

THE ULTIMATE SMOOTHIE INGREDIENTS

BLEND IT UP—DRINK TO YOUR HEALTH

FROZEN FRUIT FIRST

1 CUP

Tip: Bring harmony to your smoothie by adding antioxidant-rich frozen Wild Blueberries that are low in sugar, high in fiber, and full of intense blueberry flavor.

- Always start with $\frac{3}{4}$ cup frozen Wild Blueberries
- From there, you can add another $\frac{1}{4}$ cup of your favorite fruit (the possibilities are endless)



VEGGIES NEXT

1-2 CUPS

Tip: The amount of veggies you need each day depends on your age, gender, and physical activity, but the average adult needs between 2-4 cups per day, and smoothies are a great place to sneak them in.

- Veggies are important because they are full of fiber, vitamins, minerals and essential nutrients
- We suggest dark leafy greens, such as arugula, spinach, and kale (and, as with fruit, the possibilities are endless)



CHOOSE YOUR LIQUID

$\frac{3}{4}$ -1 CUP

Tip: Smoothies are a great way to get and stay hydrated. Some liquids can help pump up your calcium, protein, antioxidants, and electrolytes too.

- Try adding traditional dairy milk or nut milks, such as almond, hemp or coconut milk
- For lighter, fresher smoothies, try water, coconut water, kombucha, or green tea



THICKEN IT UP

$\frac{1}{4}$ CUP

Tip: Improve your digestion and stay full longer by adding probiotics, creamy blendable proteins, and other fiber-rich natural ingredients.

- For probiotic action, try adding plain yogurt, Greek yogurt, or kefir
- For easy sources of blendable protein, try tofu or cottage cheese
- Rolled oats can thicken up your smoothie and keep you satisfied



HEALTH & FLAVOR BOOSTERS

PINCH, DASH, OR TABLESPOON

Tip: Keep your smoothies fresh and interesting with these little extras to boost protein, nutrition, and flavor.

- Seeds & powders: chia, flax, hemp, protein
- Herbs & spices: ginger, nutmeg, cinnamon, basil, mint
- Zests & extracts: lemon, lime, orange, vanilla, almond
- Healthy fats: avocados, nut butters

