Create Your Own Smoothie

Instructions:

- Mix and match the ingredients below to create your own smoothie.
- There is no right or wrong way to make a smoothie.
- Consider one or more ingredients from the smoothie base and fruit and vegetable category to start.

Smoothie Base Ideas:

Milks	Ice Cream	Other	Yogurt	Water/Juice
Coconut or Oat Milk	Sherbet	Nutrition drinks (example: Ensure Plus)	Kefir	100% Fruit Juice
Cow's Milk	Pudding	Avocado	Greek Yogurt	Vegetable Juice
Almond/Soy milk	Frozen Yogurt	Silken Tofu	Almond/Soy Yogurt	Water/Coconut Water/Ice cubes

Tips:

- Choose "unsweetened" or "no sugar added" or avoid fruit juice if you are concerned about added sugars or blood sugar control.
- Choose full fat options if added calories is your goal.
- Choose a base that has protein like milk, yogurt, or tofu if this is your goal.
- You made need to add an additional liquid to blend if you choose a thicker or more solid base.
- Thicker bases may make a creamier or thicker smoothie and water, or fruit juices may make a lighter, more liquid smoothie.

Fruits and Vegetable Ideas:

Carrots	Cherries	Blueberries	Apple	Zucchini
Banana	Mango	Dates	Beets	Pineapple
Apricots	Strawberries	Grapes	Kale	Pear
Peach	Raspberries	Nectarine	Kiwi	Guava
Raisins or cranberries	Papaya	Plums or prunes	Fruit sauces	Melons
Blackberries	Mandarin Oranges	Orange	Pear	Frozen fruit medleys
Lemon or lime	Wheat Grass	Cucumbers	Spinach	Sweet Potato or Pumpkin Puree

Tips:

- Choose "unsweetened" or "no sugar added" canned fruits or fruits canned in juice instead of syrup if you are concerned about added sugars or blood sugar control.
- The fruit and vegetable combinations and options are endless.
- Use fresh, frozen, dried, or canned fruits or vegetables.
- Frozen fruit or vegetables often make the smoothie thicker.
- Fruits and vegetables can add fiber and micronutrients to your smoothie.
- Freezing fresh fruits or vegetables for later smoothies is a great way to decrease food waste.

Other Ingredients to Try:

Protein	Fiber	To Add Flavor	Fats
Pasteurized Egg Whites	Quinoa	Vanilla/Mint/Almond Extract	Coconut Oil
Protein Powder	Oats	Agave Nectar or Honey or sugar substitute	Olive Oil
Wheat Germ	Seaweed	Chocolate Sauce or Cocoa Powder	Flaxseed Oil
Dry Milk Powder	Ground Flaxseed	Chocolate Hazelnut Spread	Avocado or avocado Oil
Cottage Cheese	Fiber Supplement	Cinnamon/Nutmeg	Whipping Cream
Ricotta Cheese	Oat Bran	Ginger/Cardamom	Nut Butter or Nuts
Breakfast Powder (Carnation Instant Breakfast or similar)	Powdered Greens	Coffee/Espresso	Pumpkin/Hemp, Sunflower/Chia, or Sesame Seeds/Tahini

Sample Smoothie Recipes:

- **Green Pineapple Crush:** 6 oz. vanilla coconut milk, ¾ cup whole fat Greek yogurt, ¾ cup pineapple chunks, 1 cup fresh spinach, 1 Tablespoon coconut oil, 1 scoop ice.
- **Green Smoothie:** 1 frozen banana (sliced), 2 cups chopped kale, 1 Tablespoon flax seed, 1 Tablespoon coconut oil, ¼ cup whole milk, 1/3 cup orange juice.
- **Peach & Greens:** 1 cup frozen peaches, 1 cup fresh spinach, 1 cup fresh kale, sprinkle of ginger, 6 oz. water or Nutrition Supplement
- **Tropical Green Smoothie:** 1 frozen banana, 1 cup tropical bend frozen fruit, 1 cup spinach, 6 oz. water.
- **Triple Berry Green Smoothie:** 1 cup frozen berries, 1 cup spinach, sprinkle of ginger and turmeric, 1 Tablespoon honey, 6 oz. juice or water.
- **Beet & Berry:** 1 cup unsweetened almond milk or Nutrition Supplement, 1 cup frozen berries, 1 small beet (peeled and diced), ¼ cup frozen pineapple, ¼ cup plain nonfat Greek yogurt, 1-2 teaspoons honey, 1 Tablespoon chia seeds.