



# SMOOTHIE GUIDE

## MAKE A NUTRIENT-RICH SMOOTHIE!

Follow the steps below.

### 1. Liquid

#### Choose 1

Protein based:  
soy or pea protein milk

Electrolytes:  
Coconut water

Other:  
Water or calcium fortified  
orange juice or other  
alternative milks

### 2. Produce

**Choose 1 or more fruits**  
any fruit is great; cherries  
or berries for more fiber

**Choose 1 vegetable:**  
leafy greens, cauliflower,  
beets, & carrots blend  
well!

\*Use frozen produce to  
make the smoothie thicker  
without adding ice

### 3. Additions

#### Add as many as desired!

Fiber and fats:  
chia, hemp, or flax seeds,  
avocado, nut butter

Protein: nut butter,  
pumpkin seeds, protein  
powder, yogurt

Antioxidants:  
turmeric, ginger, cacao

Flavors: vanilla extract,  
mint leaves, cinnamon,  
pumpkin puree