

# Build-Your-Own Smoothie Blend



## 1 CUP LIQUID BASE

- Water
- Milk
- Almond Milk
- Coconut Milk
- Soy Milk
- Coconut Water
- Sparkling Water

## 1 ½ CUPS FRUIT (preferably frozen)

- ½ to 1 Banana  
plus...
- Apple
- Berries
- Cherries
- Grapes
- Mango
- Melon
- Orange
- Peach
- Pear
- Pineapple

## 1-2 TBSP EXTRAS (optional)

- Nut Butter
- Cocoa Powder
- Nuts/Seeds
- Oats
- Yogurt
- Vanilla
- Cinnamon

**SUPER BOOSTERS** (optional): Spinach – Kale – Cucumber – Ginger – Tofu – Protein Powder – Chia Seeds

# Favorite Smoothie Blends



**STRAWBERRY "MILKSHAKE":** 1c Milk – ½ Banana – 1c Strawberries

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**CHOCO-COVERED CHERRY:** 1c Water – ½ Banana – 1c Cherries – 1tsp Cocoa Powder

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**BANANA SPLIT:** 1c Water – ½ Banana – ½c Cherries – ½c Pineapple – 1tbsp Walnuts

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**PEACH COBBLER:** 1c Milk – ½ Banana – 1c Peaches – ¼c Oats – ½tsp Vanilla & Cinnamon

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**MANGO LASSI:** 1c Water – ½ Banana – 1c Mango – ½c Vanilla Yogurt

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**PEANUT BUTTER CUP:** 1c Water – 1 ½ Banana – 1tbsp Peanut Butter – 1tsp Cocoa Powder

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**TROPICAL GREEN:** 1c Water – ½ Banana – ½c Mango – ½c Pineapple – ½c Spinach