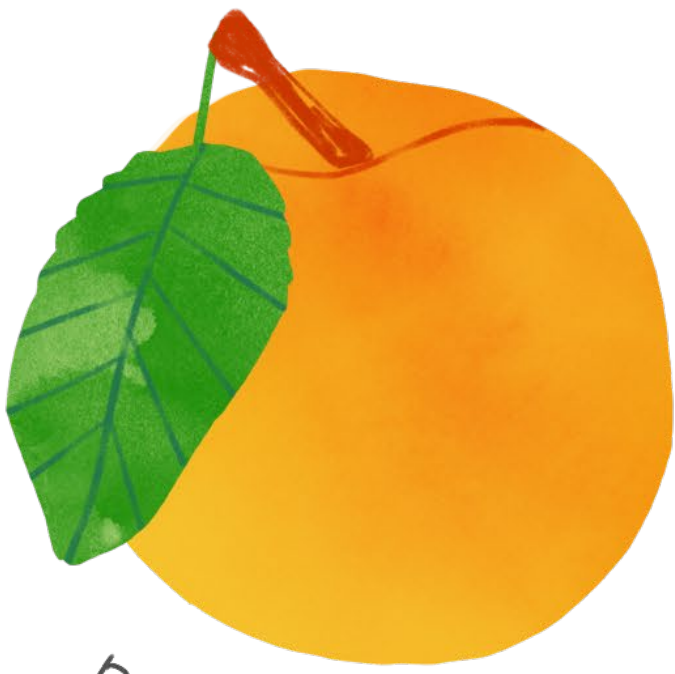


A Smoothie Guide for Beginners





peach



hemp hearts



papaya

pumpkin



cherries



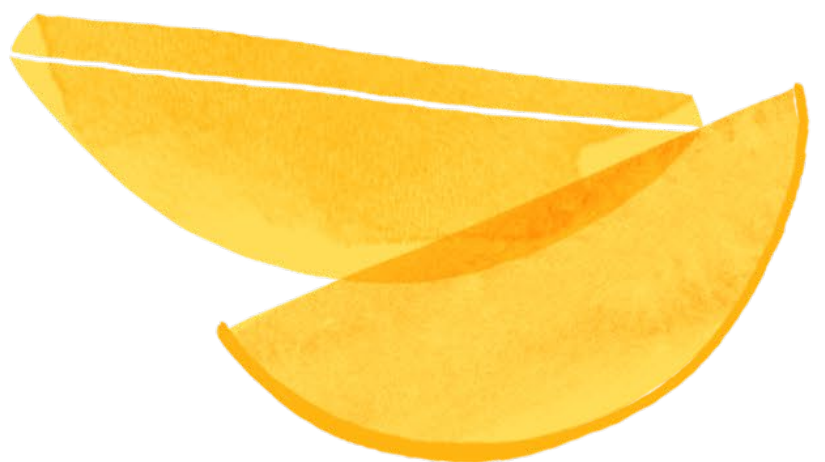
almonds



cashews



apricot



mango

Why Blend?

Nurture with Nature

Enjoying a diet full of colorful fruits and vegetables can help you maintain or improve your health, along with making nourishing lifestyle choices.





That's because fresh produce contains many key nutrients linked to good health, including vitamins, minerals, fiber, and antioxidants. Specifically, these nutrients help reduce inflammation, improve digestion, and lower your risk of chronic conditions.

A 2021 study, published in the journal *Circulation* that assembled data from almost two million people in dozens of countries throughout the world, found that **upping fruit and vegetable intake from two servings a day to five servings a day created a lower risk of death from heart disease, stroke, cancer, and respiratory diseases.**

Making a smoothie is a fun and easy way to boost your consumption of fresh or frozen produce, and can help you reach those five or more servings a day.

Blending smoothies is also a great way to add a variety of other healthy plant-based foods like adaptogens, nuts and seeds, superfoods, nut butters, protein powders, and so much more.

Smoothies can often have enough fat, protein, and carbs to satisfy you for a whole meal—and the best part is you can enjoy them for breakfast, lunch, dinner, and even dessert.





almonds

mango

spinach

Swiss chard

apple

pineapple

banana

Smoothie Basics

A collection of fresh green ingredients including lettuce, cucumber slices, green apples, and a lime. The ingredients are arranged on a light-colored surface, with the lettuce leaves at the top, cucumber slices in the middle, and the fruit at the bottom right.

Selecting Ingredients

A fresh smoothie tastes best when you start with quality ingredients. You may have made smoothies before with fruit, but you can also add veggies like spinach, kale, or cooked sweet potato to a blended drink. You can even add avocado to make one extra creamy. Getting creative with other blended foods such as soups, dips, dressings, or desserts can increase your intake of vegetables and fruit, too.

