

HOW TO MAKE A HEALTHY SMOOTHIE

Making smoothies is an easy way to get extra nutrients that your body needs! In each smoothie, you want the base to consist of 1 cup fruit, 1-2 cups veggies, a protein source, and additional ingredients for extra nutrition & taste. Pick from each of the options below to make it easy:



PICK 1 CUP FRUIT

Some favorites are:
berries, mango, pineapple,
apple, banana, papaya



PICK 1-2 CUPS VEGGIE

Some favorites are: kale,
spinach, beets, other
lettuce



PICK 1 PROTEIN

Some favorites are:
almond or regular milk,
plain Greek yogurt,
nuts, protein powder

THEN ADD A LITTLE EXTRA

You can pick from any of the following: 1 tablespoon of honey, maple syrup, chia seeds, hemp seeds, flax seed, or wheat germ. You can also add 1/2 tsp of cinnamon, ginger, cocoa powder, vanilla, acai powder, or 1 pinch of turmeric. You can also add 1/4 of an avocado for extra nutrition.

To make your smoothie thicker you can add banana, greek yogurt, 1/2 avocado. If you want it less thick you can add coconut water, plain water, or nut milk of choice.





YUMMY RECIPES

Minty Green

- 1 cup fresh kale
- 1 cup fresh spinach
- 1/2 cup fresh spearmint leaves
- 1/2 cup pineapple
- 1/2 cup mango

Pomegranate beet

- 1/2 cup pomegranate
- 6-8 strawberries
- Hunk of beet (size of thumb)
- Small handful of spinach leaves
- 4 walnut halves

Immune builder

- 1 cup frozen berries
- Handful of spinach
- 1/2 cup coconut water
- 1/3 avocado

Ellen's favorite

- 2 cups fresh kale
- 1-2 cups of fresh pineapple
- 1/2 inch piece of peeled ginger
- 1 small peeled, seeded cucumber
- 10oz coconut water
- 1/2 avocado
- squirt of amber agave if needed

Easy Peasy

- 1 cup berries
- 1/2 banana
- 1 cup fresh spinach
- 1 squirt amber agave

Banana Oatmeal

- 1/4 cup oatmeal
- 3/4 cup almond milk
- 1T natural peanut butter
- 1 banana
- 4-5 ice cubes

Detoxifier

- 1 beet
- 1 carrot
- 1 apple
- Juice from 1 lemon

Apple-ginger green giant

- 2 cups spinach
- 3 celery
- 1 cucumber
- 1/2 inch piece of ginger
- 1 apple