

HOW TO MAKE A SMOOTHIE

BASE [1 cup]

Milk, Water, 100% Fruit or Vegetable Juice



FRUIT [1 cup]

Apples, Bananas, Berries, Melon, Pears,
Peaches, Plums, Oranges

VEGGIES [1 cup]

Avocado, Celery, Kale, Spinach, Cucumber,
Carrots, Celery, Bok Choy



PROTEIN [1/4 cup]

Yogurt, Cottage Cheese, Oatmeal, Nut Butter,
Walnuts, Almonds



FATS [2 Tbsp.]

Chia Seeds or Flax Seeds



OPTIONAL

Handful of ice; 1 tsp. cinnamon or
nutmeg; 1 scoop protein powder;
1 Tbsp. honey or agave

Directions: Take one ingredient from each group, place in blender, blend & enjoy! Makes 2 servings.