When selecting ingredients for your smoothie, keep these tips in mind:

Bright Is Best

Look for produce that is vibrant in color without bruises or brown spots.

Frozen Is Fine

Frozen fruits and veggies retain lots of nutrients and are an affordable option. Plus, frozen foods make smoothies extra thick and creamy.

Pick a Price That's Right for You

Organic is great, but if it's not in your budget look for produce that is fresh and vibrant, and when you can, shop locally at a farmers' market.

Pick What's in Season

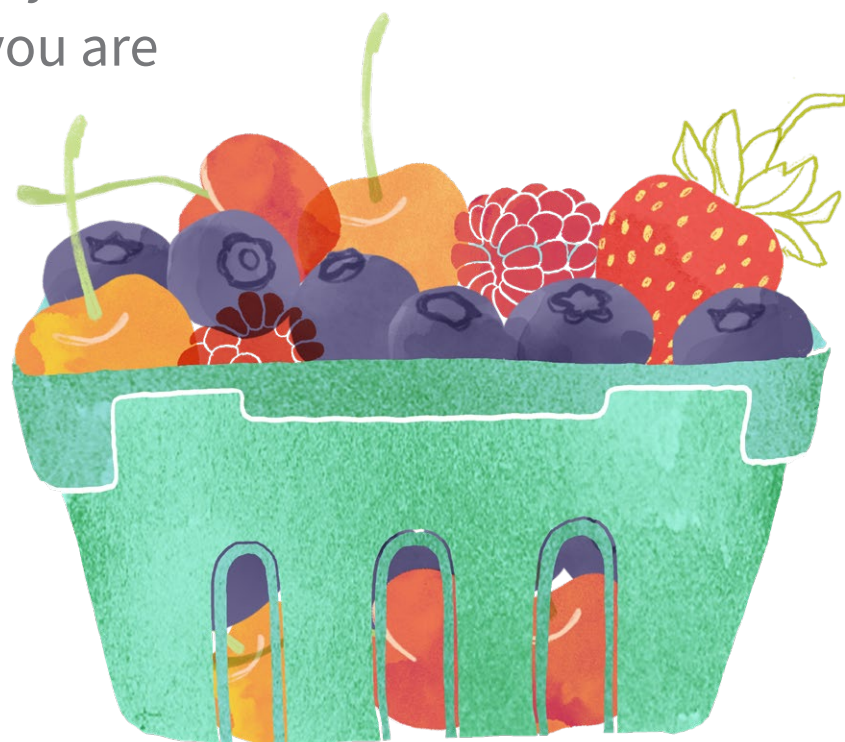
Find a farmers' market or search for a guide to help you discover seasonal produce in your area.

Use Your Nose

Ripe produce often smells sweet or fresh. Don't be afraid to sniff before you buy!

Keep Variety in Mind

Consider selecting ingredients that compliment what you are eating in your meals and make sure to rotate your fruits and vegetables so that you are consuming a diverse diet.



Best FRUITS for a Smoothie

Berries such as STRAWBERRIES,
BLUEBERRIES, BLACKBERRIES,
and RASPBERRIES

Citrus such as LEMON, LIME,
ORANGE, and GRAPEFRUIT

Pitted CHERRIES, PEACHES,
and NECTARINES

Chunks of peeled MANGO,
PAPAYA, PINEAPPLE, and MELON

Peeled KIWIFRUIT slices

Fresh or frozen RIPE BANANA



Best VEGGIES for a Smoothie

Leafy greens such as SPINACH,
LETTUCE, KALE, CHARD,
and COLLARDS

Fresh or frozen CELERY,
CUCUMBER, and ZUCCHINI

Fresh or frozen BROCCOLI
and CAULIFLOWER

Frozen PEAS and CARROTS

Cooked SWEET POTATO
and WINTER SQUASH

Cooked BEETS



How to Make a Smoothie

Blending combines ingredients in one container to make one smooth, creamy drink. So what are the best components to make a smoothie taste good and be good for you?

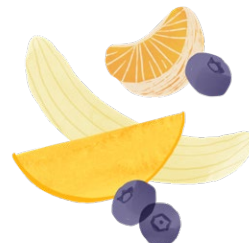


Here's a formula to help you get started:

1-2 cups of liquid
(coconut water or nut milks)



1 cup of fruit
(frozen berries, bananas, mango)



1 cup of vegetables
(leafy greens, cucumber)



1-2 tablespoons healthy fat
(nut butter, yogurt, or avocado)



1-2 tablespoons extras
(superfoods, protein powder, nuts, seeds)



Smoothies can be enjoyed in a variety of consistencies, and the ingredients you add will determine its mouthfeel. If you like it thin enough to drink through a straw, then you might want to up the liquid, but if you like to enjoy your smoothie with a spoon, consider adding banana or avocado and less liquid to thicken it up.

