup Greek yogurt  
¼ cup quick (1 minute) oats

## OPTIONAL TOPPINGS:

2 tbsp. granola  
½ tbsp. hemp seed hearts  
1 tsp. chia seeds

## METHOD

Place frozen Wild Blueberries, apple juice, chunks of apple, yogurt, and oats in a blender and blend until well mixed. It doesn't need to be completely smooth.

Pour into a bowl and top with granola, hemp seed hearts and chia seeds – you can arrange them as I did around the outside or however you like!



## OATS

Oats are rich in a specific type of fiber called beta-glucan known to help lower levels of bad cholesterol while keeping you feeling full.

**RECIPE BY:** Caroline Williams lives in Cambridge, Mass, with her husband and toddler and infant sons. She has always enjoyed cooking and photography and decided to start her blog [Caroline's Cooking](#) after a few friends suggested she do so to share her ideas and experiences. In her small city garden, she grows her own vegetables and sources local meats to create great-tasting food that is also healthy. She likes to prepare her dishes from scratch but also believes that cooking for your family should be easy and not take forever to make.

CAROLINE WILLIAMS





# WILD BLUEBERRY BANANA BREAD SMOOTHIE

SERVES 1

## INGREDIENTS

½ cup frozen Wild Blueberries  
½ frozen banana  
2 tbsp. walnuts  
2 tbsp. rolled oats  
1 tbsp. vanilla protein powder  
1 tsp. cinnamon  
¾ cup almond milk

## METHOD

Blend all ingredients together until smooth and creamy.



## WALNUTS

Full of heart-healthy monounsaturated fats, an ounce of walnuts contain 2.5g of Omega 3 fats, 4g of protein and 2g of fiber that help provide satiety.

**RECIPE BY:** Kara Lydon, RD, LDN, RYT is a nationally recognized food and nutrition expert and yoga teacher based in Boston. Kara offers nutrition and culinary coaching, consults with corporate wellness clients, and partners with like-minded food brands and organizations on recipe development, food photography, and nutrition communications and marketing. Kara has most recently been featured in *Fitness*, *Shape*, *Today's Dietitian*, *Environmental Nutrition*, and *Food & Nutrition Magazine*. Her food and healthy living blog, [The Foodie Dietitian](#), features delicious, seasonal, vegetarian recipes and simple strategies to bring more yoga and mindfulness into your life. She has been featured on *The Kitchen*, *BuzzFeed*, *TODAY*, and *SELF*. Kara previously led health communication strategy for Chobani, Inc., where she pioneered an integrated program targeting health professionals, and served as the key nutrition spokesperson for America's #1 selling Greek Yogurt brand.

KARA LYDON,  
RD, LDN, RYT







# WILD BLUEBERRY LEAN & GREEN SMOOTHIE

SERVES 1

## INGREDIENTS

1 cup frozen Wild Blueberries  
½ cup Green tea, chilled  
½ large cucumber, chopped  
2 kiwi, peeled  
2 tbsp. ground flaxseed  
1 tbsp. hemp seed

## METHOD

Combine all ingredients in a high-speed blender and enjoy.



## GREEN TEA

Antioxidant-rich green tea contains bioactive substances like caffeine and EGCG, which boost metabolism and fat burning.

**RECIPE BY:** Danielle Omar is a registered dietitian, clean-eating coach, teacher, and cookbook author. She is a passionate food and nutrition educator and founded Danielle Omar Nutrition to support busy men and women on their journey to becoming their healthiest self. An avid cook, she also enjoys sharing plant-based recipes and nutrition strategies on her [Food Confidence blog](#). Danielle has a Master's degree in Nutrition and has been teaching nutrition at the college level for over 10 years. She has contributed to local and national media outlets such as *The Washingtonian*, *The Washington Post*, *The New York Times*, *Shape Magazine*, and *Women's Health Magazine*. Through her private nutrition practice, media work, and group programs, Danielle has successfully motivated hundreds of busy professionals and families to eat confidently and live a healthy life.

DANIELLE OMAR, MS, RDN





# WILD BLUEBERRY

## MEAL REPLACEMENT SMOOTHIE

SERVES 1

### INGREDIENTS

½ cup frozen Wild Blueberries  
½ cup sliced, fresh strawberries  
3.5 oz. silken tofu  
⅔ cup unsweetened almond milk  
(or milk of choice)  
2 tbsp. pure maple syrup  
1-2 tsp. flaxseed, ground  
1 tbsp. chopped pecans  
and/or almonds

### METHOD

In a small bowl, mix together flaxseed and chopped pecans and/or almonds, reserve a teaspoon for garnish.

Blend tofu and maple syrup, reserve a dollop for garnish.

Blend the almond flaxseed mixture (saving some for garnish), the tofu mix (save some for garnish) with the remaining ingredients of frozen Wild Blueberries, fresh strawberries, and almond milk until smooth.



### FLAXSEED

Not all fats are created equal. Omega-3 essential fatty acids are one of the “good fats” shown to have heart-healthy benefits.

**RECIPE BY:** Erin Hendrickson, The Minimalist RD, is a Registered Dietitian Nutritionist and Wellness Program Coordinator for a major hospital system headquartered in Nashville, Tennessee. She believes ‘less is more’ when it comes to food, living well, and cultivating a life of abundance. On her blog, [The Minimalist RD](#), she advocates for a life with food that has less processed ingredients and more flavor; less waste and more sustainability; and less consumerism and more time and freedom.

ERIN HENDRICKSON, RDN







# WILD BLUEBERRY PROTEIN SMOOTHIE

SERVES 2

## INGREDIENTS

- 1 cup frozen Wild Blueberries
- 1 banana (frozen, if desired)
- ½ cup vanilla Greek yogurt
- 1 scoop vanilla protein powder
- ½ tsp. cinnamon
- 1 tsp. vanilla extract
- 1 tbsp. blueberry-flavored ground flax-seed (if you can't find it, use plain)
- 2-4 oz. unsweetened coconut milk beverage (or your favorite milk)

## METHOD

Blend all ingredients in a high-powered blender.



## PROTEIN POWDER

A quick and easy way to increase your protein intake giving your smoothie more staying power and keeping you full longer.

**RECIPE BY:** Danielle Omar is a registered dietitian, clean-eating coach, teacher, and cookbook author. She is a passionate food and nutrition educator and founded Danielle Omar Nutrition to support busy men and women on their journey to becoming their healthiest self. An avid cook, she also enjoys sharing plant-based recipes and nutrition strategies on her [Food Confidence blog](#). Danielle has a Master's degree in Nutrition and has been teaching nutrition at the college level for over 10 years. She has contributed to local and national media outlets such as *The Washingtonian*, *The Washington Post*, *The New York Times*, *Shape Magazine*, and *Women's Health Magazine*. Through her private nutrition practice, media work, and group programs, Danielle has successfully motivated hundreds of busy professionals and families to eat confidently and live a healthy life.

**DANIELLE OMAR, MS, RDN**







MAKE YOUR NEXT  
MEAL REPLACEMENT SMOOTHIE

GO WILD



For more smoothie recipes and other good stuff,  
visit [wildblueberries.com/smoothies](http://wildblueberries.com/smoothies)