



# Smoothies

Make your own combinations of the ingredients below for a delicious smoothie!  
Makes one serving.

Fruit (canned, fresh or frozen): Pick 2	Veggies: Pick 1	Protein: Pick 1	Liquid: Pick 1
½ cup pineapple	½ cup spinach	½ cup greek yogurt	1 cup dairy milk (good source of protein too!)
½ cup berries of your choice	½ cup kale	2 Tbsp. peanut butter	1 cup orange juice
1 banana	½ avocado	½ cup old-fashioned oats	1 cup almond milk
½ cup peaches	½ cup beets, boiled until soft	3 Tbsp. hemp or pumpkin seeds	1 cup coconut milk
½ cup apple or pear	½ cup cucumber	1 scoop plain or vanilla protein powder	1 cup soy milk
½ mango	½ cup carrots, boiled until soft	¼ cup silken tofu	1 cup sugar free seltzer water
½ cup papaya	½ cup canned pumpkin	¼ cup white (cannellini) or black beans	1 cup coconut water