

The Perfect Blend

Liquid

Dairy Milk is a common choice. All types of milk work well as they have a neutral and smooth taste allowing the remaining ingredients to set the tone.

Soy Milk is a great source of protein, calcium, isoflavones, has no lactose or cholesterol

Almond and Coconut Milk are a great alternative to the others.

Fruit Juices can be used to increase the nutrient content of the smoothie, but beware of added sugar. More calories!

Yogurt is another option which provides probiotic live cultures and calcium.

Water is top choice, as it is inexpensive, easy, and allows you to get your calories from highly nutritious fruits, vegetables, and other select ingredients.

Fruit

The more fruit, the sweeter your smoothie will be. Thicken up smoothies w/ Bananas. Add fiber with strawberries, peaches, blueberries. Feel like you're on an island with some mango and pineapple!



Veggies

The greens! Spinach and Kale are most people's go-to's, but check out collard greens, swiss chard, and parsley for added kicks!

+ ICE

Peanut Butter as well as almond butter add protein and a thicker texture.

Chia & Flax Seeds are both good sources of omega-3 fatty acids and are nutrient rich.

Oats help lower cholesterol and provide long lasting energy.

& everything else

Protein Powder (whole to half scoop) will nutritionally balance the smoothie similar to that of a meal. We recommend one without aspartame. There are many popular brands that come in different flavors and vanilla blends right in with the taste of most fruits.

Wheat & Barley Grass Powders are powerful sources of chlorophyll (which is known for balancing blood pH levels) and are known as a "complete food source", containing vitamins, minerals, enzymes, amino acids, and antioxidants. These grasses are claimed to provide countless health and therapeutic benefits.

Flavorings common in cooking such as cinnamon, honey, brown sugar, nutmeg, and vanilla extract will all add sweet complexities to the flavor.

Ice Cream and even dairy creamer can be added to create a more dessert style shake-like smoothie.