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STEDMAN PHARMACEUTICALS PVT. LTD.

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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.**

OXX Fitness Nutrition products are brought to you by the Wellness division of Stedman Pharmaceuticals. We at Stedman, have decades of expertise and experience in manufacturing and marketing pharmaceutical products. We are pioneers in amino acid formulations that are widely prescribed by doctors for therapeutic use. Our Wellness division has a team of healthcare experts and nutritionists who formulate scientifically researched products to maximize fitness goals and athletic performance. All our products are manufactured using highest quality ingredients and tested as per pharmaceutical standards.

Visit [WWW.OXXFITNESS.COM](http://WWW.OXXFITNESS.COM) to know more about us and our products



**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 -  $\frac{1}{2}$  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 per serving. 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 -  $\frac{1}{4}$  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 per serving. 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, besides being rich in 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 -  $\frac{1}{2}$  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 per serving. 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 -  $\frac{1}{2}$  cup (peeled and chopped)
5. Salt - a pinch
6. Water -  $\frac{1}{2}$  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 per serving. 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 -  $\frac{1}{2}$  cup (chopped and frozen)
4. Tender coconut water -  $\frac{3}{4}$  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 per serving. 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 -  $\frac{1}{2}$  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 per serving. Caffeine in coffee has antioxidant properties and is a mild stimulant that boosts alertness and energy levels. Milk is a great source of calcium and an additional source of protein.



# Spiced Buttermilk

Serving size: 1

A light yoghurt drink flavored with coriander and ginger



## Ingredients

1. OXX Whey Isolate - 1 serving (25 g)
2. Curd -  $\frac{1}{4}$  cup
3. Coriander (chopped) - 1 tbsp
4. Ginger (chopped) - 1 tsp
5. Water -  $\frac{3}{4}$  cup
6. Salt, asafoetida and cumin powder - to taste

## Method

- Add OXX Whey Isolate and the other ingredients into a high-speed blender.
- Blend until smooth and frothy.
- Serve chilled.

## Nutritional Information

OXX Whey Isolate provides 23 grams of protein per serving. Buttermilk detoxifies the body, relieves constipation and helps replenish intestinal flora. Since it has less fat compared to milk and is rich in calcium, potassium and vitamin B12, it makes a great drink especially during the scorching summer.

# South Indian Panakam

Serving size: 1

A refreshing drink that combines the goodness of lime, jaggery and dry ginger



## Ingredients

1. OXX Whey Isolate - 1 serving (25 g)
2. Jaggery - 3 tbsp (powdered)
3. Freshly squeezed lemon juice -  $\frac{1}{4}$  cup
4. Dry ginger - 1 tsp (powdered)
5. Fresh ginger - 1 tsp (grated)
6. Water -  $\frac{1}{2}$  cup

## Method

- Add the jaggery into the water along with the lemon juice, dry ginger and fresh ginger. Allow to soak for  $\frac{1}{2}$  hour or till the jaggery dissolves.
- Strain and refrigerate.
- Finally, add the OXX Whey Isolate, mix well in a shaker and serve chilled.

## Nutritional Information

OXX Whey Isolate provides 23 grams of protein per serving. Jaggery is loaded with minerals such as magnesium, potassium, calcium, selenium, manganese and zinc. It is also prepared without the use of chemicals and is a better alternative to sugar. Dry ginger improves digestion.

# Mango Mania

Serving size: 1

Made with juicy ripe mangoes and a twist of lime



## Ingredients

1. OXX Whey Isolate - 1 serving (25 g)
2. Ripe Mango - 1 medium sized (chopped and frozen)
3. Almond milk / soy milk / milk / water -  $\frac{1}{2}$  cup
4. Freshly squeezed lime -  $\frac{1}{4}$  cup
5. Honey - 1 tsp
6. Ice cubes - 2

## Method

- Add 25 g of OXX Whey isolate along with the frozen fruit and the other ingredients in a high-speed blender.
- Blend until smooth and frothy.
- Serve chilled.

## Nutritional Information

OXX Whey Isolate provides 23 grams of protein per serving. Ripe mangoes are a great source of magnesium and potassium, which are key minerals that help reduce BP & regulate pulse. Lemon juice is loaded with vitamin C and is a great immunity booster.

# Dry Fruits Milk Shake

Serving size: 1

A power-packed exotic drink made with dry fruits and nuts

## Ingredients

1. OXX Whey Isolate - 1 serving (25 g)
2. Dry fig - 3 nos (soaked overnight in a little water)
3. Seedless dates - 3 nos
4. Almonds - 4 nos (soaked overnight in a little water)
5. Honey - 2 to 3 tsp
6. Saffron / cardamon powder - a pinch (optional)
7. Milk / almond milk / soy milk -  $\frac{1}{2}$  cup
8. Ice cubes - 2



## Method

- Add 25 g of OXX Whey isolate along with the other ingredients in a high-speed blender.
- Blend until smooth and frothy.
- Serve chilled.

## Nutritional Information

OXX Whey Isolate provides 23 grams of protein per serving. Figs are a good source of both calcium and potassium. They help to improve bone density. Dates contain several vitamins and minerals, in addition to fiber and antioxidants. Almonds help to lower LDL (bad cholesterol) and are packed with vitamin E, magnesium and potassium.

# Overnight Oats and Berry Jars

Serving size: 1

A refreshingly cool idea for a quick breakfast the next day



## Ingredients

1. OXX Whey Isolate - 1 serving (25 g)
2. Rolled Oats -  $\frac{1}{2}$  cup
3. Strawberries - 4 nos (chopped and frozen)
4. Banana - small (chopped and frozen)
5. Peanut butter - 1 tbsp
6. Brown sugar - 2 tsp
7. Chia seeds - 2 tsp
8. Milk -  $\frac{3}{4}$  cup

## Method

- Add 25 g of OXX Whey isolate along with the rolled oats, chia seeds, brown sugar, strawberries, bananas, peanut butter and milk into a mason jar or bowl. Stir well to mix the ingredients together. Refrigerate overnight.
- When ready to eat, remove from the fridge. If the oats have absorbed a lot of the liquid, you can mix in a little more water or milk.
- Top with nuts or more berries and serve.

## Nutritional Information

OXX Whey Isolate provides 23 grams of protein per serving. Oats are gluten-free and a great source of vitamins, minerals, fiber and antioxidants. Strawberries are a great source of vitamin C while being low in natural sugars.



## The OXX Advantage

### **Scientifically Formulated**

Manufactured by the Wellness division of Stedman Pharmaceuticals, pioneers in amino acid formulations

### **Best Manufacturing Practices**

Advanced production technology using highest quality ingredients

### **Pharmaceutical Quality Standards**

Validated testing methods & protocols at every stage of the manufacturing process

### **World-class Packaging**

Designed to ensure the freshness and efficacy of the product throughout its shelf life

### **Certified by Fitness Exponents**

Trusted brand by fitness coaches & top athletes

