

The Perfect Smoothie

Step 1: Liquid

Choose 8 ounces of milk of your choice:

Low fat or skim milk

Unsweetened almond, soy, cashew, or coconut milk

*You can also use water.

Step 2: Protein (aim for 15-20 grams)

Choose one option:

1 scoop protein powder, *less than 150 calories and 8 grams of sugar*

5 ounces of nonfat Greek yogurt, *less than 12 grams of sugar*

6 Tbsp powdered peanut butter (PB2, Just Great Stuff)

Step 3: Fiber and Flavor

Choose two options; leafy greens can be added as an extra to any smoothie:

1 small or ½ large banana

½ cup diced round fruit (e.g. mango, pineapple, peach, etc.)

1 cup of berries

½ cup canned pumpkin puree (not pie filling!)

1-2 big handfuls of leafy greens (e.g. spinach, kale, chard, etc.)

Step 4: Healthy Extras

1-2 Tbsp freshly squeezed citrus juice

1 Tbsp ground flax or chia seeds

1-2 Tbsp fresh ginger root, peeled

1 Tbsp cocoa powder

Dash or drop of any spice or pure extract (e.g. cinnamon, vanilla, coconut extract, etc.)

5 Smoothies for 5 Cravings

1. Bananas for Berries:

Liquid + plain Greek yogurt + banana + strawberries + spinach + vanilla extract

2. Peanut Butter Chocolate Supreme:

Liquid + PB2 + banana + spinach + cocoa powder + dash of cinnamon

3. Lemon Blueberry:

Liquid + vanilla-flavored protein powder + blueberries + kale + 1 Tbsp ginger + 2 Tbsp lemon juice

4. Tropical Mango Tango:

Liquid + plain Greek yogurt + mango + pineapple + chia seeds + coconut extract

5. Pumpkin Pie:

Liquid + vanilla-flavored protein powder + pumpkin + spinach + flax + pumpkin pie spice



TIP: Use frozen fruit or ice for a thicker, creamier consistency.