

The Power of Smoothies

RITA COOK, MS, RD, LDN

Smoothies are a great way to get in good nutrition at any time of the day.
The key is building a balance of ingredients to keep you feeling full & energized!

With a Blender

Fruit

This is your main flavor – Choose your favorite fruit or fruit combo. Frozen fruit helps to make your smoothie cold & creamy.

Veggies

Use your veggies! A handful of veggies adds lots of vitamins, fiber & color to your smoothie.

Protein

Ingredients like Greek yogurt or nut butters balance out the smoothie with protein to build your muscles.

Liquids

Choose your favorite. Milk, milk alternatives, & water work well.

Flavor

Fruits & veggies have lots of flavor, but adding ingredients like herbs, spices & other bold flavors like lime, ginger, cinnamon, cocoa powder, or nutmeg adds an extra kick. You can even add spicy ingredients like peppers. Get creative!

Add-Ins

Use nutrient-dense add-ins for extra boost of nutrition!
Extras like nuts, seeds, or avocado add healthy fats that help us absorb vitamins

Oats, seeds & similar ingredients add extra fiber for a hunger-crushing punch.



No blender, no problem

Smoothies are a great way to get in good nutrition at any time of the day. However, not everyone has the time or ability to use a blender. Luckily, smoothies are easy to make without one with just a few simple adjustments

Fruit

Use already pureed fruits (ex. unsweetened applesauce) or select fruits that can be easily mashed. Ripe or over-ripe fruit are best. Ex: bananas, strawberries.

Veggies

Similar to fruits, choose vegetables that can be mashed easily. You can use unseasoned pre-cooked veggies or canned veggies as these are typically soft.

Protein

Choose soft proteins like Greek yogurt or nut butters. These mix in relatively easily.

Liquids

Choose your favorite. Milk, milk alternatives, & water work well! Add until you reach your desired texture or thickness.

Flavor

Choose items that don't need to be blended such as ground spices (cinnamon, cocoa powder), or liquids like a splash of citrus juice. Get creative!

Add-Ins

Use nutrient-dense add-ins for extra boost of nutrition! Some options include: Pre-ground flax seeds

Instructions

- 1 Add your fruits & veg to bowl or cup. Mash them together.
- 2 Add thicker ingredients like yogurt or nut butter into your mixture. Mix well.
- 3 Slowly incorporate the liquid into the mixture. Add until you reach your desired thickness or texture.

Recipies

Fun fiber packed smoothie

Makes 2 servings

Ingredients:

- 1 ripe banana – 3.1g of fiber
- 1/2 avocado – 4.6 grams fiber
- 1/2 cup spinach or kale - 0.7g fiber
- 1/2 cup spinach, 2g fiber 1/2 cup kale
- 1 Tbsp chia seeds - 4.9g fiber
- 1 cup sweetened vanilla almond milk
- Ice

Instructions: Add ingredients to blender. Blend until smooth. Enjoy!

Easy as pie smoothie

Makes 1-2 servings

Ingredients:

- 3/4c unsweetened apple sauce – 3g of fiber
- 1c greek yogurt (vanilla is best) – 4.6 grams fiber
- 1 Tbsp chia seeds – 4.9g fiber
- 1 ripe banana – 3.1g of fiber (optional)
- Milk of your choice
- Cinnamon

Instructions: Add your fruits & veg to bowl or cup. Mash them together. Add thicker ingredients like yogurt or nut butter into your mixture. Mix well. Slowly incorporate the liquid into the mixture. Add until you reach your desired thickness or texture.