

# MAKE YOUR OWN

# Smoothies

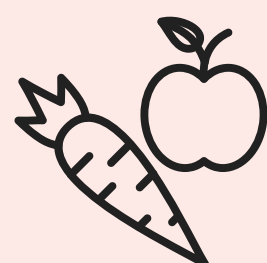


Smoothies are a great way to start your day with a serving of fruit and vegetables. Homemade smoothies are inexpensive and a great way to use leftover produce. Making your own smoothie also allows you to control the added sugar and fat.

Frozen fruit and vegetables make for delicious, creamy smoothies without the need for added ice, which just waters down the flavor!

You can also save time by making a bigger batch and freezing for later in a travel cup. Simply defrost overnight in the refrigerator when you're ready for a quick, grab-and-go breakfast.

## BASIC FORMULA



**Fruits & Vegetables**  
1 - 2 cups

Strawberries, Blueberries  
Banana  
Mango, Peaches  
Pineapple  
Apple, Orange  
Spinach, Kale  
Pumpkin  
Summer/Winter Squash  
Carrot, Beets  
Cauliflower



**Liquid of Choice**  
1/2 - 3/4 cup

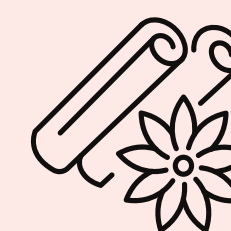
Water  
Low-Fat Milk  
Soy Milk  
Almond Milk  
Oat Milk  
Coconut Water/Milk



**Protein/Fat**  
in moderation

1/4 - 1/2 cup Plain Yogurt  
2 Tbsp Nut Butter  
1 Tbsp Ground Flax Seeds  
1 Tbsp Chia Seeds  
1/4 - 1/2 each Avocado\*

\*Avocado is a fruit but naturally high in fat, so use it sparingly like a nut butter.



**Flavorings**  
(optional)

Vanilla Extract  
Cocoa Powder  
Espresso Powder  
Cinnamon  
Turmeric  
Ginger

## HOW TO MAKE A SMOOTHIE:

Place the ingredients in a blender, starting with your fruits/vegetables and finishing with your liquid. Blend until smooth and creamy!

## TRY THESE COMBINATIONS:

**Berry Green:** 1 cup mixed berries + 1 cup spinach + 1/4 cup yogurt + 1/2 cup milk + dash of vanilla

**Pumpkin Spice:** 1 banana + 1/2 cup pumpkin + 2 Tbsp nut butter + 1/2 cup almond milk + 1/8 tsp cinnamon