





How to make a smoothie

To make a smoothie, pick 1 ingredient from each group. Mix the ingredients together in a blender. Pour yourself an 8 ounce (1 cup) portion and enjoy! You can save the rest for later.

To make a smoothie:	Ingredients:	Health facts:
Choose 1 fruit 	<ul style="list-style-type: none"> • 1 cup of berries • 1/2 a banana • 1/2 cup of pineapple • 1 cup of peaches 	<p>These foods are full of vitamins and minerals. They are also low in calories.</p>
Choose 1 vegetable 	<ul style="list-style-type: none"> • 1 cup of raw spinach • 1 cup of raw kale • 1 stick of celery • 1/2 cup of cucumber 	
Choose 1 liquid 	<ul style="list-style-type: none"> • 1 cup of skim milk or 1% milk • 1 cup of water • 3 ice cubes • 1 cup of unsweetened almond milk • 1 cup of unsweetened soy milk • 1 cup of unsweetened coconut milk, 	<p>These drinks keep you hydrated.</p>
Choose 1 protein 	<ul style="list-style-type: none"> • 1 cup of plain Greek yogurt • 1 cup of salt-free cottage cheese • 1/4 cup of Silken tofu • 1 to 2 tablespoons of peanut butter 	<p>These foods help you stay full and keep your muscles strong.</p>
Choose 1 add-in	<ul style="list-style-type: none"> • 1 tablespoon of chia seeds • 1 tablespoon of flax seeds • 1-2 dried dates 	<p>These foods have healthy fats and/or fiber.</p>