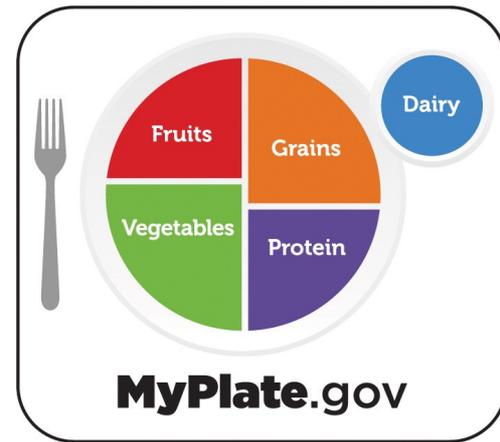


Make Your Own - Smoothie

CHOOSE YOUR OWN INGREDIENTS!
ADD to blender & BLEND (CHOP/PUREE)
together until your desired consistency!
Each combo makes 10-14oz of smoothie
and features at least 3 food groups!



Liquid Base - Pick 1, add 1/2C

These liquids add nutrition *PLUS*
makes blending smoother and easier!

- Milk
- Milk alternative (oat, almond, etc.)
- 100% Juice (Orange & Apple!)
- Coconut Water

Protein - Pick 1

Picking a protein adds bulk, keeps you
fuller longer, and thickens your smoothie!

- 1/4c Yogurt (Plain, Greek, your choice!)
- 1 TBSP Chia or Flaxseeds
- 1 TBSP Peanut or Nut Butter

Fruit - Mix & Match for 1 Cup!

Be creative & create your own best
combos! Fruits add sweet, sour, and
tart flavors while also boosting
antioxidants!

- Berries (strawberry, blueberry, raspberry, blackberry, cherries)
- Bananas
- Kiwi
- Mango
- Pineapple
- Peach

TIP! Buy frozen fruit for a thicker, chillier smoothie!

Vegetables - Pick 1!

Veggies add more nutrition and fiber.
Fun fact - you often can't even taste
the veggies if you add protein & fruit!

- 1/2c Spinach
- 1/4c Cucumber
- 1/4c Carrots
- 1/4c Avocado
- 1/2c Kale

Choose local & seasonal produce - saving \$\$\$ and boosting nutrition!

Optional Extras!!

Try something new by adding a bit of...

- Honey
- Aloe Vera
- Cocoa powder
- Matcha powder
- Vanilla Extract

Tried & True Combos!

Peach & Carrot Smoothie

- 1/2c Apple Juice
- 1/4c Yogurt
- 1/2c fresh or frozen peach slices
- 1/2 banana, peeled
- 1/4c carrots, fresh & sliced OR diced frozen

Frozen Fruit Smoothie

- 1/2c Milk
- 1/4c Yogurt
- 1/4c Orange Juice
- 1/2 banana, peeled
- 1c frozen berries (strawberries, raspberries, blueberries, cherries)
- 1-2TBSP Honey to taste