online-Chef

ENERGY POWER
For cafés · smoothie bars, summer menus, family-friendly drinks, wellness-oriented programs.

PROFESSIONAL RECIPE BLUEPRINT

CREATOR EDITION
· For chefs, creators, and food-business professionals who want to customize, reuse, and build their own editions.

SMOOTHIE SERIES

BANANA MAGNESIUM BOMB

BANANA · CACAO · CHIA · OATS · MAGNESIUM-RICH

A creamy high-magnesium smoothie crafted for wellness menus, morning energy, focused work sessions, and functional nutrition service. Made with banana, cacao, chia seeds, oats, Greek yogurt, oat milk, honey, and ice, it delivers smooth texture, natural sweetness, mineral depth, and a clean, satisfying finish.



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ABOUT THIS SMOOTHIE

Banana brings smooth sweetness, cacao adds depth, chia boosts minerals, oats support steady energy, and Greek yogurt creates a creamy, balanced texture.

KEY INGREDIENTS (1 SERVING)

- BANANA medium+
- OAT MILK 200 ml
- RAW CACAO

+ More ingredients & details inside

BENEFITS AT A GLANCE

- STEADY ENERGY
- CREAMY TEXTURE
- MAGNESIUM BOOST
- NATURAL SWEETNESS

HOW TO PREPARE

1. **PREPARE** — Add banana, cacao, chia, oats, and yogurt.
2. **ADD INGREDIENTS** — Pour in oat milk and add ice.
3. **BLEND** — Blend 30–40 seconds until smooth.
4. **ADJUST** — Add honey or agave.
5. **SERVE** — Pour into chilled glasses. Garnish with cacao.

BEST TIME TO ENJOY
MORNING ENERGY

PERFECT FOR
WELLNESS MENUS
WORKDAY FOCUS

- 100% NATURAL NO REFINED SUGAR.
- READY IN MINUTES FEW INGREDIENTS, FAST RESULTS.
- MINERAL-RICH HOME, TERRACES, WELLNESS, OFFICE
- HEALTHY CHOICE NATURAL, BALANCED, FEEL-GOOD ENERGY

Step-by-step guide • Variations • Pro Chef Tips • Kitchen Workflow

CHE-MOO-088P

BANANA MAGNESIUM BOMB

Quick Recipe Card

CREAMY • NUTTY • CACAO • MAGNESIUM-RICH

A creamy, mineral-rich smoothie with banana, cacao, chia, oats, Greek yogurt, oat milk, and ice. Smooth, balanced, naturally sweet, and ideal for morning wellness and steady energy.



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1 INGREDIENTS

1–2 portions

- 1 medium banana
- 1 tbsp cacao powder
- 1 tbsp chia seeds
- 1 tbsp oats
- 80–100 ml Greek yogurt
- 180–200 ml oat milk
- 1 tsp honey or agave (optional)
- 4–5 ice cubes
- Optional: 1 pinch vanilla

2 WORKFLOW

1. Add banana, cacao, chia, oats, and yogurt.
2. Pour in oat milk and add ice.
3. Add honey or agave if needed.
4. Blend 30–40 seconds until smooth.
5. Serve immediately in chilled glasses.

3 QUICK NOTES

Texture: creamy, smooth, lightly thick

Flavor: banana, cacao, nutty oat finish

Best for: morning wellness, workday focus, breakfast service

Garnish: banana slice, cacao dust, or oats

4 SERVICE

Serve cold in a tall chilled glass. Keep the look warm, clean, and wellness-focused. Ideal for cafés, smoothie bars, breakfast menus, hotels, and office-friendly service.

MORNING ENERGY | **WELLNESS & ENERGY** | **CREATOR EDITION**

BANANA MAGNESIUM BOMB

A creamy, mineral-rich smoothie designed for wellness menus, morning energy, functional cafés, and balanced everyday service.



Perfect For

- Morning wellness · smoothie bar signature line
- Family-friendly drinks · home service
- Workday energy · Grab-and-Go cups
- Wellness & detox programs
- Café menus · hotel breakfast offers
- Content creators · bright red visual recipe style
- Menu-ready prints · A4 layouts · FLYERS · PRO inserts

Ingredients (1-2 portions)

- 1 medium banana · smooth sweetness and creamy body
- 1 tbsp cacao powder · deep chocolate tone
- 1 tbsp chia seeds · minerals and fiber
- 1 tbsp oats · steady energy and texture
- 80–100 ml Greek yogurt · balanced creaminess
- 180–200 ml oat milk · light blending base
- 1 tsp honey or agave · optional sweetness
- 4–5 ice cubes · chilled smooth texture
- 1 pinch vanilla · optional aromatic lift

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ABOUT THIS SMOOTHIE

"Creamy banana base, cacao depth, and clean natural sweetness."

Banana Magnesium Bomb is built around banana, cacao, chia, oats, and Greek yogurt. The result is a warm-toned smoothie with creamy texture, natural sweetness, and a balanced mineral profile ideal for morning energy and wellness service.

Banana creates the soft base. Cacao adds depth. Chia and oats support minerals and steady energy, while Greek yogurt brings smoothness and structure.

