

Smoothies can make a quick, healthy meal or snack, and are an especially good option when you're trying to limit your trips to the store and need to make nutritious meals with what you have on hand in your pantry, refrigerator and freezer.

Some smoothie recipes are mostly fruit, which might make a good snack or refreshing drink but won't hold you over for very long. The key to a smoothie that will hold you over until your next meal and promote muscle recovery as a post-workout snack or meal is to add a balance of ingredients that will contain protein and healthy fats in addition to carbohydrates from fruit. The basic formula is to blend 1 cup of liquid (more or less for a thicker or more liquid smoothie), 1-2 cups or pieces of fruit, 1 serving of protein, and 1-2 Tbsp of healthy fats and add in any other add-ins to flavor your smoothie.

Liquid

- Milk (Regular cow's milk and soy milk will provide more protein than nut milks)
- Water
- Coconut water
- Kefir
- Juice
- Cooled/iced tea or coffee

Fruit

- Bananas (Bananas are a great option to add fresh. When they start to become "too ripe," peel and freeze in a gallon bag to add to smoothies or baked goods.)
- Frozen berries
- Frozen mango
- Frozen pineapple
- Dates

Protein

- Greek yogurt
- Whey protein or other protein powder
- Cottage cheese
- Silken tofu

Healthy fats (1-2 Tbsp)

- Seeds (chia, flax and hemp)
- Nut butter (peanut butter, almond butter, sunflower seed butter, tahini)
- Avocado

Extras

- Vegetables (1-2 fistfuls spinach or kale, 1 cup frozen cauliflower, 1 scoop canned pumpkin puree) (Tip: throw a bag of fresh spinach or kale into the freezer before it goes bad to add to smoothies!)
- Oatmeal - boosts fiber and thickness and adds extra calories
- Sweetener - if you use plain yogurt and no juice, adding 2-3 tsp of honey or maple syrup will make your smoothie sweeter
- Ice - adds thickness
- Flavors - cinnamon, cocoa powder, beet powder, vanilla extract, ginger, lemon juice, matcha tea powder



Flavor combinations

Experiment with your ingredients from each category to build a balanced smoothie.

Here are some flavor combinations to get you started:

- **Green smoothie:** Banana + milk + vanilla Greek yogurt + chia seeds + a few handfuls of spinach
- **Peanut butter banana smoothie:** Banana + milk + vanilla Greek yogurt + peanut butter (can add cocoa powder for chocolate peanut butter flavor)
- **Berry smoothie:** Frozen mixed berries + milk + Greek yogurt or whey protein + ground flaxseed + spinach
- **Strawberry banana:** 1 frozen banana + frozen strawberries + milk or kefir + plain Greek yogurt + almond butter + honey
- **Strawberry cheesecake:** Frozen strawberries + milk + cottage cheese + vanilla yogurt + ground flaxseed (top with a graham cracker!)
- **Orange smoothie:** Orange juice + milk + vanilla Greek yogurt or 1 scoop vanilla whey + ice cubes
- **Pumpkin smoothie:** 1 frozen banana + milk + vanilla Greek yogurt + canned pumpkin puree + pumpkin pie spice + maple syrup
- **Chocolate avocado:** 1 frozen banana + milk + plain Greek yogurt + ½ avocado (frozen or fresh) + cocoa powder + honey (use less milk for a creamier smoothie)



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