

SMOOTHIE

- 1 Choose at least one ingredient from each category.
- 2 Blend. (Optional: add ice)
- 3 Enjoy as a convenient and nutritious meal or snack!

Protein +

Skim Milk Powder
1/4 cup = 9g PRO

Plain Greek Yogurt
1/2 cup = 13g PRO

Silken Tofu
1/2 cup = 7g PRO

Nut Butter
2 Tbsp = 7g PRO

Fat

Avocado
1/4 of a whole

Chia Seeds
1 Tbsp = 2g PRO

Hemp Hearts
1 Tbsp = 3g PRO

Ground Flax Seeds
1 Tbsp = 1g PRO

Vegetable +

FRESH OR FROZEN

Cooked Sweet Potato
1/2 cup

Spinach/Kale
1 cup fresh or 1/2 cup frozen

Canned Pumpkin
1/2 cup

Cooked Beets
1/2 cup

Extras

Cinnamon
1 tsp

Ginger
1 tsp

Cocoa Powder
1 Tbsp

Fruit +

FRESH OR FROZEN

Blueberries
1/2 cup

Mango
1/2 cup

Cherries
1/2 cup

Banana
1 whole

Strawberries
1/2 cup

Raspberries
1/2 cup

Pineapple
1/2 cup

Peaches
1/2 cup

Blackberries
1/2 cup

Liquid

Spoonable = Add 1 cup
Sippable = Add 2 cups

Plain Kefir
1 cup = 8g PRO

Milk
1 cup = 9g PRO

Almond Beverage
1 cup = 1g PRO

Soy Beverage
1 cup = 9g PRO

Coconut Beverage



FRESH Recommends...

Good Morning Sunshine

Silken tofu + Sweet potato + Pineapple + Mango + Soy beverage (1 cup) + Hemp hearts + Ginger
19g PRO

Very Berry

Almond butter + Kale + Blueberries + Raspberries + Kefir (1 cup) + Avocado
15g PRO

Protein Power

Greek yogurt + Pumpkin + Banana + Milk (1 cup) + Hemp hearts + Cinnamon
25g PRO

Tropical Delight

Silken tofu + Skim milk powder + Beets + Banana + Strawberries + Coconut beverage (1 cup) + Chia seeds
17g PRO

Black Forest Cheesecake

Greek yogurt + Spinach + Cherries + Almond beverage (1 cup) + Ground flax seeds + Cocoa powder
15g PRO

*Protein content calculated based on measures outlined in smoothie formula chart.