How to: Build a Smoothie

Mix and match these categories to create your own smoothies; this is a great way to eat more vegetables and fruits and it makes a great breakfast or lunch. If you have extra vegetables and fruits freeze them for a quick delicious meal. A word of caution: not all smoothies are healthy. In fact, most are not suitable meal replacements. Many smoothies have a low nutrient density, and contain added sugars and/or artificial sweeteners. Follow the guide below to create a nutritious and delicious smoothie.

1. **VEGETABLES & FRUITS**
   Yum! Add at least 1/2 cup of your favorite vegetables and fruit to start your smoothie.
   
   **IDEAS:** BANANA, STRAWBERRIES, KALE, SPINACH, PEACHES, MANGOES, RASPBERRIES.

2. **LIQUID**
   Using more liquids will thin out your smoothie. 1/2 cup-1 cup works best, but it’s up to you how thick you like your smoothies to be.
   
   **IDEAS:** MILK, SOY MILK, ALMOND MILK, SKIM MILK, WATER.

3. **PROTEIN**
   Add a little protein to power your smoothie. Use caution though- a little can go a long way. 2 TB of peanut butter adds protein, flavor, and about 200 calories.
   
   **IDEAS:** NUT OR SEED BUTTERS, TOFU, POWDERED PROTEIN MIX.

4. **THICKENER**
   If you like a creamier consistency, using a thickener will help.
   
   **IDEAS:** ICE, YOGURT, OATS, GROUND FLAX SEED OR CHIA.

5. **FLAVORINGS**
   If you want to kick up the flavor, consider adding a flavoring to your smoothie.
   
   **IDEAS:** STEVIA, CINNAMON, VANILLA, GINGER, MINT, HONEY, COCONUT FLAKES, COCOA POWDER