



CHEAT SHEET

Frozen Smoothie Staples

Smoothies make a quick and tasty mini-meal that can work at any time of day or as a meal replacement in a pinch. Always having the ingredients you need on hand is the key to success for this clean and versatile snack. Since many of the core ingredients for smoothies are perishable, use your freezer to lengthen their shelf life.

Frozen Fruits and Veg

Keep a ready stock of frozen fruits and greens in your freezer at all times. Good fruit choices include frozen mixed berries, melon, cherries, peaches, mango, cranberries and pineapple. Good greens choices include frozen chopped spinach and kale.

TIP: When your bananas are starting to brown, peel, quarter and freeze them in freezer Ziploc baggies to add instant creamy sweetness to any smoothie. Freeze under-ripe green-tipped bananas for a lower-sugar version.

Frozen Cubes

Try freezing some of the liquid ingredients in your smoothies in ice cube trays. Fill the trays with cool liquid (don't freeze hot liquids) in plastic ice cube trays and freeze solid. Once frozen you can pop them out and store them in labeled zip closure freezer bags. Some stickier liquids may resist easy popping. If your cubes are sticking just run the bottom of the tray under hot water for a minute and they will slide right out. Most ice cube trays hold about 2 cups of liquid, so 1 cup yields about 8 cubes.

Nut Milk

Nut milks freeze beautifully and add creaminess to your shake. Freezing cubes is especially helpful if you've made homemade nut/seed milk because it is very perishable and won't last long in your fridge.

TIP: Need just a small amount of coconut milk for a recipe? Pour the rest of the can into an ice cube tray for creamy coco-cubes.

Flavored Teas

Frozen tea cubes are a tasty option for chilling a smoothie, enhancing rather than diluting the flavor and adding nutrients, as in the case of antioxidant-rich green tea, tummy-taming peppermint tea or detoxifying dandelion root tea. Just brew any tea, cool and freeze in an ice cube tray. Toss a couple into any smoothie for a cold tea infusion or use 8 cubes with just a little liquid as the no-cal base for a frosty shake.

Chia Gel

Chia seeds offer a big nutrient punch in a tiny package. They are rich in Omega 3's, protein, calcium, iron, phosphorus, potassium and magnesium. But it's the fiber content that makes chia such a unique seed. All its carbs are from fiber: 80% insoluble and 20% soluble. That soluble fiber turns chia into a thickening gel when you suspend it in a liquid. To make it, combine 2 tablespoons of chia seeds and 1 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 pour into your ice cube tray to freeze. Throw a cube into any smoothie for instant thickening and a hit of clean fiber.

Helping You Make
Tastier, Healthier Food
in Less Time

