

How to Make the Ultimate Healthy Breakfast Smoothie

By [Elizabeth Laseter](#). Updated 10/17/2024. Reviewed by Dietitian, [Emily Lachtrupp, M.S., RD.](#)
Tested by [EatingWell Test Kitchen](#). <https://www.eatingwell.com/recipe/8029983/healthy-breakfast-smoothie/>

This healthy breakfast smoothie recipe is packed with protein, fiber, unsaturated fats and essential vitamins and minerals. Follow our simple formula, memorize the ingredient amounts, then customize to your liking.

Even better, our supercharged breakfast smoothie tastes great and keeps you full until lunchtime. We keep a running stock of frozen bananas to give our smoothies a thicker consistency, but a handful of ice achieves a similar effect.

How to Make a Healthy Breakfast Smoothie

Energize your morning routine with this healthy breakfast smoothie loaded with [protein](#), fiber, healthy fats and essential vitamins and minerals. Our easy-to-follow formula can be customized to suit your taste and is filling enough to keep you satisfied until lunchtime. Read on for detailed instructions and tips from our Test Kitchen for how to make the most out of your next breakfast smoothie.



1. Slice the Fruit

- Slice the banana and either slice or chop other large fruit into smaller pieces. Small bits of fruit make it easier for your blender to blend to an even consistency.

2. Pulse the Ingredients

- Pulse a few times before turning up the speed to blend fully. A few pulses help pull ingredients down toward the blade, creating a great base for blending. If the ingredients aren't making it to the blade, turn the blender off and push them down with a wooden spoon or add a little bit more liquid.

Ingredient Swaps to Try

- **For a dairy-free smoothie**, use [plant-based yogurt](#) in place of the strained (Greek-style) yogurt.
- **For a nut-free smoothie**, substitute ground flaxseed, sunflower seeds or pumpkin seeds for the almond butter.
- **Try swapping in a mild leafy green** such as dinosaur kale or microgreens for the baby spinach. Most other greens will work as well, but may add more flavor and bitterness, so do your research before adding them.

- **The fruit choice is yours!** Think about combinations that you like and use for inspiration. For example, make a berry-forward smoothie and use a variety of berries. Or try a blend of tropical fruits, which can be refreshing after a workout or on a sizzling summer day. Don't forget stone fruits either—pitted cherries, apricots and peaches are also delicious!

Tips from the EatingWell Test Kitchen

These are the key tips we learned while developing and testing this recipe in our Test Kitchen to make sure it works, tastes great and is good for you too!

- To make blending easier, add the milk and yogurt first, then all the other ingredients. The liquid at the bottom helps pull the ingredients toward the blade.
- If the smoothie is too thick, thin it out with an additional splash of almond milk. If the smoothie is too thin, you can thicken it with a handful of ice.
- Use all frozen fruit to keep your smoothie thick and ultra-cold. If it's too thick, add a little water or additional milk for thinning.
- Smoothies are best when freshly made, but you can make a smoothie ahead of time and keep it in the fridge overnight so it's ready for breakfast. While it should still be good within 48 hours, it's best to enjoy it within 24 hours for the best consistency and taste.

Nutrition Notes

- **Bananas** are one of the best fruits for smoothies. They're portable and delicious—plus they're packed with vitamins and minerals! One medium banana provides 3 grams of [fiber](#) and 12% of your Daily Value for potassium. Fiber boosts satiety and promotes gastrointestinal health. Potassium is an important electrolyte for fluid balance, nerve and muscle function and heart health.
- Frozen or fresh, **strawberries** are a low-calorie fruit that's full of antioxidants. They are a fantastic source of [vitamin C](#), which helps boost immunity and promotes wound healing. It's also an important nutrient for making collagen, a protein necessary for the stretchy, strong tissue that makes up skin, cartilage and bones.
- Plain **strained (Greek-style) yogurt** is packed with protein: around 20 g per 7-ounce container, according to the [USDA](#). Protein is beneficial for satiety, but it's also an important nutrient for building and maintaining muscle mass. Yogurt is also a great way to get more [probiotics](#), powerful living microorganisms that help improve gut health.

Ingredients

- 1 medium banana (fresh or frozen)
- ½ cup sliced strawberries, blueberries or chopped mangos
- ¼ cup plain 2% Greek yogurt
- 1 tablespoon almond butter
- ½ cup baby spinach
- ½ cup unsweetened almond milk
- 1-2 basil leaves (optional)
- 2-3 mint leaves (optional)
- ½ teaspoon ginger (optional)

Directions

1. Place banana, strawberries (or blueberries or mango), yogurt, almond butter, spinach, almond milk and basil (or mint or ginger, if using) in a blender; process until smooth.

Nutrition Facts (per serving)

300 Calories 11g Fat 40g Carbs 13g Protein

