

High-Protein Breakfast Smoothie

高たんぱく朝食スムージー

Makes 1 large serving

Ingredients

Base

- 240 ml 7-Eleven Tonyu (7-11 糖質 75%オフ調整豆乳)
- 150 g Morinaga Partheno Plain Greek Yogurt パルテノ プレーン
- 20 g rolled oats オートミール
- 10 g chia seeds チアシード
- ½ medium banana (about 60 g) バナナ
- 16 g Barney Butter Almond Butter (or Peanut Butter & Co. peanut butter) アーモンドバター
- 20 g vanilla protein powder (about 2 T) バニラプロテインパウダー
- ½ tsp ground cinnamon シナモン



Optional Additions

- 50 g frozen blueberries ブルーベリー
- 1 tsp ground flaxseed (optional)
- Ice cubes for a thicker smoothie

Instructions

Blend

1. Place the **soy milk** into the blender first.
2. Add the **Greek yogurt, oats, chia seeds, banana, almond butter, protein powder, cinnamon, and blueberries** (if using).
3. Blend on high for **45–60 seconds** until completely smooth.
4. If you prefer a thinner consistency, add an additional **30–60 ml** soy milk.
5. Serve immediately.

Make-Ahead Instructions

This smoothie is excellent for preparing ahead.

Blend everything except the banana.

Store in a tightly sealed container overnight in the refrigerator.

The next morning:

- Add the banana.
- Blend again for about **20 seconds**.
- Add a splash of soy milk if it has thickened too much.

This produces a brighter flavor and better color than blending the banana the night before.

For Maximum Convenience

- You can blend the entire smoothie the night before.
- Expect it to become considerably thicker by morning because the oats and chia absorb liquid.
- Simply stir or shake well and add **30–60 ml** of soy milk before drinking.
- The flavor remains excellent.

Suggested Variations

Berry Version

Replace the banana with 100 g frozen blueberries.

Tropical Version

Use frozen mango instead of banana.

Coffee Version

Add

1 tsp instant espresso powder or 60 ml chilled espresso.

Chocolate Version

Use chocolate protein powder and add 1 tsp unsweetened cocoa powder.

Notes

- Greek yogurt significantly increases the protein content while contributing a creamy texture without excessive calories.
 - Chia seeds provide fiber and omega-3 fatty acids and help keep you feeling full.
 - Almond butter produces a milder flavor than peanut butter, while peanut butter offers slightly more protein.
 - Frozen blueberries add antioxidants and natural sweetness while keeping the smoothie cold without diluting the flavor.
 - This recipe is intended as a complete breakfast or light lunch rather than a snack.
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Nutrition (Approximate)

Per Serving

Kcal total: ~455 kcal | Protein: ~38 g | Fat: ~17 g | Sat Fat: ~2.8 g | Carbs: ~39 g | Sugars: ~16 g | Fiber: ~10 g | Sodium: ~360 mg | Omega-3: ~2.4 g
