



Smoothie Recipes with OXX WHEY ISOLATE



A Smoothie is a delicious and nutritious shake made by blending pureed raw fruits or vegetables along with a liquid base like milk, water or yoghurt.

Make your smoothie protein-rich by including a serving of OXX Whey Isolate to the blend.



Here are 6 quick and healthy smoothie recipes using OXX Whey Isolate powder.

Berry Blast

Serving size: 1

A thick yoghurt and strawberry based smoothie



Ingredients

1. OXX Whey Isolate – 1 serving (25 g)
2. Strawberries – 1 cup (chopped and frozen)
3. Low fat yoghurt – 1/2 cup
4. Honey – 1 tsp
5. Ice cubes – 2

Method

- Add 25 grams of OXX Whey Isolate powder into a high-speed blender.
- Add the frozen strawberries, yoghurt, honey and ice cubes to this.
- Blend on high until smooth. Add more yoghurt depending on how thick you like your smoothie.
- Add your favourite toppings of raisins or nuts, and serve chilled.

Nutritional Information

OXX Whey Isolate provides 23 grams of protein. Strawberries are a great source of vitamin C while being low in natural sugars. Yoghurt is a probiotic and an additional source of protein.

Spiced Tomato Gazpacho

Serving size: 1

A tangy smoothie with a hint of pepper



Ingredients

1. OXX Whey Isolate – 1 serving (25 g)
2. Tomato – 2 small (chopped and frozen)
3. Cucumber – 1/4 cup (chopped and frozen)
4. Lemon juice – juice of 1 large lemon
5. Fresh Coriander – 2 tsp (chopped)
6. Fresh Mint – 2 tsp (chopped)
7. Pepper – a pinch
8. Salt – a pinch

Method

- Add 25 grams of OXX Whey Isolate powder into a high-speed blender.
- Add the tomatoes, cucumber, lemon juice, coriander, mint, salt and pepper to this.
- Blend on high until smooth and serve chilled.

Nutritional Information

OXX Whey Isolate provides 23 grams of protein. Cucumber contains 95% water and is an incredible detoxifier. Both cucumber and lemon are excellent sources of Vitamin C. Tomato is a good source of several vitamins and minerals, as well as lycopene, a powerful antioxidant.

Apple Chia Tango

Serving size: 1

A thick soymilk-based shake with apple and chia seeds

Ingredients

1. OXX Whey Isolate – 1 serving (25 g)
2. Apple – 1 (peeled and chopped)
3. Chia seeds – 1 tbsp (soaked in water for half hour)
4. Dates – 2 tbsp (chopped)
5. Salt – a pinch
6. Soymilk – 1/2 cup (can replace with regular milk or almond milk)
7. Ice cubes – 2



Method

- Add 25 grams of OXX Whey Isolate powder into a high-speed blender.
- Add the apple, soaked chia seeds, dates, salt, soymilk and ice cubes to this.
- Blend on high until smooth. Add more soymilk depending on how thick you like your smoothie.
- Add your favourite toppings of raisins or nuts, and serve immediately.

Nutritional Information

OXX Whey Isolate provides 23 grams of protein. Both apples and chia seeds are rich in fiber besides other vitamins. Chia seeds are also a good source of plant-based omega 3. Soymilk is low in calories and an additional source of protein. Dates provide B-vitamins, potassium and fiber.

Popeye's Punch

Serving size: 1

A power-packed spinach smoothie with the richness of banana and the zing of orange

Ingredients

1. OXX Whey Isolate – 1 serving (25 g)
2. Frozen Spinach leaves - 1 cup
3. Banana – 1 medium (frozen)
4. Orange – 1/2 cup (peeled and chopped)
5. Salt – a pinch
6. Water – 1/2 cup



Method

- Toss the frozen spinach and water in a high-speed blender and churn together till all leafy chunks are gone.
- Add 25 grams of OXX Whey Isolate powder along with the frozen bananas, orange and salt into this.
- Blend again on high until smooth.
- Serve chilled.

Nutritional Information

OXX Whey Isolate provides 23 grams of protein. Spinach is a nutrient-rich vegetable that packs high amounts of carotenoids, vitamins and minerals. Banana is rich in potassium and fiber besides other vitamins and minerals, and is an energy powerhouse. Orange is a good source of vitamin C.

Tropical Cooler

Serving size: 1

A refreshing drink with seasonal tropical fruits and the goodness of tender coconut water

Ingredients

1. OXX Whey Isolate – 1 serving (25 g)
2. Banana - 1 medium (frozen)
3. Pineapple – 1/2 cup (chopped and frozen)
4. Tender coconut water – 3/4 cup
5. Honey – 1 tsp
6. Ice cubes – 2



Method

- Add 25 grams of OXX Whey Isolate powder into a high-speed blender.
- Add the frozen banana, pineapple, tender coconut water, honey and ice cubes to this.
- Blend on high until smooth and frothy.
- Add your favourite toppings of raisins or nuts, and serve chilled.

Nutritional Information

OXX Whey Isolate provides 23 grams of protein. Pineapples are packed with a variety of vitamins and minerals especially vitamin C and manganese. They also contain enzymes that aid in protein digestion. Banana is rich in potassium and fiber besides other vitamins and minerals, and is an energy powerhouse. Tender coconut water is a great drink after workout as it replenishes electrolytes.

Mocha Magic

Serving size: 1

A stimulating coffee-based smoothie



Ingredients

1. OXX Whey Isolate – 1 serving (25 g)
2. Milk - 1/2 cup (can replace with soy / almond milk)
3. Instant coffee powder - 2 tsp
4. Brown sugar - 1 tsp (can replace with honey)
5. Ice cubes - 2

Method

- Add 25 grams of OXX Whey Isolate powder into a high-speed blender.
- Add the milk, coffee powder, brown sugar and ice cubes to this.
- Blend on high until frothy.
- Add your favourite toppings of nuts, and serve chilled.

Nutritional Information

OXX Whey Isolate provides 23 grams of protein. Caffeine in coffee contains antioxidants and is a mild stimulant that boosts alertness and energy levels. Milk is a great source of calcium and an additional source of protein.