

# Making the Perfect Juice or Smoothie

- **Sources of protein**
  - Yogurt, tofu, protein powder, nuts, nut butter, milk
- **Veggies to reduce sweetness, add fiber and nutrients**
  - Dark leafy greens, cucumbers, carrots, celery
- **Fruit for sweetness** – anything goes
- **Fluid to whip it up** – green tea, coconut water
- **Control calories and added sugars** – use sweetness of fruit to sweeten
- **Add some good nutrients**
  - Flaxseed, chia seeds



# Recipe Ideas

- 1 pint fresh blueberries
- 1 cup liquid (milk, juice, almond milk)
- ½ cup kale
- ½ cup plain yogurt
- 1 banana – optional
- 2 teaspoons sweetener
- Chia or flax seeds, protein powder, nut butters, healthy fats



## Green Goddess

- 1 cup baby spinach or dark leafy green
- ½ cup cucumber chunks, peel on
- 1 stalk celery or carrot, cut into chunks
- ½ medium banana, cut into chunks
- ½ cup pineapple chunks
- 6-ounce non-fat plain Greek yogurt



# Avocado Lover's Delight

- 6-oz Greek-style plain non-fat yogurt
- 1 frozen, very ripe banana, peeled and cubed
- 1 ripe, avocado, seeded and peeled
- ½ cup spinach
- 2 Tbsp. maple syrup or honey
- 4 ice cubes, or as needed



# The Smoothie Formula

- ½ cup liquid – You need liquid to get it whirling, try unsweetened milks, coconut water, low-fat milk
- 1 cup frozen banana – for natural sweetness and rich cream body
- ½ cup frozen fruit – makes a frosty drink without ice
- 1 cup greens – it will add good nutrition without overpowering the flavor; try baby kale or spinach
- ⅓ cup protein – make it a meal, use protein powder, tofu, low-fat cottage cheese or Greek yogurt
- 1 tbsp. extra – hemp or chia seeds, whole grains, nut butters



# Give It a Whirl: The Right Way to Juice

- **Try a Juicy Smoothie.** Use the fresh juice as the liquid in your smoothie plus the pulp. Blend in ground flaxseed, nut butter or avocado for healthy fats + yogurt for protein = a balanced meal.
- **The 5-a-Day Challenge.** Juicing may help you meet your 5-servings-a-day minimum of fruits and vegetables.
- **Rotate and Renew.** Rotate in different produce based on what's fresh and locally available. Incorporate a variety of colors.
- **Boost Flavor.** Use herbs, spices and extracts to add flavor; basil, mint, cilantro, cayenne, ginger and cinnamon.
- **Go Green:** If you want to try juicing, enjoy a green juice (heavy on veggies and lighter on fruit to keep calories and sugar in check) in place of one of your meals.

