

MAKE YOUR OWN

Smoothies

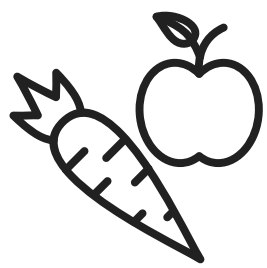


Smoothies are a great way to start your day with a serving of fruit and vegetables. Homemade smoothies are inexpensive and a great way to use leftover produce. Making your own smoothie also allows you to control the added sugar and fat.

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

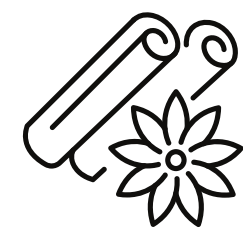
Water
Low-Fat Milk
Soy Milk
Almond Milk
Oat Milk
Coconut Water/Milk



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