



## Build a Balanced Smoothie

Smoothies can be a great addition to a healthy balanced diet. They're a great vessel for packing in nutrients, they're quick to make, portable, and you can make tons of different combinations of ingredients & flavors. But, smoothies can also quickly become laden with added sugars and extra calories. Here are some tips to help build a smoothie that's balanced with protein, fiber-rich carbohydrates, and some healthy fat to feel satisfied!

<p><b>Make it naturally sweet</b></p> <p>Use these tips to limit added sugar &amp; sweeten your smoothie naturally!</p> <ul style="list-style-type: none"> <li>• Use milk or water instead of fruit juice               <ul style="list-style-type: none"> <li>◦ if using dairy-free milk, choose an unsweetened option</li> </ul> </li> <li>• Add fresh or frozen fruit for natural sweetness               <ul style="list-style-type: none"> <li>◦ riper fruit tastes sweeter</li> <li>◦ frozen bananas add tons of sweet flavor &amp; make smoothies extra creamy</li> </ul> </li> <li>• If adding yogurt, choose unsweetened</li> <li>• If you still need a little extra sweetness try adding honey or maple syrup, 1 teaspoon at a time, or add a pitted date</li> </ul>	<p><b>Add Protein</b></p> <p>Protein helps make a smoothie more filling so you actually feel satisfied after enjoying it! Here are some ideas for adding protein to a smoothie:</p> <ul style="list-style-type: none"> <li>• Using milk as the liquid base               <ul style="list-style-type: none"> <li>◦ dairy milk contains protein naturally</li> <li>◦ if using a dairy-free alternative, choose a higher protein option, like soy milk or pea protein milk</li> </ul> </li> <li>• Add ½ cup plain Greek yogurt</li> <li>• Add ½-1 scoop protein powder</li> <li>• Add 4 oz. silken tofu</li> </ul>
<p><b>Add Healthy Fats</b></p> <p>Healthy fats can make a smoothie more satisfying &amp; add some extra good-for-you nutrients! Here are some ideas for adding healthy fats to a smoothie:</p> <ul style="list-style-type: none"> <li>• Add ¼-½ of a ripe avocado</li> <li>• Add 1-2 tablespoons of nut or seed butter               <ul style="list-style-type: none"> <li>◦ <i>Tip:</i> choose a nut or seed butter that is natural, without added sugars or added oils (check the ingredients list)</li> </ul> </li> <li>• Add 2 tablespoons of nuts or seeds               <ul style="list-style-type: none"> <li>◦ <i>Tip:</i> get a dose of omega-3 fats with a tablespoon of seeds like chia, flax, or hemp</li> </ul> </li> </ul> <p><i>Nuts/seeds/nut &amp; seed butter will also provide some protein!</i></p>	<p><b>Boost the Flavor!</b></p> <p>Jazz up your smoothie with your favorite flavors using some of these ideas:</p> <ul style="list-style-type: none"> <li>• Add a favorite spice, like cinnamon</li> <li>• Add cocoa powder to make a chocolatey smoothie</li> <li>• Add citrus juice or zest</li> <li>• Add a drop of vanilla extract or another favorite extract flavor               <ul style="list-style-type: none"> <li>◦ (~1/4-1/2 teaspoon of extract)</li> </ul> </li> <li>• Add a small piece of peeled fresh ginger</li> <li>• Add a few fresh mint leaves</li> <li>• Ice can dilute the flavor of your smoothie. Use frozen fruit to make it chilled instead. This adds natural sweet flavor &amp; fiber!</li> </ul>

*Tip: add 1-2 cups of leafy greens to your smoothie for some extra fiber & a boost of nutrients!*

# Smoothie Recipes

## **Banana Strawberry Peanut Butter Smoothie** (serves 1)

### **Ingredients:**

¾ cup milk (of your choice)  
½ cup plain Greek yogurt (or dairy-free alternative)  
1 banana (preferably frozen)  
½ cup frozen or fresh strawberries (or other berry)  
1 tablespoon peanut butter (or other nut/seed butter)

### **Directions:**

1. Add all ingredients to blender and blend until well combined and smooth.

## **Tropical Green Smoothie** (serves 1-2)

### **Ingredients:**

1 cup milk (of your choice)  
½ cup frozen mango chunks  
½ cup frozen pineapple chunks  
1 banana  
1-2 cups leafy greens  
½ of an avocado

### **Directions:**

1. Add all ingredients to blender and blend until well combined and smooth.

## **Zesty Berry Smoothie** (serves 1-2)

### **Ingredients:**

¾ cup milk (of your choice)  
½ cup plain Greek yogurt (or dairy-free alternative)  
1 cup frozen berries (any kind)  
1-2 pitted Medjool dates (start with one and add another if not sweet enough)  
2 tablespoons fresh lemon OR lime OR orange juice  
1 piece peeled fresh ginger (~1/2" piece)  
1 tablespoon chia seeds

### **Directions:**

1. Add all ingredients to blender and blend until well combined and smooth.