



Build a Balanced Smoothie



Getting enough fruits and vegetables is not always easy, but smoothies help kick start your day with powerhouse nutrients in a travel-friendly format. They can feel less filling, so include protein, fat, and fiber to increase fullness.

INCLUDE AN OPTION FROM EACH GROUP TO MAKE A MEAL

Fruit	use fresh or frozen	1 CUP blueberries, strawberries, raspberries, blackberries, banana, orange, pineapple, peach, mango, apple, watermelon, cantaloupe, cherries, kiwi
Vegetable	Roasted vegetables add sweetness and cauliflower adds thickness without affecting flavor or color	1/2 to 1 CUP spinach, kale, cucumber, fresh or steamed cauliflower, raw or cooked carrots, beets, roasted winter squash or sweet potato
Liquid	Opt for unsweetened options	1/2 to 1 CUP milk, almond milk, oat milk, soy milk, coconut water
Protein	Quality sources help keep you full	1/2 to 1 CUP plain yogurt, kefir, tofu (or 2 tablespoons nuts)
Healthy fat	Good for your heart and helps fill you up	1 TABLESPOON nuts or nut butter, chia seeds, ground flaxseeds, pumpkin seeds, olive oil, flaxseed oil (or 1/2 avocado)
Flavor boosters	Choose spices, herbs, and unsweetened powders over added sweeteners <u>For a hint of sweetness:</u> add a tablespoon or two of maple syrup or honey	TO TASTE cinnamon, nutmeg, cardamom, cocoa powder, vanilla, turmeric, ginger, mint, basil, coconut flakes