

HEALTHY SMOOTHIE

your guide for creating a balanced meal

1/2 PRODUCE

Bananas, apples, berries, cherries, pineapple, mangos, spinach, kale, avocado, broccoli, carrots, cucumber, pumpkin, cauliflower.

1/4 PROTEIN

Greek yogurt, cottage cheese, milk, kefir, nuts and seeds (flax, hemp, chia, sunflower, pumpkin) nut butters.



1/4 COMPLEX CARBOHYDRATES

Oatmeal, wheat germ, almonds, walnuts, steel cut oats (cooked), quinoa (cooked), ancient grains, sweet potatoes.

FATS & OILS

1-2 tablespoons

Avocados, seeds, nuts & nut butters.

✦ Add preferred liquid and blend. A combination of water, milk/dairy free milk and ice.