

Make Your Own Smoothie Guide

mix and match to find your family's favorite smoothie combos!

Makes about 2 standard or 4 small (kid-sized) smoothies.

For best results use a high-powered blender.

2 CUPS LIQUID

Choose 1 or more of the following:

- Milk*
- Unsweetened non-dairy milk (e.g., hemp, oat, coconut, soy*, cashew, almond)
- Kefir*, yogurt*, or filmjölk* (probiotic rich)
- Water or coconut water

*These choices are high in protein. Note that Greek and Skyr yogurt are the highest in protein but also very dense and may require additional liquid.

1-2 CUPS FRUIT

- Strawberries*
- Raspberries*
- Wild and regular blueberries*
- Blackberries*
- Mangoes*~
- Bananas*~
- Avocado~
- Apples
- Pears
- Peaches
- Apricots
- Pineapple
- Melon
- Acai
- Dragon fruit

*These fruits are good to have on hand in the freezer.

~Bananas, mangoes, and avocados are often staples in smoothies because they add creaminess.

OPTIONAL VEGGIE ADD-INS

GREENS - add lots of nutrients, but can also alter the taste and color of a smoothie, so start with just a handful, experiment, and know that you don't always have to add greens!

- Baby spinach or kale
- Destemmed full-size kale
- Frozen spinach

VEGGIES - add nutrients and fiber; can be used in place of some of the fruit, start with 1/2-1 cup

- Frozen zucchini or summer squash
- Fresh cauliflower, cucumber, carrots, or beets

OTHER ADD-INS*

- Chia seeds (adds fiber, omega-3's, and vitamins)
- Flax seeds or flax meal (adds fiber, omega-3's, and vitamins)
- Nut or seed butter (healthy fat, protein)
- Unsweetened, natural cacao or cocoa powder (a source of flavanols, iron, and magnesium)
- Honey or maple syrup (natural sweeteners, but still sugar)
- Medjool dates (natural sweetening + fiber)
- Raw ginger (adds spice and is good for digestion)
- Unsweetened Greek or Skyr yogurt (adds protein and probiotics)
- Vanilla extract (flavor)
- Turmeric (raw or powder) is an anti-inflammatory and adds a yellow color.
- Cinnamon
- Ice cubes (good if you aren't using frozen fruit)

If adding any of the above: Start with 1-2 tablespoons of chia, flax, nut butter, or cocoa, 2 teaspoons of sweetener, 1-2 dates, 2-3 teaspoons fresh ginger, 1/2 cup Greek or Skyr yogurt, and a 1/2 teaspoon of vanilla, turmeric, or cinnamon for every 2 cups of liquid. Taste and add more if desired.

TOPPINGS/GARNISH

These are especially fun for smoothie bowls.

- Sprinkle of shredded coconut
- Dollop of vanilla yogurt
- Drizzle of melted dark chocolate
- Berries or sliced fruit or cucumber
- Granola or muesli
- Seeds: chia, hemp, sunflower, pumpkin
- Nuts

DIRECTIONS

Starting with liquid ingredients and working your way up to the add-ins, put all the ingredients in a high-powered blender and blend until smooth. If too thick, add more liquid.

