

9 Pregnancy Smoothie Recipes by Dailey Foods

Pregnancy Smoothies

This PDF contains nine delicious and easy pregnancy smoothie recipes.

Before making any changes to your diet based on the information provided in this PDF or at DaileyFoods.com, please consult your physician.

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Also, check out my free [Alkaline Vegan Diet for Beginners Guide](#) at DaileyFoods.com.

After each recipe listed below I've included links to the nutrition facts for each recipe from **Cronometer.com**. This app is great for tracking pregnancy and lactation nutrition.

You can see the nutrition facts for free and add these recipes to your free Cronometer membership. You can also see each recipe's **alkalizing effect on the body** by upgrading to the **Gold membership**.

Sign up to Cronometer Gold and [save 10% on memberships](#).

Further reading from DaileyFoods.com:

[Top 8 questions about Cronometer app – answered!](#)

[Best calorie counter for pregnancy app](#)

Cronometer Nutrition

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What are pregnancy smoothies?

- **Pregnancy** is a term used to describe the time period a woman is growing a baby inside of her womb.
- **Smoothie recipes** is a term used to describe ingredients and directions for a drink made in a blender.
- A **pregnancy smoothie** is a blended drink which includes vitamins and minerals specifically recommend for consumption during pregnancy.
- You can combine a variety of ingredients with foods containing these recommended vitamins and minerals to make smoothies.
- Some popular **ingredients** of pregnancy smoothie recipes include dates, banana, apple, mango, strawberries, peach, lemon juice, lime juice, and more.
- Pregnancy smoothies are popular because they are filling, hydrating, packed with vitamins and minerals and easy to prepare and consume.

Benefits of pregnancy smoothies

There are many benefits to drinking smoothies made with foods high in vitamins and minerals recommended during pregnancy.

Many people prefer to get these nutrients into their diets through blending and drinking these foods. This can help ensure you're getting enough nutrition, even when you're too tired to prepare a full meal.

These smoothies can also be prepared ahead of time and store in the refrigerator for up to three days as part of pregnancy meal prep.

I like to prepare several of these smoothies and store them in the refrigerator. Instead of combining a lot of different foods together into one smoothie, I've opted to provide several smoothies with just a few ingredients. This way you won't get overwhelmed with flavor. For example, instead of making a smoothie with all the recommended foods for pregnancy, I've chosen just 2-4 ingredients per smoothie.

I recommend making several types of smoothies and enjoying several per day if you don't like overwhelming flavors.

Breakfast pregnancy smoothie recipes

I like to enjoy these smoothies first thing in the morning to help with morning sickness. Green smoothies are great for this because they are packed with alkalizing foods which, in my opinion, have helped with morning sickness.

I like to drink a green smoothie first thing in the morning. Then, have a hearty breakfast with a hot beverage. Then later in the morning have another smoothie as a snack. Then, later in the day, between lunch and dinner, I'll enjoy another smoothie. And, for dessert, I'll sometimes enjoy a sweet date smoothie with bananas and cinnamon.

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Recommended vitamins and minerals for pregnancy

There are some specific vitamins and minerals which are important to consume while pregnant. They help with certain processes which help the baby grow.

Here's a list of several recommended vitamins and minerals during pregnancy as reported in the Cronometer nutrition tracking app (note, this is not an exhaustive list):

- Folate
- Vitamin B6
- Vitamin B12
- Vitamin A
- Zinc

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Best pregnancy smoothie ingredients

Here's some of the most popular smoothie ingredients for pregnancy which include the recommended vitamins and minerals mentioned above, in no particular order:

1. Apple
2. Banana
3. Avocado
4. Dates
5. Blueberry
6. Kale
7. Strawberry
8. Spinach
9. Tropical fruits
10. Yogurt

Here's an overview of some ingredients great for smoothies which include these recommended vitamins and minerals:

Folate

Cantaloupe
Strawberries
Spinach
Apples
Banana
Mango
Pineapple
Blueberries

B6 and/or B12

Avocado
Cantaloupe
Pistachios
Sunflower Seeds
Goji Berries
Soy Beverage
Hemp Seeds
Dates
Cucumber
Parsley
Grapes
Apples
Banana
Mango
Pineapple
Blueberries

Vitamin A

Apricots
Cantaloupe
Watermelon
Carrots
Romaine Lettuce
Spinach
Dates
Parsley
Apples
Mango

Zinc

Pumpkin Seeds
Goji Berries
Hemp Seeds
Dates
Cucumber
Parsley
Apples
Mango
Pineapple
Blueberries

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Smoothie Recipes

Directions:

Combine all ingredients into a blender and blend on high speed until pureed, about 30 seconds to 1 minute.

Apple Banana

Ingredients:

- 1 medium apple, cored, peeled
- 1 medium banana, peeled
- 1 tablespoon shelled hemp seeds
- 1 cup filtered water

Nutrition facts for [Apple Banana Smoothie](#) on Cronometer.com.

Avocado Orange Date

Ingredients:

- 1/4 medium avocado, pit removed, peeled
- 1 medium banana, peeled
- 2 dates, pitted
- 1/4 cup orange juice
- 1 cup filtered water

Nutrition facts for [Avocado Orange Date](#) on Cronometer.com.

Banana Date Cinnamon

Ingredients:

- 2 dates, pitted
- 1 medium banana, peeled
- 1 tablespoon shelled hemp seeds
- 1 cup filtered water
- Dash cinnamon

Nutrition facts for [Banana Date Cinnamon](#) on Cronometer.com.

Blueberry Smoothie

Ingredients:

- 1/2 cup blueberries, frozen or fresh
- 2 medium bananas, peeled
- 1 tablespoon shelled hemp seeds
- 1 cup filtered water

Nutrition facts for [Blueberry Smoothie](#) on Cronometer.com.

Kale Smoothie

Ingredients:

- 1/2 cup kale, stem removed
- 1 medium bananas, peeled
- 2 dates, pitted
- 1 cup soy beverage
- 1/2 cup filtered water

Nutrition facts for [Kale Smoothie](#) on Cronometer.com.

Strawberry Cream

Ingredients:

- 1/2 cup strawberries, frozen or fresh
- 1 medium banana, peeled
- 2 dates, pitted
- 1 tablespoon shelled hemp seeds
- 1/2 cup filtered water
- 1 cup soy beverage

Nutrition facts for [Strawberry Cream](#) on Cronometer.com.

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Greens & Apple Smoothie

Ingredients:

- 1/2 cucumber
- 1 cup filtered water
- 1/4 cup spinach
- 1/4 cup fresh parsley
- 1 tablespoon lemon juice
- 1/2 medium apple, peeled

Nutrition facts for [Greens & Apple Smoothie](#) from Cronometer.com.

Tropical Fruit

Ingredients:

- 1/2 cup mango, frozen or fresh
- 1/2 cup pineapple, frozen or fresh
- 1 medium banana, peeled
- 1 tablespoon shelled hemp seeds
- 1 cup filtered water
- 1 tablespoon lemon juice

Nutrition facts for [Tropical Fruit](#) on Cronometer.com.

Yogurt Smoothie

Ingredients:

- 2 dates, pitted
- 1 medium banana, peeled
- 3/4 cup non-dairy yogurt
- 1 1/2 cup filtered water

Nutrition facts for [Yogurt Smoothie](#) on Cronometer.com.