

# HOW TO MAKE A SMOOTHIE



## 1 ADD FRUIT

*Choose 1 cup of fruit*

- Grapes
- Peach
- Mango
- Apple
- Pineapple
- Watermelon
- Banana
- Strawberry
- Avocado
- Frozen berries

## 2 ADD LEAFY GREENS

*Add 1-2 cups of leafy greens*

- Spinach
- Swiss Chard
- Kale
- Bok Choy
- Collards
- Romaine Lettuce



## 3 ADD PROTEIN

*Add one serving of protein*

- Greek yogurt
- Whey protein
- Silken tofu
- Peanut butter
- Plant Based Protein
- Chia Seeds



## 4 CHOOSE A BASE

*Add 1-2 cups of liquid*

- Milk
- Coconut Milk
- Water
- Coconut Water
- Soy Milk
- Almond Milk



## 5 THICKEN UP

*Add these to achieve a creamier texture, this is optional*

- Ice cream
- Oats
- Yogurt
- Greek Yogurt
- Ice Cubes
- Peanut Butter



## 6 FLAVOUR IT

*Boost flavour with sweeteners, spices and herbs*

- Honey
- Vanilla Extract
- Mint
- Maple Syrup
- Ginger
- Cocoa Powder
- Cinnamon

