

# 4-step smoothie builder



Perfecting your smoothie takes patience, experimentation and the right combo of ingredients. Follow these easy steps for a healthy, flavorful masterpiece.

(Builder creates 1 large or 2 small smoothies)

## 1. Choose a liquid base

Keep it unsweetened, and use 1 ½ to 2 cups



Water



Low-fat  
milk



Unsweetened  
almond milk



Unsweetened  
coconut milk

## 2. Sweeten with your favorite fruit

Measure 1 cup of fruit



Strawberries



Bananas



Raspberries



Peaches



Mangoes



Blueberries

### 3. Up the vitamins with leafy greens

Measure 2 to 3 cups of green veggies



Kale



Spinach



Swiss chard



Collard greens



Beet greens



Dandelion greens

### 4. Give it a healthy boost

Add protein and healthy fats by including the following optional add-ons:



$\frac{3}{4}$  cup plain  
Greek yogurt



$\frac{3}{4}$  cup  
cottage cheese



1 scoop  
protein powder



2 teaspoons natural  
nut butter\*



1 teaspoon  
chia seeds



1 teaspoon  
hemp seeds

*\*Try almond, coconut, hemp, macadamia or peanut.*

### Cool tip

Want a thicker smoothie? Add 3-4 ice cubes, blend until smooth and enjoy immediately.



### From the expert

"The beauty of a smoothie is that there's no one way to make it. Get creative and experiment with different flavors and nutrients."

— Olga Hays, ACE-certified personal trainer and health promotion specialist at Sharp HealthCare

