



AVOCADO AND KALE SMOOTHIE

Ingredients:

- 1/2 cup almond milk
- 1 leaf kale, roughly chopped (about 1/4 cup)
- 1/2 medium banana, sliced
- 1/4 an avocado
- 1/2 tbsp honey
- 1/4 cup ice cubes

Place all the ingredients in a blender, and blend until smooth.

Nutrition:

Cal.	Tot. Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
182	7.1g	0mg	89mg	30.7g	5.2g	20g	2.6g



CHOCO-ALMOND BANANA SMOOTHIE

Ingredients:

- 3/4 cup almond milk
- 1 medium banana, sliced
- 1.5 tbsp almond butter
- 1.5 tsp cocoa powder, unsweetened
- 1.5 tsp honey
- 1/4 cup ice cubes

Place all the ingredients in a blender, and blend until smooth.

Nutrition:

Cal.	Tot. Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
345	16.1g	0mg	120mg	47.7g	7.1g	29.2g	7.1g



MIXED BERRY SMOOTHIE

Ingredients:

- 1/2 cup almond milk
- 1/4 cup plain greek yogurt
- 1/3 cup frozen strawberries
- 1/3 cup frozen blueberries
- 1/3 cup frozen raspberries
- 1/4 cup ice cubes

Place all the ingredients in a blender, and blend until smooth.

Nutrition:

Cal.	Tot. Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
132	1.8g	1.3 mg	96mg	25g	6.4g	15g	5g

BUILD YOUR OWN SMOOTHIE

Smoothies are a quick and tasty way to get a plentiful array of micronutrients, protein, fiber, and antioxidants into your diet. They are easy to digest, and can even be prepared in advance – just stir before serving! For a balanced smoothie that will satisfy your hunger, be sure to include 5 essential components: fruit (fresh or frozen), colorful vegetables, protein, healthy fat, and a liquid base.

FRUIT:

FRUITS ADD AN AMAZING ASSORTMENT OF VITAMINS, MINERALS, AND ANTIOXIDANTS, AS WELL AS PROVIDING A MUCH NEEDED SWEETNESS TO YOUR DRINK

Examples: berries, cherries, apples, bananas, pears, peaches, plums, nectarines, apricots, kiwis, pineapple, mango, papaya, citrus fruits, pomegranate

VEGGIES:

VEGETABLES GIVE A POWER PUNCH OF FIBER AND OTHER ESSENTIAL NUTRIENTS, WHILE PROVIDING WONDERFUL ANTI-INFLAMMATORY PROPERTIES

Examples: leafy greens (spinach, kale, chard, romaine, etc), pumpkin, carrots, beets, squash, sweet potato, cucumber

PROTEIN:

PROTEIN PROVIDES THE BUILDING BLOCKS FOR THE BODY KNOWN AS AMINO ACIDS, WHICH PLAY MANY IMPORTANT BIOLOGICAL FUNCTIONS LIKE GIVING CELLS THEIR STRUCTURE

Examples: protein powder, greek yogurt, cottage cheese, nut/seed butter, tofu

FAT:

FAT HELPS THE BODY ABSORB THE FAT SOLUBLE VITAMINS A, D, E, AND K, WHILE HELPING SLOW SUGAR ABSORPTION AND MAINTAINING ENERGY LEVELS

Examples: nut/seed butter, avocado, walnut/flax/fish oil

LIQUID BASE:

Examples: coconut water, almond/soy/hemp milk, fresh pressed juices, kefir, ice teas, filtered water, whole milk

BOOSTERS (OPTIONAL):

Examples: ginger/cinnamon/other spices, raw cacao, goji berry, hemp/chia/flax seeds, bee pollen, powdered greens, mushroom powders, adaptogens