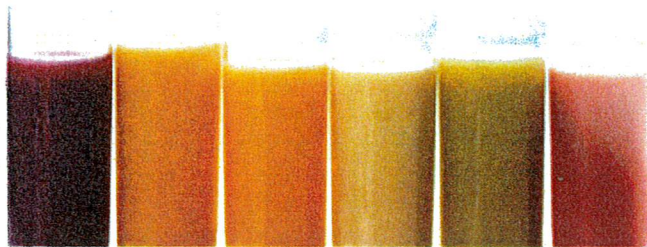


## MAKE YOUR OWN SMOOTHIES



### 1. CHOOSE A LIQUID:

- 6-8 OUNCES ALMOND MILK, SOY MILK, RICE MILK OR SKIM MILK

### 2. CHOOSE A FRUIT

- TOTAL 1 CUP: APPLES, BERRIES, GRAPES, BANANA, PINEAPPLE, MANGO, MELON, ETC.

### 3. CHOOSE A VEGGIE

- ½ CUP SPINACH, KALE OR AVOCADO- IF USING AN AVOCADO, DON'T USE A BANANA TOO. THEY ARE BOTH GREAT FOR A THICKER SMOOTHIE

### 4. USE CRUSHED ICE

### OPTIONAL: ADD A PROTEIN:

- 1 SCOOP WHEY PROTEIN POWDER, ¼ CUP GREEK YOGURT OR 1 TABLESPOON PEANUT BUTTER
- FOR EXTRA FIBER, ADD A TABLESPOON OF GROUND FLAX SEED OR CHIA SEEDS
- FOR GOOD FAT USE AN AVOCADO INSTEAD OF A BANANA

**MY FAVORITE SMOOTHIE IS : 6-8 OUNCES UNSWEETENED ALMOND MILK (YOU CAN USE SKIM MILK TOO), CRUSHED ICE, ½ BANANA AND 1 TABLESPOON PEANUT BUTTER AND 1-2 TABLESPOONS CRUSHED FLAX SEEDS. YOU CAN ADD FLAX SEEDS TO ANY OF THE SMOOTHIES.**

6-8 OUNCES LOW-FAT CHOCOLATE SOY MILK, ½ BANANA, 1 T PEANUT BUTTER, CRUSHED ICE

½ CUP SKIM MILK, ½ CUP GREEK YOGURT, ½ CUP STRAWBERRIES, CRUSHED ICE

1 CUP SKIM MILK, 1 SCOOP CHOCOLATE PROTEIN POWDER, ½ BANANA, CRUSHED ICE, 1 T PEANUT BUTTER

SMOOTHIES ARE A GREAT WAY TO PACK IN YOUR FRUITS AND VEGGIES!