

# THE ULTIMATE DESSERT SMOOTHIE CHECKLIST

## BLEND IT UP—DRINK TO YOUR HEALTH

### KEEP IT SWEET



**TIP: Keep your smoothie sweet enough to satisfy your sweet tooth:**

- Bananas
- Dates
- Honey

- Maple Syrup
- Stevia
- Wild Blueberries

- Spices:
  - Cardamon
  - Cinnamon



### MAKE IT RICH



**Tip: Give your smoothie an indulgent taste and texture:**

- Avocado
- Canned Coconut Milk
- Cottage Cheese

- Frozen Banana
- Greek Yogurt
- Oats

- Silken Tofu
- Soaked Cashews



### CAPTURE THE FLAVOR

**Tip: Think about the ingredients that give your favorite dessert its unique flavor and add them to your smoothie!**



- Chocolate:
  - Cacao Nibs
  - Cacao Powder

- Herbs:
  - Basil
  - Mint

- Nuts:
  - Almonds
  - Nut butters
  - Walnuts