

# HOW TO BUILD A SMOOTHIE

## Step 1) Base

- Unsweetened almond, coconut, cashew, or oat milk
- Coconut water

**Add ice as needed**

## Step 3) Fiber

**\*choose 1-3\***

- 1-2 cups of spinach or kale
- 1 cup of frozen cauliflower
- 1/4- 1/2 cup berries, beets, mango, apple, guava, pineapple, sweet potato (cooked)
- 1/2 banana
- 1/2 avocado

## Step 5) Herbs & Spices

**\*To your liking\***

- Cinnamon, ginger, pumpkin spice, turmeric, nutmeg, cloves
- Cilantro, mint, parsley

## Step 2) Protein

- 1 scoop protein powder of choice
- 1/4- 1/2 cup unsweetened Greek yogurt or cottage cheese

## Step 4) Healthy Fat

**\*choose 1-2\***

- 1 Tablespoon of chia, flax or hemp seeds
- 1 Tablespoon of almond, cashew or sunflower butter
- 1/2 avocado

### Ingredient Importance

**Protein-** Induce satiety, maintain muscle and provides building blocks for neurotransmitter production

**Fats-** Stabilizes blood sugar levels, boosts hormone production and keeps you full

**Fiber-** Promotes digestion and feeds healthy gut bacteria

**Spices & herbs-** Anti-inflammatory and detoxification benefits