

MIX & MATCH SMOOTHIE CHART

FRUIT & VEGGIES	1 small apple, pear, banana or orange; 1 cup fresh or frozen cut up fruit or berries; ½ cup frozen riced cauliflower; 1 c leafy greens
LIQUID	~½-¾ cup dairy milk, soy milk, almond milk OR other non-dairy milk (i.e. hemp, rice, coconut, flax, cashew)
PROTEIN	½ cup Greek yogurt or cottage cheese; ½ cup frozen lentils; ½ cup tof; 1 scoop protein powder.
FAT	1 tablespoon nut or seed butter; 1 tablespoon seeds (i.e. hemp, chia, flax, sunflower, pumpkin); ¼ avocado
OPTIONAL	{Additional} leafy greens; pinch of sea salt; fresh or dried herbs and spices.

SMOOTHIE RECIPES

- ★ [Ginger Peach Mango Lassi](#)
- ★ [Chocolate Coconut Strawberry Smoothie](#)
- ★ [7 Healthy Smoothie Recipes for Gorgeous Glowing Skin](#)
- ★ [Grapefruit Mint Superfood Smoothie](#)
- ★ [Spiced Carrot Cake Smoothie](#)
- ★ [Fresh Pineapple Ginger Kale Smoothie](#)
- ★ [Fresh Apple Pie Smoothie](#)