



## CHEAT SHEET

# Basic Smoothie Formula

A smoothie makes a quick and easy balanced meal or mini-meal on the go. Smoothies are also a good vehicle for taking in specific nutrients you might need, like extra protein, fat, fiber or even leafy green veggies. The formula for the perfect smoothie will depend on your nutrient goals of the moment. Just need something to hold you over for an hour or two before dinner? Keep it light in fats and heavy carbs. Looking for something to refuel your body after a good workout? Make it high-protein and low-fat, with some low-glycemic carbs, like fruits or greens. Use the guidelines below as inspiration for making endless, interesting smoothies for all 4 seasons of the year.

### INGREDIENT OPTIONS

#### Liquid Base – 1-2 Cups\*:

- Unsweetened nut or seed milk (hemp, almond, Brazil nut, etc.)
- Unsweetened coconut milk or unsweetened coconut water
- Chilled tea or water

#### Fruit and/or Veg

- ½-1 cup chopped fruit (berries, melon, peaches, pineapple, mango, lemon, lime, etc.)
- Veg in varying amounts (celery, carrot, pumpkin, beet, sweet potato, etc. – raw OR steamed or baked for digestive ease or if you don't have an industrial blender)
- Leafy Greens: 1-2 large handfuls leafy greens / small handful fresh herbs (baby spinach, stemmed dinosaur kale, parsley, cilantro, mint, etc.)

#### Protein

- 1-4 raw, pastured organic eggs, whites or yolks
- 1-2 scoops unsweetened protein powder (undenatured whey or vegan: hemp, rice, pea or a combination – avoid soy), plain, chocolate or vanilla

#### Extra Fiber

- ½ tablespoon seeds (ground flax, chia, hemp hearts) or extra nuts/seeds
- 1 tablespoon raw, gluten-free oats, oat fiber or sprouted quinoa
- 1-3 pitted prunes (also a sweetener)
- Whole food fiber supplement, such as Garden of Life's Super Seed Beyond Fiber or Detoxifiber (avoid psyllium for daily use)

#### Fat

- 1 tablespoon oil (flax, hemp, coconut, fish, Omega 3-6-9, etc.)
- ¼ ripe Hass avocado (also fiber-rich)

*(continued on next page)*





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### Basic Smoothie Formula, cont'd.

#### Optional Additions

- Thickeners for thin smoothies: 1-2 tablespoons chia gel\*\*, ¼ avocado added at end, 2-3 tablespoons raw, gluten-free oats, etc.
- Extras: 1 tablespoon raw cacao or cocoa powder, nuts, seeds or nut/seed butters (also fats), shredded or grated coconut, grated fresh ginger, citrus juice, 1 teaspoon greens, reds, spirulina, maca, Camu Camu or other superfood powder, etc.
- Spices: ½-1 teaspoon citrus zest, cinnamon, ground ginger or a pinch or two of nutmeg, cardamom, cayenne pepper, good sea salt, etc., or thumb size chunk of ginger root
- Sweetener: ½ frozen banana (also a thickener), green stevia powder, few drops Vanilla NuStevia, 1-2 pitted dates, 2 teaspoons frozen juice concentrate, etc.

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Tastier, Healthier Food  
in Less Time

#### INSTRUCTIONS

Combine all ingredients except fat in an industrial strength blender, such as the Vitamix, Nutribullet or Ninja, and blend until smooth.

Add fat of choice and blend briefly to incorporate.

Add 3-6 ice or frozen tea cubes for a frostier smoothie, if desired.

Yield: 1 serving

#### TIPS

\*You can usually use smoothie liquids interchangeably. The tea option will be lighter than the almond milk, and almond milk lighter than coconut milk, so plan according to your hunger needs.

**To make chilled tea:** Place 3 tea bags in a 1-quart mason jar and fill with boiling water. Cover and let steep for 10 minutes, remove tea bags and chill tea in the refrigerator for smoothie use all week. Sundays are a great day to make your cold tea base.

**\*\*To make chia gel:** Combine 2 tablespoons of chia seed and one cup of water in a jar and shake well (you can also use a bowl and whisk). In ten minutes, shake briskly again and/or break up any clumps with a fork and store in the fridge for up to ten days. You may need to stir it once more for an even texture, but then it's good to go.

See the Frozen Smoothie Staples Cheat Sheet for tips for keeping core smoothie ingredients on hand all the time.

