

Nutritious Smoothie

1. Choose your base ingredient

Use one or all of the following to begin making your smoothie:

- ½ a banana
- ½ avocado
- 1 cup plain or greek yogurt (sugar-free)

Add a liquid:

- 1 cup natural juice (not from concentrate with no added sugars)
(or)
- 1 cup dairy or non-dairy milk (depending on your lactose tolerance)
Almond milk, hemp milk, or coconut milk are all great choices



2. Add protein of choice

- 1 cup Ensure, Boost, or other nutritional supplement

3. Add optional powders

Depending on your dietary needs, add one or all of the following:

- 1 teaspoon chia seeds
- 1 teaspoon flax seeds
- 2 tablespoons wheatgrass powder
- 1 tablespoon beetroot powder
- 1 teaspoon gingerroot powder

4. Add a small handful of fruit of your choice

- Pineapple
- Peeled apple
- Cantaloupe
- Fresh or frozen berries (blueberries, raspberries, blackberries, etc.)

5. Add a small handful of some healthy greens

Pre-chop greens and store on the freezer. Once they are blended into the smoothie, they are almost completely undetectable to taste!

- Kale
- Spinach
- Turnips
- Broccoli

6. Blend on high for approximately one minute. ENJOY!