

BUILD YOUR OWN SMOOTHIE

FRUIT



Berries



Banana



Pineapple



Mango



Peach



Cherries



Grapes



Melon



Plum

VEGETABLES



Spinach



Kale



Lettuce



Avocado



Carrots



Zucchini



Cucumber



Bell Peppers



Cauliflower



Squash

PROTEIN



Yogurt



Cottage Cheese



Nut Butter



Nuts/Seeds



Oats



Legumes
(ex. chickpeas)

LIQUID



Milk



Non-Dairy Milk



Coconut Milk



Juice
(Fruit or Vegetable)



Water

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Smoothies can be made using a wide variety of ingredients. Choose as many ingredients from each of the food categories as you like!

INGREDIENTS:

2-3 cups fruit and vegetables of choice

½ cup protein

1 cup liquid

INSTRUCTIONS:

Add all ingredients to a high-speed blender.

Blend on high until smooth, scraping down sides as needed. If smoothie is too thick, add more liquid. If too thin, add more fruit/veggies.

Feel free to add any other ingredients you can think of for additional flavour and nutrients!

Best when fresh. Keep covered in the fridge up to 24 hours or in the freezer up to 2 weeks.