Find Your Flavor Profile

Taste is an important factor when making blended drinks. At first, you might need to adjust your recipes to find the best flavor for you and look for ingredients that can help make your smoothies more palatable.





Want to hide the taste of the huge handful of leafy greens you tossed into the blender?

Add pineapple, mango, or a date to sweeten your drink. Note that spinach, zucchini, and lettuce offer a more mild flavor than arugula, kale, or collards.

Sometimes, smoothies can taste too sweet.

Maybe you added too many bananas. An easy way to calm the flavor is to add a bit of citrus, such as a squeeze of lemon or lime. A teaspoon of apple cider vinegar will work too and helps to balance blood sugar levels, making it beneficial for people with hypoglycemia, insulin resistance, and type 2 diabetes.

Maybe it tastes a little too earthy or like dirt because you forgot to rinse your greens?

One easy fix is to add a teaspoon of vanilla extract. It adds that great vanilla flavor without a bunch of extra calories or sugar. If you love fresh herbs, don't be afraid to add them to a smoothie. Basil, parsley, or cilantro can add more flavor and nutrition to your recipes.

And don't forget a pinch of salt!

Salt can help bring out the sweetness or brighter flavors in a smoothie.

Want to get spicy?

Add some fresh cracked pepper or a slice of jalapeño to your blender.

Just keep experimenting and know that your flavor preferences will change with time.

*Add more
flavor to
your recipes*



More Smoothie-Making Tips

Use frozen fruit

Use frozen fruit as the base of your smoothie to get a frosty, creamy consistency.

Make it extra thick

Add bulky ingredients such as a handful of nuts, a scoop of nut or seed butter, an avocado, plain Greek yogurt, or a banana.

Add a little sweetness

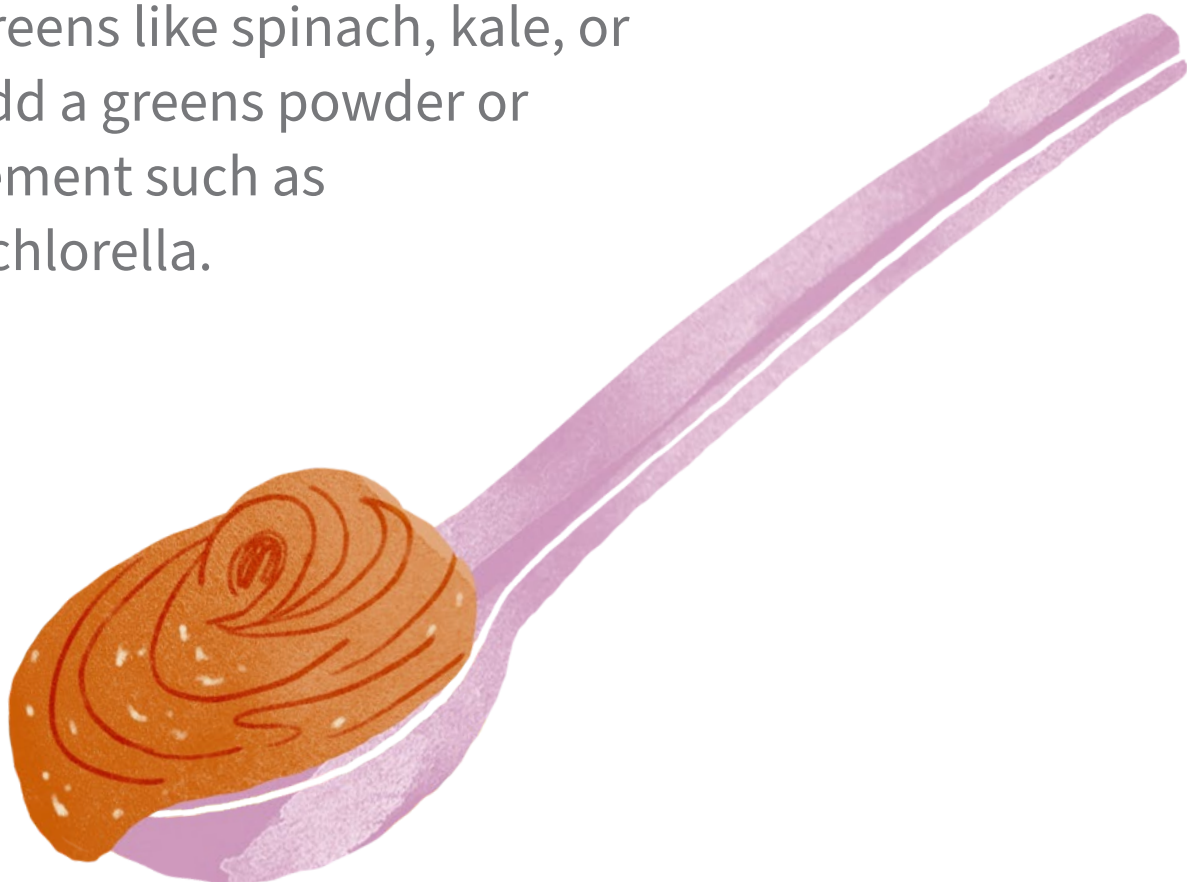
Add a drizzle of maple syrup or throw in a pitted date.

