

HEALTHY SMOOTHIES START HERE

Wild Blueberries™

5 SIMPLE STEPS TO YOUR PERFECT SMOOTHIE

1 FROZEN FRUIT FIRST

Every healthy smoothie starts with a hearty dose of frozen fruit. We especially like **frozen Wild Blueberries** because they're loaded with antioxidants and phytonutrients; they also provide fiber, natural sweetness, and delicious taste. Frozen Wild Blueberries deliver a perfect, cool consistency with every sip.

2 VEGGIES NEXT

Smoothies are a great way to sneak a serving or two of veggies into your day, and veggies matter, because they provide the fiber, vitamins, minerals, and essential nutrients that your body needs every day.

3 CHOOSE YOUR LIQUID

Liquid is essential for controlling the thickness and drinkability of your smoothie. Liquids also offer a way to stay hydrated, restore electrolytes, and even add some calcium and protein to your smoothies.



4 THICKEN IT UP

Stay satisfied longer and improve your digestion by adding probiotics, creamy blendable proteins, and other fiber-rich natural ingredients to your smoothies. Thickening up your smoothie the smart way keeps your body humming.

5 HEALTH AND FLAVOR BOOSTERS

The finishing touch on the perfect smoothie can be as simple as a teaspoonful of flaxseeds, a pinch of nutmeg, a lemon zest, or a sprig of mint. A host of flavorful boosters can turn an average smoothie into a shareable moment.

THE ULTIMATE SMOOTHIE INGREDIENTS

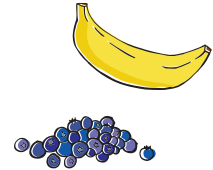
BLEND IT UP—DRINK TO YOUR HEALTH

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 CUP

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

