

Yogurt oat smoothie

One whole recipe. Food, not a testosterone treatment.

Approx. 447 kcal | 29.5 g protein | 7.9 g fiber

Ingredients (weigh in grams)

200 g Plain nonfat Greek yogurt

100 g Blueberries

60 g Peeled banana

30 g Dry rolled oats

15 g Smooth peanut butter, without salt

100 g Unsweetened almond milk

Preparation

1. Wash the blueberries and peel the banana. Weigh every ingredient; banana weight excludes peel.
2. Add almond milk and yogurt to the blender, then banana, blueberries, oats and peanut butter.
3. Blend until smooth, pause to scrape down the sides, then blend again. Rest for two minutes if you want the oats to soften.

Allergens: milk, peanut, almond

Calculated estimates from generic USDA FoodData Central profiles. Brands and substitutions change the nutrition. Editorial recipes; not kitchen tested.

My ingredient swaps / texture notes:

Keep perishables chilled. Use oats as permitted by the label, or prepare and cool first.

Full sources and safety: primeformen.com/smoothie-for-testosterone/

Vegan soy smoothie

One whole recipe. Food, not a testosterone treatment.

Approx. 446 kcal | 23.9 g protein | 8.4 g fiber

Ingredients (weigh in grams)

180 g Unsweetened fortified soy milk

150 g Soft tofu

100 g Blueberries

60 g Peeled banana

25 g Dry rolled oats

15 g Smooth peanut butter, without salt

Preparation

1. Wash the blueberries, peel the banana, and drain away loose packing liquid before weighing the soft tofu.
2. Add soy milk and tofu to the blender. Add blueberries, banana, oats and peanut butter.
3. Blend until the tofu and oats are fully smooth. Pause and scrape down the sides as needed.

Allergens: soy, peanut

Calculated estimates from generic USDA FoodData Central profiles. Brands and substitutions change the nutrition. Editorial recipes; not kitchen tested.

My ingredient swaps / texture notes:

Keep perishables chilled. Use oats as permitted by the label, or prepare and cool first.

Full sources and safety: primeformen.com/smoothie-for-testosterone/

Almond yogurt smoothie

One whole recipe. Food, not a testosterone treatment.

Approx. 289 kcal | 22.4 g protein | 5.4 g fiber

Ingredients (weigh in grams)

225 g Unsweetened almond milk

180 g Plain nonfat Greek yogurt

100 g Blueberries

40 g Peeled banana

15 g Dry rolled oats

Preparation

1. Wash the blueberries and peel the banana. Weigh the edible banana portion.
2. Add almond milk and yogurt to the blender, then blueberries, banana and oats.
3. Blend until smooth. The smaller banana and oat portions make this less substantial than the breakfast version.

Allergens: milk, almond

Calculated estimates from generic USDA FoodData Central profiles. Brands and substitutions change the nutrition. Editorial recipes; not kitchen tested.

My ingredient swaps / texture notes:

Keep perishables chilled. Use oats as permitted by the label, or prepare and cool first.

Full sources and safety: primeformen.com/smoothie-for-testosterone/