




# Build Your Own Smoothie

Use the table below to build your own custom green smoothie. Choose 1 ingredient from Column A, 2 ingredients from Column B, 1 from Column C, and add 1 cup of ice. Blend until smooth and enjoy!

Column A	Column B	Column C
1 cup skim or 1% low-fat milk	1 banana, peeled	2 cups spinach
1 cup soy milk (plain or vanilla)	1 cup berries	1 cup kale leaves
1 cup almond milk (plain or vanilla)	1 cup pineapple	1 cup romaine lettuce
1 cup rice milk	1 apple, peeled	½ avocado
1 cup fat free or low fat yogurt (flavored or plain)	1 orange, peeled	
1 cup 100% fruit juice	1 cup melon	
1 cup water	1 cup grapes	
	1 kiwi, peeled	
	1 cup mango, peeled	
	1 cup peaches, peeled	
	½ cup papaya, peeled	
		
<p><b><u>Additional Ingredients</u></b></p> <p><i>Add 1-2 Tablespoons of the following for a more filling smoothie.</i></p> <ul style="list-style-type: none"> <li>• <u>Chia or ground flax seed</u> are good sources of Omega 3-Fatty Acids (healthy fats).</li> <li>• <u>Peanut butter or almond butter</u> add protein and creates a thicker texture.</li> <li>• <u>Wheat Germ</u> is packed with a host of nutrients such as protein, iron, B-Vitamins, Fiber and more!</li> <li>• <u>Oats</u> help lower cholesterol and provide long lasting energy.</li> </ul>		
<p><b><u>Tips and Tricks</u></b></p> <ul style="list-style-type: none"> <li>• Add liquid to the blender first. It's easier on the blender and gets things moving faster.</li> <li>• Try frozen fruits in place of fresh fruits. Fresh fruit can go bad within days, but frozen fruit can last much longer. You also don't have to cut or wash frozen fruit which will save you time!</li> <li>• Fresh fruit about to go bad? Wash it, cut it, and store in in the freezer in a freeze-safe baggie for later use.</li> <li>• The more frozen fruits you use, the less ice you will need.</li> <li>• Make smoothies ahead for a perfect fast food. Store in an airtight container and shake well before opening.</li> </ul>		