

General Smoothie Guidelines

Basic smoothie formula:

About 1 cup liquid + 1-1 1/2 cups frozen fruit + thickener + add-ins

Liquid ideas:

- Kefir
- Milk of choice: cow, almond, oat, soy, coconut, goat, etc.
- Water
- Yogurt

Frozen fruit:

- Berries, berry blends
- Mango
- Cherries

Thickener

- Banana/frozen banana
- Avocado
- Chia seeds

Add-ins

- Greens
- Chia seeds
- Hemp seeds
- Ground flax
- Protein powder
- Nut butter
- Honey or maple syrup
- Pitted dates



Super food Ingredients

- Kefir
- Greek yogurt
- Chia seeds
- Hemp seeds
- Ground flax
- Greens—baby greens are easiest
- Spices: cinnamon, ground ginger, turmeric
- Fresh ginger
- Frozen cranberries
- Grapes
- Blueberries, raspberries, strawberries
- Nut butter

Common Smoothie Mistakes

1. Not blending long enough
2. Using too many frozen ingredients
3. Adding too much of a new or unfamiliar ingredient
4. Not having the right balance of nutrients



Strawberry Berry w/veggies

INGREDIENTS

- 8-10oz milk of choice
- about 1/2 cup frozen strawberries
- about 1/2 cup frozen raspberries
- 1 small banana
- 1/4 cup frozen riced cauliflower
- about 1/4 of an avocado, optional
- 1 handful of greens, optional
- 2 tsp. chia seeds, or more
- 2 tsp. hemp seeds, or more
- 1/2 TBL honey, optional

DIRECTIONS

1. Add liquids to the blender pitcher. Then add the remaining ingredients and blend until smooth.

Pumpkin Pie

INGREDIENTS

- 8-10oz milk of choice
- 1 frozen banana
- 3 heaping TBL canned pumpkin
- 1 handful baby spinach (omit if you want a pretty orange color)
- 1/2 tsp. vanilla extract
- a couple hearty shakes of pumpkin pie spice
- 2 tsp. chia seeds, or more
- 2 tsp. hemp seeds, or more

DIRECTIONS

1. Add liquids to the blender pitcher. Then add the remaining ingredients and blend until smooth.



Green Mango

INGREDIENTS

- 4oz plain kefir
- 4-6oz milk of choice
- 1 banana
- 1 cup frozen mango
- 2 handfuls baby spinach or kale
- 2 tsp chia seeds, or more
- 2 tsp hemp seeds, or more

DIRECTIONS

1. Add liquids to the blender pitcher. Then add the remaining ingredients and blend until smooth.

Chocolate Peanut Butter

INGREDIENTS

- 8-10oz milk of choice
- 2 TBL cocoa powder
- 1 TBL peanut or almond butter
- 1 frozen large banana
- 1-2 handfuls greens

DIRECTIONS

1. Add liquids to the blender pitcher. Then add the remaining ingredients and blend until smooth.



Golden Pineapple

INGREDIENTS

- 8-10oz milk of choice
- 2 cups frozen pineapple chunks
- 1 banana
- 1 tsp. ground turmeric, or 1 TBL freshly grated turmeric
- 1/4 tsp. ground ginger, or 1 tsp. freshly grated ginger

DIRECTIONS

1. Add liquids to the blender pitcher. Then add the remaining ingredients and blend until smooth.

Peachy Keen

INGREDIENTS

- 6oz milk of choice
- 1/4 cup Greek plain or vanilla yogurt
- 3/4 cup frozen peaches
- 1/4 of a frozen banana
- 1/2 tablespoon honey plus additional to taste
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- Pinch ground ginger

DIRECTIONS

1. Add liquids to the blender pitcher. Then add the remaining ingredients and blend until smooth.

