

Building a Balanced Smoothie

Smoothies can be a nutritious and convenient meal for when you are on the go or not feeling up to making a more complex dish. To maximize nutrition benefits from smoothies, avoid these potential pitfalls

- Adding too much fruit than what you would consume in whole form in one sitting (Do you normally eat 3 bananas at one time?). Too much fruit may add excess calories
- Not including fat or protein. A smoothie made with only fruit (aka carbohydrates) may leave you feeling unsatisfied and hungry
- Including added sugar or sugar sweetened beverages

Steps to build a balanced smoothie

1. Select your liquid base

- Unsweetened non-dairy milk of choice (almond, cashew, soy, etc)
- Water

2. Add 1 to 2 fresh or frozen fruits

- ½ banana
- ½ cup berries (blueberries, blackberries, strawberries, raspberries, etc)
- ½ apple or ½ cup applesauce
- ½ cup peach or pear slices
- ½ cup diced pineapple, mango, or melon
- Orange slices from a small orange

3. Add 1 to 2 fresh or frozen vegetables

- ½ cup steamed then frozen cauliflower
- Handful of raw leafy greens
- ½ cup diced and seeded cucumber
- ½ cup pureed sweet potato or pumpkin

4. Add a source of fat (more can be added if needed for those trying to re-gain weight)

- ¼ - ½ avocado
- 1-2 Tbsp nut butter (cashew, peanut, almond, sunflower, tahini, etc.)
- 1 Tbsp extra virgin olive oil
- 1-2 Tbsp seeds (chia, hemp)
- 1 small handful of nuts (walnuts, cashews, almonds, pecans, etc.)

5. Add a source of protein

- Can swap liquid base for a protein shake (Orgain, Kate Farms); note that soy milk also is a good source of protein or nondairy milk that has been fortified
- ¼ cup Greek yogurt or kefir
- Nuts, nut butters, and seeds above will also provide a source of plant-based protein
- ¼ cup silken tofu
- ¼ cup white beans
- Scoop of protein powder

6. Optional flavor ideas

- Cinnamon
- Nutmeg
- Cocoa powder
- Toasted oats
- Matcha tea powder
- Vanilla
- Turmeric
- Ginger
- Fresh herbs
- Splash of lime or lemon juice

Three Balanced Smoothie Recipes

- **Pumpkin Cheesecake**

- Liquid base: almond milk
- Fruit: --
- Vegetable: ½ cup pureed pumpkin, ¼ cup frozen cauliflower
- Fat: 1-2 Tbsp almond butter
- Protein: ½ cup Greek yogurt or ½ cup silken tofu
- Extras: ½ tsp vanilla, ½ tsp cinnamon

- **PB and J**

- Liquid base: almond milk
- Fruit: ½ banana + ½ cup frozen raspberries
- Vegetable: --
- Fat and protein source: 1-2 Tbsp peanut butter + 1 Tbsp ground flax
- Extras: ¼ tsp cinnamon

- **Go to Green**

- Liquid base: soy milk
- Fruit: ½ cup pineapple + ½ cup mango
- Vegetable: handful raw spinach + ½ cup seeded and peeled cucumber
- Fat and protein source: 2 Tbsp chia seeds
- Extras: 1 tsp grated ginger, splash of lime juice

- **Chocoavo**

- Liquid base: soy milk
- Fruit: ½ banana
- Vegetable: ½ cup frozen cauliflower
- Fat: ¼ avocado
- Protein: 1 Tbsp hemp seeds
- Extras: cocoa powder

