

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

