

Build Your Own Smoothie



Preparation (Serves 1)

BLENDER: Combine all ingredients and blend until smooth. Pour into a glass or bowl and enjoy!



HEALTHY FAT

Choose one:

- 1 tbsp mixed nuts or nut butter (almond, peanut, cashew, etc.)
- 1 tbsp seeds or seed butter (chia, flax, hemp, sunflower, sesame, etc.)
- ¼ avocado



VEGGIES & FRUITS

Add both:

- 1 cup fresh or frozen chopped fruit, berries, or sliced bananas
- 1 cup leafy greens such as spinach, kale, or beet greens, or ½ cup chopped celery, cucumber, or steamed cauliflower



LEAN PROTEIN/ DAIRY

Choose one:

- 1 serving* Power Up Protein Blend
- 1 cup 2% plain Greek yogurt or cottage cheese
- 1 block (300 g) silken tofu

*Use the included scoop in your Protein Blend container



LIQUID

- 1-2 cups water, tea, or milk, your choice (Note: the more liquid you use, the thinner your smoothie will be.)



TIPS

1. 2 cups non-dairy yogurt has almost the same amount of protein as 1 cup Greek yogurt.
2. Use fortified soy milk instead of milk. It's higher in protein than other non-dairy milks.

PERFECTLY BALANCE YOUR PLATE

Serve with one of these options:

- 1 slice whole-grain bread with 1 tsp nut butter
- ½ English muffin with 1 tsp nut butter
- ¼ cup oats and 1 tsp nut butter (note: you can also add this to the smoothie)