



## BEVERAGES

# Smoothie Ingredient Options

### LIQUID OPTIONS

**Filtered Water** — Used to make a milder tasting smoothie or reduce caloric intake.

**Nut or Seed Milk** — Almond, hazelnut, macadamia nuts, soaked flaxseed, hemp, or chia seeds are packed with beneficial fats and nutrients. Home-made nut milk is the best option, followed by boxed nut or seed milk with no added sugar or fillers. Adds creamy texture.

**Coconut Water** — A natural rehydration beverage, with electrolytes like sodium and potassium.

**Whole Cow or Goat's Milk, Cashew, or Coconut Yogurt** — A great source of probiotics with protein and fats. Adds creamy texture.

### FRUIT OPTIONS

**Banana** — Frozen or fresh. A source of potassium for healthy electrolyte balance and blood pressure. This makes your smoothie extra creamy.

**Ripe Pear or Apple** — A good source of bioflavonoids, which are heart-healthy antioxidant plant compounds.

### DARK-COLORED FRUIT OPTIONS

**Blueberries** — Excellent antioxidant source of cancer-fighting phytochemicals.

**Berries or Cherries** — Good source of anthocyanin.

**Watermelon** — Good source of lycopene.

**Red or Purple Grapes** — Good source of resveratrol.

### PROTEIN OPTIONS

**Whey Powder** — organic, with no added sugar.

**Organic Whole Nuts or Nut Butters** — 1 tablespoon of almond, walnut, macadamia or peanut butter.

**Greek or Goat Yogurt** — Use 4 ounces of unsweetened Greek or goat yogurt to add smooth texture and calcium

**Organic Protein Powder** — Add ½ cup organic whey, hemp, or rice.



### GREEN POWDER OPTIONS

**Spirulina, chlorella, wheat grass, barley grass, Matcha tea, herbs, or veggie powder** — Organic ingredients with no added sugar are full of minerals, B vitamins, magnesium, and iron.

### GREEN VEGETABLE OPTIONS

**Parsley** — 1/4-1/2 cup of fresh leaves adds mineral-rich nutrients and fiber.

**Cucumber** — 1/2 cup cut in pieces. Refreshing, cooling, and hydrating.

**Celery** — 1/4 cup cut in pieces. Anti-inflammatory and contain potassium and vitamins A, C, and K.

**Tomato** — 1/4 cup sliced up to add flavor.

**Romaine Lettuce** — 1/2 cup. High in vitamin A with a very mild taste.

### HEALTHY FAT OPTIONS

**Organic soaked Chia, Tahini, Hemp, or Flaxseeds** — 1-2 teaspoons. Lowers blood pressure. Great source of antioxidants, protein, iron and calcium.

**Avocado** — 1/2 ripe avocado. It is anti-inflammatory, high in oleic acid, and high in fiber.

**Coconut Oil** — 1 tablespoon. Raises your good cholesterol (HDL), aids heart health and satiates appetite

**Coconut Cream** — 2 tablespoons