Flavor Profile

Creamy & smooth · banana and yogurt

Deep cocoa tone · cacao

Nutty & oaty · oats and chia

Naturally sweet · banana + honey

Balanced · minerals cut through sweetness

Chef Preparation

"Precision for Every Step"

1. PREPARE THE BASE
Add banana, cacao, chia, and oats to the blender. This creates the creamy base and warm flavor profile.

2. ADD YOGURT
Add Greek yogurt for smoothness and balanced texture. Skip honey if banana is already sweet enough.

3. ADD LIQUID & SWEETNESS
Pour in oat milk. Add honey or agave only if needed. Adjust sweetness based on banana ripeness.

4. BLEND
Add ice and blend 30–40 seconds until the texture is smooth and integrated.

5. FINISH & SERVE
Taste, adjust with a touch of cacao if needed. Serve immediately in chilled glasses.

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Serving & Styling

- Tall, chilled glasses for a clean vertical silhouette
- Garnish: banana slice, cacao dust, or oats
- Warm brown color · natural morning look
- Minimal scene · one hero glass

Mineral · Balance

Banana provides natural sweetness and body. Cacao adds depth and magnesium. Chia supports minerals and fiber. Oats stabilize energy and texture. Greek yogurt brings creaminess and structure.

Energy · Support

This smoothie is designed for steady morning energy, balanced sweetness, and functional nutrition. The combination of banana, oats, and chia supports clean energy without heaviness.

Foundation of every smoothie.

"A well-balanced smoothie follows a simple structure"

Base (milk, water, juice)
Fruit or main flavor
Creaminess (banana, yogurt, avocado)
Optional additions (seeds, protein, boosters)

Keep it simple · three to five ingredients are often enough for a clean, focused result.

Online-Chef Tips

- Freeze the banana for a thicker, creamier texture.
- Add extra yogurt for richness or skip it for a lighter profile.
- Use oat milk for a sweeter, smoother, café-style version.
- Add chia seeds for extra fiber and balanced body.
- Add cinnamon for a warm aromatic twist in the finish.
- Use frozen banana only for a sorbet-style creamy version.

Nutrition Overview

Nutrition values vary naturally based on fruit quality, ripeness, and the ingredients used.

Core Nutrition Highlights

Nutrient	Per 450g	Per 100g
Energy (kcal)	~420 kcal	~95 kcal
Protein	14 g	3 g
Carbohydrates	50 g	11 g
Fiber	6 g	1.3 g
Fat	12 g	2.7 g
Magnesium	250–300 mg	55–65 mg

BANANA MAGNESIUM BOMB

A creamy, mineral-rich smoothie concept designed for wellness cafés, breakfast menus, and functional nutrition programs. Banana Magnesium Bomb offers a smooth, balanced texture with natural sweetness and a strong magnesium profile from cacao, chia, and oats.



WELLNESS & ENERGY

A morning-focused smoothie built for steady energy and mental clarity. Banana and oats provide natural carbohydrates, cacao and chia add minerals and fiber, Greek yogurt supports protein balance, and oat milk keeps the texture light and drinkable.



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Quick card recipe

A clean and compact recipe card designed for fast, everyday use. The Banana Magnesium Bomb follows a simple structure, making it easy to prepare with consistent results.

Ideal for cafés, smoothie stations, hotels, wellness menus, breakfast service, and professional menu use.

Print & Format Note...

These pages are prepared for high-quality A4 PDF and PNG printing at 300 dpi. They are suitable for menu inserts, flyers, client handouts, kitchen folders, and standard printable documents.

They are not designed for large-format enlargement such as posters, banners, billboards, or oversized wall graphics, where image quality may be reduced.

BONUS Smoothies

Banana Magnesium Recovery
The Banana Magnesium Recovery turns the original smoothie into a more filling protein-focused version. Banana, cacao, chia, oats, Greek yogurt, and vanilla protein create a creamy texture with balanced sweetness and strong breakfast energy.

Banana Cacao Focus
The Banana Cacao Focus keeps the recipe lighter and more drinkable for workday energy. Banana provides natural sweetness, cacao brings depth, chia supports texture, and oat milk keeps the finish smooth without making the drink too heavy.

Banana Magnesium Recovery

1 medium banana
1 tbsp cacao powder
1 tbsp chia seeds
1 tbsp oats
100 ml Greek yogurt
150 ml oat milk
1 scoop vanilla protein
4–5 ice cubes

Banana Cacao Focus

1 medium banana
1 tbsp cacao powder
1 tbsp chia seeds
180–200 ml oat milk
1 tsp honey or agave
4–5 ice cubes
Optional: 1 tsp oats
Optional: pinch of vanilla
Optional: cacao nibs for garnish

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Banana Cacao Bowl
A thicker spoonable version with frozen banana, cacao, chia, oats, Greek yogurt, and minimal oat milk. Ideal for smoothie bowls, breakfast cups, and wellness brunch menus.

