

# HOW TO BUILD A SMOOTHIE



A balanced smoothie should have a variety of nutrients. This balance includes protein, carbohydrate, and healthy fat sources. Protein provides the building blocks for muscles, skin integrity, and many other important processes of the body. Carbohydrates are our body's fuel. They "feed" our brain and muscles. Fiber is a form of carbohydrate that we cannot breakdown and use for fuel. Fiber assists in digestive and heart health. Most Americans do not meet fiber recommendations. Adding fiber to a smoothie can help you achieve the 20-38 g of daily fiber recommended. Adding a liquid to your smoothie can help make blending easier. The liquid choice can also be an opportunity to increase nutrition. For example, adding vitamin c with orange juice to your green smoothie can help increase iron absorption. Smoothies can be a fun, easy, and nutritious way to add variety to your daily routine.

## STEP 1. PICK YOUR CARBOHYDRATE

*Fruits are an excellent source of carbohydrates and a source of fiber!*

**BANANA** potassium rich to help improve cardiovascular health

**BLUEBERRIES** antioxidant and a brain booster!

**Cantaloupe** rich source of vitamin A to support healthy vision

**PINEAPPLE** vitamin C for immune health; also rich in folate and thiamine

**RASPBERRIES** rich source of dietary fiber and antioxidants

**STRAWBERRIES** just 5 strawberries provides nearly 100% of your vitamin C needs

## STEP 2. ADD A PROTEIN

**2 TABLESPOONS PEANUT BUTTER** high in mono and polyunsaturated fats

**4 OUNCES OF PLAIN GREEK YOGURT** Greek yogurt has less lactose than traditionally made yogurt

**2 TABLESPOONS WALNUTS** plant source of omega 3 fatty acids

**10 ALMONDS (OR 1 TABLESPOON ALMOND BUTTER)** rich in antioxidant vitamin E; calcium and iron too

**1 SERVING PROTEIN POWDER** pick your favorite whey or plant based powder

### STEP 3. ADD A FIBER

**SPINACH** 3 cups = 2g of fiber and is loaded with antioxidants

**CANNED PUMPKIN** excellent source of magnesium, vitamin E, and beta carotene

**FLAXSEEDS** anti-inflammatory with omega 3 fats

**CHIA SEEDS** source omega 3 fatty acids and magnesium

**AVOCADO** good source of potassium, vitamin A and anti-inflammatory fats

### STEP 4. BLEND IT TOGETHER WITH A LIQUID BASE

Add 1/4-1 cup milk of choice, to desired consistency such as:

**MILK, COCONUT MILK, ALMOND MILK OR HEMP MILK**

### SMOOTHIE TIPS:

- Try a smoothie as a meal replacement. If you are replacing a meal with a smoothie, aim for 20-30g of protein and 45-75g of carbohydrate.
- Try a smoothie as a snack. Aim for 7-14g of protein and 15-30g of carbohydrates for snack sized smoothies.
- Avoid smoothies with mostly one nutrition component. For instance, smoothies made with fruit alone are a missed opportunity for other nutrients and may result in excessive calorie and/or carbohydrate intake. Add protein and leafy greens to your favorite fruit smoothie for a more balanced meal or snack.
- For a cool treat, try adding ice to a smoothie or freeze the fruit before adding or freeze coconut milk into ice cube trays for extra creaminess.
- Never had greens in a smoothie? Try a few handfuls of spinach. Spinach is often subtle in taste when added to a smoothie.

