

# Smoothie

## GUIDE

Follow these steps and enjoy  
a blended drink in minutes.  
(makes 2 cups)



### Smoothie ingredients to choose from:

#### 1 START WITH A LIQUID BASE (1 CUP)

Milk or milk alternatives (soy or almond beverage)

Fruit juice (100% fruit juice with no added sweeteners)

Coconut water or plain water

Nutritional supplements, if you need extra calories and protein

#### 3 ADD NUTRIENT BOOSTERS

If you're looking for more protein, calories, fibre, or healthy fats in your smoothie you can always add some extra ingredients

Greek yogurt or skim milk powder are great additions to increase protein

Try adding unflavoured protein powders to increase protein content without changing the taste

Add some bran or oats for extra fibre

Try adding nuts, ground flax seed or hemp seed to boost healthy fats

#### 2 ADD FRUIT AND VEGETABLE (1 CUP)

Mix up your favourite combination of fruits (berries, apples, peaches, banana etc.)

You can use fresh or frozen fruit (frozen fruit will thicken the smoothie)

Fresh vegetables are also great to add to smoothies for more nutrition and flavour (leafy greens such as spinach, kale, arugula, blend the best)

#### 4 ADD EXTRA FLAVOURS

You can sweeten your smoothie with some honey, maple syrup or agave nectar

Give it a boost of flavour with some ground spices like cinnamon, nutmeg, cardamom, ginger

Brighten up the flavour with some citrus zest, such as lemon, orange, lime

Try extracts (vanilla, almond, peppermint)



Place ingredients  
1 to 4 in a blender  
and mix

Adjust the  
amount of liquid,  
if necessary

