

SMOOTHIE DIRECTIONS

Ingredients

1 cup fresh, canned, or frozen fruit

1 cup fresh or frozen vegetables

1 cup plain Greek yogurt

1-2 cups liquid

1/2 cup oats



Directions

1. Wash your hands or use hand sanitizer and plug in your blender.
2. Measure each ingredient and add to blender.
3. Once all ingredients have been added, blend until desired thickness and no lumps remain.
4. Pour into cup and enjoy!

SMOOTHIE HACKS

Try to incorporate as many food groups in your smoothies as you can!

Fruits

Choose your favorite fruit or any fruit you have on hand. Fresh, frozen, or canned fruits will work!

Vegetables

Spinach
Cauliflower
Kale
Beets
Sweet Potato
Butternut Squash

Protein

Greek yogurt
Nut Butters
Protein Powder
Silken Tofu
Cottage Cheese
Chia Seeds

Grains

Oats
Cooked Rice
Cooked Quinoa

Dairy

Plain, Fat-Free Milk
Yogurt
Milk Alternatives

Smoothie Too Thick??

Add in a liquid to help thin your smoothie! Try milk, almond milk, soy milk, juice, water, etc.!

Smoothie Too Thin??

Frozen fruits, banana, avocado, oats, yogurt, or ice can be added to make a smoothie **thicker!**