Banana Espresso Energy
A stronger morning version with banana, cacao, oat milk, chia, and one small cooled espresso shot. Ideal for office cafés, morning menus, and energy-focused smoothie cards.

Chef notes ...

"A mineral-rich banana smoothie should stay creamy, balanced, and drinkable · cacao gives depth, but the banana should remain the main flavor."

- *Recovery Edition: Add vanilla protein and extra yogurt for body.*
- *Focus Edition: Keep oat milk higher for a lighter, smoother drink.*
- *Breakfast Edition: Add oats and cinnamon for a warmer morning profile.*
- *Kids Edition: Reduce cacao and use a little extra banana for sweetness.*
- *Balance Control: Add honey only after tasting the banana and cacao blend*

BANANA MAGNESIUM BOMB

Creamy • Nutty • Cacao • Mineral-Rich Smoothie



A creamy, magnesium-focused smoothie designed for wellness menus and morning energy.

INGREDIENTS (1–2 portions)

- 1 medium banana
- 1 tbsp cacao powder
- 1 tbsp chia seeds
- 1 tbsp oats
- 80–100 ml Greek yogurt
- 200 ml oat milk
- 1 tsp honey *(optional)*
- 4–5 ice cubes

CHEF PREPARATION

1. Add banana, cacao, chia & oats.
2. Add Greek yogurt & oat milk.
3. Sweeten with honey if needed.
4. Blend 30–40 seconds smooth.
5. Serve in chilled glasses.

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FLAVOR PROFILE

- Creamy & smooth
- Banana & cacao
- Nutty & oaty
- Lightly sweet

PERFECT FOR

- Morning Wellness
- Office Cafés
- Grab & Go Bottles

SERVING & STYLING

- Serve in a tall glass.
- Garnish with cacao or banana.

NUTRITION OVERVIEW (Per Serving)

	Per 450g	Per 100g
Energy	420 kcal	95 kcal
Protein	14 g	3 g
Carbs	50 g	11 g
Fat	12 g	2.7 g
Magnesium	250–300 mg	55–65 mg

**Approximate values. May vary by ingredients.*

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CULINARY SMOOTHIES BLUEPRINT
PROFESSIONAL RECIPE SYSTEM

DOCUMENT TYPE	EDITION	SKU	VERSION
TECHNICAL BLUEPRINT	CREATOR	CHE-MOO-088P	1.0

YEAR 2026

BANANA MAGNESIUM BOMB

BANANA • CACAO • CHIA • OATS • MAGNESIUM-RICH

INGREDIENTS (1–2 PORTIONS)

BANANA
1 medium
- natural sweetness
- smooth body

CACAO POWDER
1 tbsp
- magnesium
- deep cocoa flavor

CHIA SEEDS
1 tbsp
- minerals
- fiber & omega-3

OATS
1 tbsp
- steady energy
- texture & fiber

GREEK YOGURT
80–100 ml
- protein
- creaminess

OAT MILK
180–200 ml
- light base
- smooth blend

HONEY OR AGAVE
1 tsp (optional)
- natural sweetness

ICE CUBES
4–5 pcs
- chilled texture

VANILLA
Pinch (optional)
- aroma lift

SMOOTHIE STRUCTURE BLUEPRINT



MAGNESIUM FOCUS

MAGNESIUM
250–300 mg
per portion
(~55–65 mg / 100 g)

MUSCLE FUNCTION
Supports muscle contraction and recovery.

NERVOUS SYSTEM
Contributes to normal nerve function and mental clarity.

ENERGY METABOLISM
Helps reduce fatigue and supports normal energy production.

BONE HEALTH
Supports bone mineralization and overall bone strength.

IMMUNITY SUPPORT
Supports immune balance and overall well-being.

PERFECT FOR
- Morning energy
- Wellness programs
- Fitness & recovery
- Café & hotel menus
- Workday focus

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NUTRITION OVERVIEW

PER 450 g (approx.)

ENERGY	~420 kcal
PROTEIN	14 g
CARBOHYDRATES	50 g
FIBER	6 g
FAT	12 g
MAGNESIUM	250–300 mg

Values vary based on ingredients and portion sizes.

PREPARATION WORKFLOW

1. **ADD** banana, cacao, chia, oats, and yogurt.
2. **POUR** oat milk and add ice.
3. **ADD** honey or agave.
4. **BLEND** 30–40 seconds until smooth.
5. **SERVE** in chilled glasses. Garnish with cacao.

PROFESSIONAL TIPS

USE COLD INGREDIENTS
For better texture and stable blending.

FROZEN BANANA
Creates a thicker, creamier texture.

ADJUST SWEETNESS
Add honey only after tasting.

EQUIPMENT GUIDE

- High-speed blender (800W or higher)
- Measuring cup
- Tall serving glass
- Spoon / scoop

CHEF NOTE
A mineral-rich smoothie should stay creamy, balanced, and drinkable. Cacao gives depth, but banana remains the main flavor.

STORAGE & SERVICE
Best served immediately. Can be stored in the fridge for up to 6 hours.

BLUEPRINT PURPOSE
This blueprint ensures consistent preparation, balanced nutrition, and professional smoothie quality.