



BUILD A BETTER SMOOTHIE

CHOOSE A BASE

1 CUP

creamy: milk or dairy-free milk
refreshing: water or coconut water
strong: iced coffee, tea, or fruit juice

CHOOSE YOUR FRUITS

2 CUPS

banana, berries, cherries, pineapple, mango, peaches, oranges, apples, pears, papaya,

fresh and/or frozen

AND YOUR GREENS

1 CUP

spinach, kale, romaine

you really won't taste greens, but spinach is the most subtle

ADD HEALTHY FATS

1-2 TB

nut butter, chia seeds, ground flax, avocado, cashews, coconut

to help keep you full

AND GIVE IT A BOOST!

OPTIONAL

protein powder, Greek yogurt, cacao powder, maca, oats, fresh ginger, goji berries

ADD A TOUCH OF FLAVOR OR SWEETNESS

OPTIONAL

cinnamon, vanilla extract, raw honey, pitted dates, maple syrup, fresh herbs

a little goes a long way!

AND ADDING SOMETHING CHEWY ON TOP CAN ACTUALLY AID DIGESTION!

chopped nuts, seeds, granola, cereal

More resources at www.keepyourlifealive.com.

  @keepyourlifealive.rd