

How to Build a Smoothie



Smoothies don't have to be boring! By using the tips below, you can make different flavors of smoothies by changing your combinations of ingredients. By including all 3 macronutrients (carbohydrates, protein and fat), smoothies can be filling and full of nutrients.

1 Add 8 oz of liquid (water, milk, juice (do 4 oz water, 4 oz juice), milk substitute, coconut water, tea etc.

2 Add protein - protein powder, yogurt (greek tends to be higher in protein), nut butters, carnation instant breakfast, protein shakes), milk and some milk substitutes also contain protein. **Aim for at least 30 grams of protein.**

3 Adding Vegetables (1/2- 1 Cup) adds in extra micronutrients and fiber! Spinach/kale, cauliflower, sweet potato, zucchini and beets (roast first) all work well in smoothies.

4 Add Fat to help make smoothies nourishing and filling. Fat also helps your body absorb fat soluble nutrients. Fat can be added in the form of nut butters/nuts, avocado, oils, chia seeds, flax seeds, hemp hearts. **Aim for 12-15 grams of fat.**

5 Adding Fruit (1-2 Cups) adds in carbohydrates, micronutrients and fiber along with some sweetness. Add in fresh or frozen berries, banana, mangoes, peaches, cherries ect. **Aim for 60 grams of carbohydrates or less.**

TIPS

- Use Fresh or Frozen Fruits and Vegetables
- Add ice to make your smoothies colder
- Grocery stores sell pre-made smoothie packs that you can add liquid/protein/fat to!
- The type of blender you use will determine what you can put in your smoothie. A high powered blender like a vitamix or blendtec works best.

Chocolate Peanut Butter Banana Smoothie

8 oz 2% milk
1-2 scoop(s) chocolate protein powder
1 cup spinach
2T natural peanut butter
1/2 banana

Mango-Banana Spinach Smoothie

4 oz OJ, 4 oz water
1/2 banana
1/2 cup 2% greek yogurt
1 cup spinach
1-2 scoop(s) protein powder
2 T chia seeds
3/4 cup frozen mango