

BUILD YOUR OWN SMOOTHIE



Smoothies can be a quick, nutrient packed meal. Incorporate fiber-rich fruits and vegetables, quality protein, and low sugar liquids. This combination will ensure you make a smoothie that keeps you full, keeps your blood sugar from spiking too high and fast, and is worth the effort.

LIQUID

1/2 cup to 1 cup

- ☐ Low-fat milk
- ☐ Unsweet milk alternative
- ☐ 100% juice

FLAVORINGS

1/2 teaspoon to 1 teaspoon

- ☐ Ground cinnamon
- ☐ Fresh or ground ginger
- ☐ Vanilla
- ☐ Lemon or lime juice or zest
- ☐ Honey or maple syrup
- ☐ Coconut flakes

FRUIT

1/2 cup to 1 cup sliced or chopped, fresh or frozen

- ☐ Banana
- ☐ Berries
- ☐ Pineapple
- ☐ Apple
- ☐ Peach
- ☐ Mango

VEGETABLES

1/2 cup

Fresh or Frozen

- ☐ Cucumber
- ☐ Cauliflower
- ☐ Spinach or kale
- ☐ Carrot

Cooked, Frozen or Canned

- ☐ Beet
- ☐ Pumpkin
- ☐ Sweet potato

PROTEIN

1 to 2 tablespoons

- ☐ Nut butter
- ☐ Nuts and seeds
- ☐ Greek yogurt
- ☐ Oats
- ☐ Tofu
- ☐ Beans

THICKENER

up to 1/2 cup

- ☐ Ice
- ☐ Avocado
- ☐ Any protein options will thicken as well

LOWCOUNTRY FOOD BANK

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.
This Institution is an equal opportunity provider.

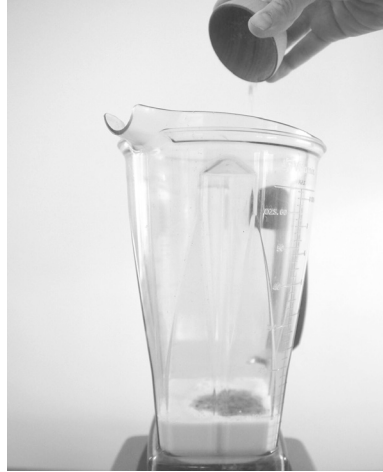
INSTRUCTIONS

1. POUR LIQUID



Start with 1/2 cup to 1 cups of liquid in the blender.

2. ADD FLAVORINGS



Pick your flavorings and add to liquid.

3. ADD FRUIT



Select and add your 1/2 cup to 1 cup of fruit to the blender.

4. ADD VEGETABLE



Select and add your 1/2 cup of a vegetable to the blender.

5. ADD PROTEIN



If you are adding protein, now is the time.

6. ADD THICKENER



The final ingredient is the thickener if you need it. Turn on the blender until smooth.

TRY THESE COMBOS

Pumpkin Delight

1 medium banana + 1/3 cup pumpkin puree + 1 tablespoon peanut butter + 2/3 cup milk + 1/2 teaspoon cinnamon + ginger + 1/2 tablespoon maple syrup + 1/2 cup ice

Sunrise Smoothie

1/2 medium banana + 1/2 cup pineapple + 1/2 cup mango + 1 cup spinach + 1/2 cup orange juice + ice

LOWCOUNTRY FOOD BANK

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.
This Institution is an equal opportunity provider.