

Sweet, Not Spiked.

10 delicious smoothies that are gentle on your blood sugar



Weight Loss
God's Way

Protein first. Fruit as the accent. Never juice.

**My daily smoothie was sugar in a cup. I did not give up smoothies.
I rebuilt them. Here is how, plus the four rules to build your own.**

Cathy Morenzie · Weight Loss God's Way · weightlossgodsway.com

I Did Not Give Up Smoothies. I Rebuilt Them.

Dear friend,

For years, my daily staple was a homemade smoothie, my own version of the ones from the smoothie shop, loaded with banana and mango and pineapple. All fruit. All healthy, I thought. Then my blood sugar numbers came back high, and I learned that one glass was carrying roughly 60 grams of sugar. Sometimes up to 100 grams. That is more than the total amount of carbs I eat in an entire day now. I was drinking dessert for breakfast and calling it a health habit.



The answer was not to give up smoothies. It was to build them backwards. My old smoothie started with fruit and added more fruit. These start with protein and use fruit as the accent, the way a little jam finishes toast. Every recipe in this guide follows the same four rules:

- 1. Anchor with protein.** Greek yogurt, kefir, or a quality protein powder. Protein slows the rate that sugar enters your bloodstream.
- 2. Add a healthy fat.** Nut butter, chia, flax, avocado, or coconut. Fat steadies the landing.
- 3. Fruit is the accent, not the base.** About half a cup, mostly berries. Berries carry the most fiber for the least sugar.
- 4. Never pour in juice.** Unsweetened almond milk, coconut milk, kefir, chilled tea, or coffee. Juice is sugar with the fiber removed.

With you on the journey,

Cathy

A note before you blend: these recipes are designed to be gentle on blood sugar, but every body responds differently, and this guide is encouragement, not medical advice. If you live with diabetes or any blood sugar concern, please review these with your doctor. If a recipe needs sweetening, taste it first, then add a little monk fruit or stevia if you truly need it. Your taste for sweet will quiet down faster than you think.

The Ten Smoothies

Each one makes a single generous glass. Blend everything with a handful of ice. Frozen fruit makes it thicker; a splash more liquid makes it thinner. For perspective: my old fruit smoothie carried roughly 60 grams of sugar, and because blended fruit costs points, it was never free on the app either. Every recipe here lands around 1 to 5 points and 8 to 20 grams of carbs. Point values are approximate and personalized, so run your own numbers in your app. The carbs are the part your body cares about.

1. Blueberry Cheesecake ~2 points · ~20g carbs

3/4 cup plain Greek yogurt · 1/2 cup frozen blueberries · 1/2 cup unsweetened almond milk · 1 tsp vanilla · squeeze of lemon · 1 tbsp chia seeds

Why it works: The yogurt anchors it with protein, the lemon makes the berries taste sweeter than they are, and the chia adds fiber that slows everything down.

2. Decaf Chai Latte ~2 to 3 points · ~10g carbs

3/4 cup brewed decaf chai tea, chilled · 1/2 cup plain Greek yogurt or 1 scoop vanilla protein powder · 1/2 cup unsweetened almond milk · 1/2 tsp cinnamon · 1 tsp almond butter

Why it works: All the cozy spice of the coffee shop version with none of the syrup. The tea carries the flavor so the fruit does not have to.

3. Chocolate Cinnamon ~4 to 5 points · ~10g carbs

1 tbsp unsweetened cocoa powder · 1/2 tsp cinnamon · 1 tbsp almond butter · 1 cup unsweetened almond milk · 1 scoop chocolate or vanilla protein powder

Why it works: Tastes like dessert, built like a protein meal. There is no fruit in it at all, and you will not miss it.

4. Strawberry Kefir ~3 to 4 points · ~17g carbs

3/4 cup plain kefir · 1/2 cup frozen strawberries · 1 tbsp ground flaxseed · 1/2 tsp vanilla

Why it works: Kefir brings protein plus probiotics for your gut, and the flax adds fiber and healthy fat to steady the berries.

5. Peanut Butter Cup ~4 points · ~12g carbs

1 tbsp natural peanut butter · 1 tbsp unsweetened cocoa powder · 1/2 cup plain Greek yogurt · 3/4 cup unsweetened almond milk

Why it works: Protein and fat doing all the work. This one holds you for hours, which no fruit-only smoothie ever did.

6. Sneaky Green ~2 to 3 points · ~15g carbs

1 big handful of spinach · 1/4 avocado · 1/2 cup frozen mixed berries · 1/2 cup plain Greek yogurt · 3/4 cup unsweetened almond milk

Why it works: You cannot taste the spinach, I promise. The avocado makes it creamy and the fat slows the berries down.

7. Passion Hibiscus ~3 to 4 points · ~10g carbs

1 cup brewed Tazo passion fruit hibiscus tea, chilled · 1 scoop vanilla protein powder · 1/2 cup unsweetened almond milk · a handful of frozen blueberries

Why it works: The tea does the flavor work, the protein does the heavy lifting, and the blueberries are the accent. Vibrant, floral, and steady.

8. Raspberry Almond ~3 to 4 points · ~12g carbs

1/2 cup frozen raspberries · 1 tbsp almond butter · 1 cup unsweetened almond milk · optional scoop of vanilla protein powder

Why it works: Raspberries are the gentlest berry of all, with the most fiber for the least sugar of any common fruit.

9. Vanilla Coconut ~4 to 5 points · ~10g carbs

3/4 cup unsweetened coconut milk · 1/2 cup plain Greek yogurt · 1 tsp vanilla · 1 tbsp unsweetened shredded coconut · 1 tbsp chia seeds

Why it works: Rich and creamy with no fruit needed. The coconut fat and chia make it a slow, steady meal in a glass.

10. Morning Mocha ~2 to 3 points · ~8g carbs

3/4 cup chilled brewed decaf coffee · 1 tbsp unsweetened cocoa powder · 1 scoop protein powder or 1/2 cup Greek yogurt · 1/2 tsp cinnamon · 1/2 cup unsweetened almond milk

Why it works: Replaces the blended coffee-shop drink that costs six dollars and half a day of energy. Same treat, steady landing.

My favorite protein powders: these are simply my favorites, not a requirement. If you eat animal products: Garden of Life Sport Grass-Fed Whey Protein, Vanilla (organic, no added sugar, third-party tested). If you prefer plant-based: Orgain Organic Protein, Vanilla. Whatever you choose, look for one with little or no added sugar.

The Goal Is Bigger Than the Glass

Notice what just happened in these ten recipes. Nothing was forbidden. Nothing was white-knuckled. We simply learned what the old smoothie was actually doing, and rebuilt it to work with your body instead of against it. That is the whole journey in one glass:

“Everything is permissible — but not everything is beneficial.” 1 Corinthians 10:23

The old smoothie was permissible. These are beneficial. Learning the difference, food by food, habit by habit, is how the change finally holds. So before you blend this week, ask yourself the question no app will ever ask:

What is my motivation beyond the craving?

Recipes can change your breakfast. They cannot heal the reason you reach for sugar.

That deeper healing is what we do at Weight Loss God's Way.

Not sure how to invite God into your weight loss journey? Start with our free assessment:

weightlossgodsway.com/your-5-stage-journey

Ready to get started right away on a better way? Visit

weightlossgodsway.com