

HOW TO BUILD A GOOD SMOOTHIE

INTRODUCTION

Whether you are looking for a meal replacement or post-workout drink, don't just add some powder to water or milk. Many of the supplements out there contain artificial sweeteners and additives that can be harmful to your health (and not to mention, boring). Load up your smoothie or post-workout shake with these healthy options for a more delicious drink that packs a big nutritional punch.

- STEP 1** | Start with 1 cup of fresh or frozen fruit. This is entirely your choice, so choose what you love best!
- STEP 2** | Add 1 cup of spinach or kale to bring more antioxidants to your drink but don't worry about it tasting too green--the flavor of these veggies gets lost when you blend it up.
- STEP 3** | Add ½ cup plain Greek yogurt, which has up to 24 g of this hunger-busting nutrient. Other protein options: cottage cheese, silken tofu, protein powders without added sweeteners, colors, and additives. Look for a protein powder with the fewest amount of ingredients.
- STEP 4** | Add 1-2 tablespoons of nut butters, seeds (like chia, hemp or ground flax seeds), or avocados. This will help make your smoothie extra filling, making it a good option for a meal replacement that also contains heart-protecting omega-3 fatty acids or monounsaturated fats ([link to fats blog](#)).
- STEP 5** | Add 1 cup of water or milk (dairy or plant-based). If you opt for plant-based (almond, oat, soy, pea, coconut, etc.) make sure you look for one that's unsweetened as you already will be getting sugar from the fruit. If you want to punch up the protein, go for dairy milk or pea protein milk, which contain 8 to 10 grams per cup. If you're getting ample protein from another source, water, or an unsweetened plant milk is fine.
- STEP 6** | Optional: If desired, add ice. You can also add 1/4 cup raw oats, whole wheat flour, or cooked barley/quinoa, which can provide more fiber, vitamins and minerals. Sprinkle things like cocoa powder, cinnamon, turmeric, ginger, vanilla, bee pollen, maca, chlorella, greens powder, cacao or lemon zest to add extra flavor to your smoothie with added benefits.

