

## MAKE A SUPER SMOOTHIE

*A nutrient-dense meal you can sip slow or take on the go.*

Blend a smoothie for an easy way to pack tons of nutrients into one meal. Start with juice, non-dairy beverages (like soy, rice or almond milk) or water then add your favorite fresh or frozen fruits, greens and spices, and blend until smooth. Smoothies can really hit the spot for a quick breakfast or an after-workout treat, and they're an easy way to pack in a few extra servings of fruits and vegetables.

### SMOOTHIE ASSEMBLY

SERVES 2

#### LIQUID • 3 CUPS

Water  
Juices  
Almond milk  
Soy milk  
Oat milk  
Rice milk  
Coconut milk

#### FRUITS • 1 ½-2 CUPS

Fresh fruits  
Frozen fruits  
Dried fruits, *soak to soften*

#### GREENS • 1-2 CUPS

Spinach, *fresh or frozen*  
Kale, *fresh or frozen*  
Collards, *fresh or frozen*  
Parsley

#### SPICES • 1 TEASPOON

Cinnamon  
Nutmeg  
Cardamom  
Ginger  
Vanilla

#### OPTIONAL 2-3 TABLESPOONS

Avocado  
Nut or seed butter  
Ground flax seeds  
Chia seeds  
Hemp seeds  
Unsweetened cocoa powder  
Wheat germ

**QUICK TIP:** Using frozen fruits and veggies helps keep your smoothie frosty and thick.

### NEED INSPIRATION?

*Try these flavor combinations.*

#### CHERRY OAT

Oat milk  
Cherries, *frozen*  
Dates  
Vanilla

#### SUPER GREEN

Water  
Banana  
Berries  
Kale  
Spinach

#### APPLE PIE

Almond milk  
Apples  
Banana  
Date  
Cinnamon  
Nutmeg  
Vanilla

#### TROPICAL GREEN

Orange juice  
Mango, *frozen*  
Apricot, *dried*  
Banana  
Spinach  
Ginger