

When most people think of smoothies, a vision of a sweet, fruity, pink, orange or yellow, ice cold, thicker beverage comes to mind. While fruit is healthy and full of fiber and phytonutrients, drinking an all fruit smoothie is not ideal when watching your weight. It does not contain enough protein or fat to help counteract all of the natural sugars. The goal of a smoothie is to provide a healthy balanced snack or meal. By simply adding some additional ingredients, you can make it more balanced, flavorful and better for your body.

**Always add GREENS!!**  
To start, use about 25% of greens and 75% fruit.  
Once you're fully adjusted, making a smoothie

Greens listed from least bitter to most bitter:

Baby spinach	↑ ↓	Least
Spinach		
Baby kale		
Romaine		
Collards		
Swiss chard		
Kale		
Dandelions		Most

Mixing baby spinach with any of the more bitter greens helps to mellow out the flavor as well.

Fruits that pair well with bitter greens:

- Green grapes
- Pineapple
- Green apple
- Oranges
- Lemon



Fresh herbs can complement your smoothie and bring out a brighter flavor. Basil and mint work best in smoothies that contain citrus or berries.

Freeze any leftover smoothie in popsicle molds for a healthy snack the whole family can enjoy.

You can freeze fresh leaf spinach and chopped kale purchased in bags, no prep needed.

Remember to freeze any fruit that you may not be able to eat before it turns. Peel, chop and place in freezer bags for longer-term storage.

In order to make the smoothie more like a meal, add:

- Unsweetened plain yogurt
- Cottage cheese
- Tofu
- Unsweetened Protein Powder



The added protein will keep you satiated and help keep your blood sugars more balanced.

There are many other vegetables that you can add to a smoothie. The sky is the limit!

Vegetable to try:

- |                |                     |
|----------------|---------------------|
| Zucchini       | Cabbage             |
| Yellow squash. | Cooked sweet potato |
| Cucumber       | Avocado             |
| Carrot         |                     |
| Raw Beet       |                     |

When trying these or any vegetable, add a little bit at a time to adjust for taste and texture.

Adding some healthy fat is the most important ingredient to add along with greens in your smoothie. Healthy fats allow fat-soluble vitamins to be absorbed by our bodies.

All of these provide an extra dose of omega 3 fatty acids, protein and fiber:

- Flax seeds\*
- Chia seeds
- Hemp seeds



Raw nuts are also a good option.  
Aim for 1-2 T of seeds or nuts.

\* must be ground up to reap all of the omega 3 benefit