

Healthy Smoothies 101



Step 1: Choose Your Liquid (.5 – 1 cup)

- Unsweetened almond milk
- Unsweetened coconut milk
- Organic soy milk
- Water

Step 2: Power Up with Greens (2 cups)

- Baby spinach
- Kale
- Mixed greens
- Cauliflower (not technically a green, but does the trick!)

Step 3: Add Fruit for Flavor (Pick 1)

- 1/2 frozen banana
- 1/2 cup frozen berries
- 1/2 cup frozen mango

Step 4: Pick a Healthy Fat (Pick 1-2)

- 1/2 avocado (if you're not using banana, add avocado to get the same creamy texture)
- 1 tbsp nut butter
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed

Step 5: Pump it Up (1 scoop)

- Collagen protein (Primal Kitchen Collagen Fuel, Vital Proteins)
- Plant-based protein (pea, hemp, or mixture)
- Grass-fed whey (NAKED)

BONUS: Give it a Boost (Pick 1-2)

- 1-2 tbsp cacao powder
- 1 tsp maca powder
- 1 tsp spirulina powder
- 1 tsp chlorella powder (broken cell wall)