



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

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.