

How to make a smoothie

To make a smoothie, pick 1 ingredient from each group. Mix the ingredients together in a blender (Tip: for a smoother texture, blend your liquid and vegetable first.) 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 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> <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 fruit + | <ul style="list-style-type: none"> • 1 cup of berries • 1/2 a banana • 1/2 cup of pineapple • 1 cup of peaches | |
| 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> |



Scan here for more health information.



212.545.2400



chnyc.org



Community
Healthcare Network