Boost the flavor

Add a pinch of salt to boost the flavor of your drink, similar to cooking or baking.

Get your greens

Make any smoothie green by adding a handful of greens like spinach, kale, or lettuce, or add a greens powder or other supplement such as spirulina or chlorella.



Saving, Storing, & Traveling With Smoothies



You don't always have to drink a smoothie immediately after you make it. In fact, many people buy produce in bulk and make a big batch of smoothies to enjoy throughout the week.

Here are a few tips to help you save and store your smoothies.

Meal Prep

One of the easiest ways to form a smoothie habit is to prepare your smoothie ingredients for the week ahead. All you need are airtight containers, such as mason jars, and your ingredients. Pack your favorite fruits and vegetables, such as berries, bananas, or stone fruit into the container. Add some greens, too! Freeze your ingredients and then when you're ready for your smoothie, empty one container into the blender and add 1 cup of liquid. You can also add protein powder or nut butter to your blend.

Freezer-Friendly

You can also make a big batch of smoothies and freeze them for later. Add the blended smoothie to a mason jar or other airtight container and leave about an inch in the container, as smoothies can expand when frozen. Thaw your smoothie overnight in the fridge the night before you want to enjoy it. Don't forget to label your container with a date to help you remember when you made it. Frozen smoothies can be kept in the freezer for up to three months.

On-the-Go

Want to bring a smoothie for lunch or on a road trip? You can pack your smoothie in a portable drink container or tumbler, add it to an insulated lunch bag and then put an ice pack or two in the bag to keep it nice and cool.



Blending vs. Juicing

Nutritional Benefits

Both blending and juicing can help you increase the amount of plants in your diet. Which one you choose depends on personal preferences, goals, and what makes the most sense for your specific needs.



Blending

- Contains insoluble and soluble fiber
- Typically more filling, thanks to both types of fiber being present
- Provides macronutrient diversity with protein, healthy fats, and carbohydrates
- Fast, easy, and healthy meal option
- May have less total vegetables than a juice, but you can also add superfoods
- Feeds beneficial microbiome as a prebiotic
- Can be high in sugar if adding too many fruits without protein and fat to balance it



Juicing

- Contains soluble fiber
- Gentler on digestion
- May be less filling
- Mostly carbohydrates, some protein
- May contain a larger volume of fruits and veggies than a blended drink
- Feeds beneficial microbiome as a prebiotic
- Need to be mindful of fruit-to-veggie ratio for blood sugar





Fiber 101

Fiber is the indigestible component of fruits and vegetables that provides many health benefits including healthy digestion, blood sugar control, microbial gut health, bowel health, cholesterol regulation, weight control, and more.

Getting Enough Fiber?

Without enough fiber (about 25-30 grams per day), you may experience:

- Constipation
- Poor blood sugar control
- Unhealthy cholesterol levels
- Sluggish digestion
- Bloating and flatulence
- Excess hunger, as fiber helps you feel satisfied after a meal

*25 - 30
grams per day*



The two main forms of fiber are:

Soluble Fiber

Dissolves in water and other body fluids and helps feed good gut bacteria.

Insoluble Fiber

Absorbs liquids and sticks to other materials to help form stool.

Smoothies contain both soluble and insoluble fiber, which add bulk to stool, help improve transit time, prevent constipation, and help to carry out excess toxic waste.

Juices contain soluble fiber, which is more easily accessed and broken down in the intestines into usable metabolites, can regulate the gut microbiota by producing beneficial short chain fatty acids, and helps lower cholesterol.

Juicing = Soluble Fiber

Blending = Soluble + Insoluble Fiber

Both soluble and insoluble fiber offer significant health benefits.



Sugar Balance

Both juices and smoothies can get a bad rap for being “high in sugar,” but it really depends on the ingredients and recipes you choose. Fruits and vegetables may contain sugars, but they are processed differently in your body due to the fiber and other nutrients that help minimize the impact on blood sugar.



Yes, fruits and vegetables contain sugars, too, but they are processed differently by your body, thanks to the fiber and other nutrients that help minimize the sugars' impact on your blood sugar.

If you are concerned about keeping your sugar balanced when making a smoothie, consider these four tips.

One

Choose low-glycemic fruits such as berries, apples, pears, avocado, lemon, or lime.

Two

Limit high-glycemic fruits to 1 serving, such as banana, dried fruit, mango, and pineapple.

Three

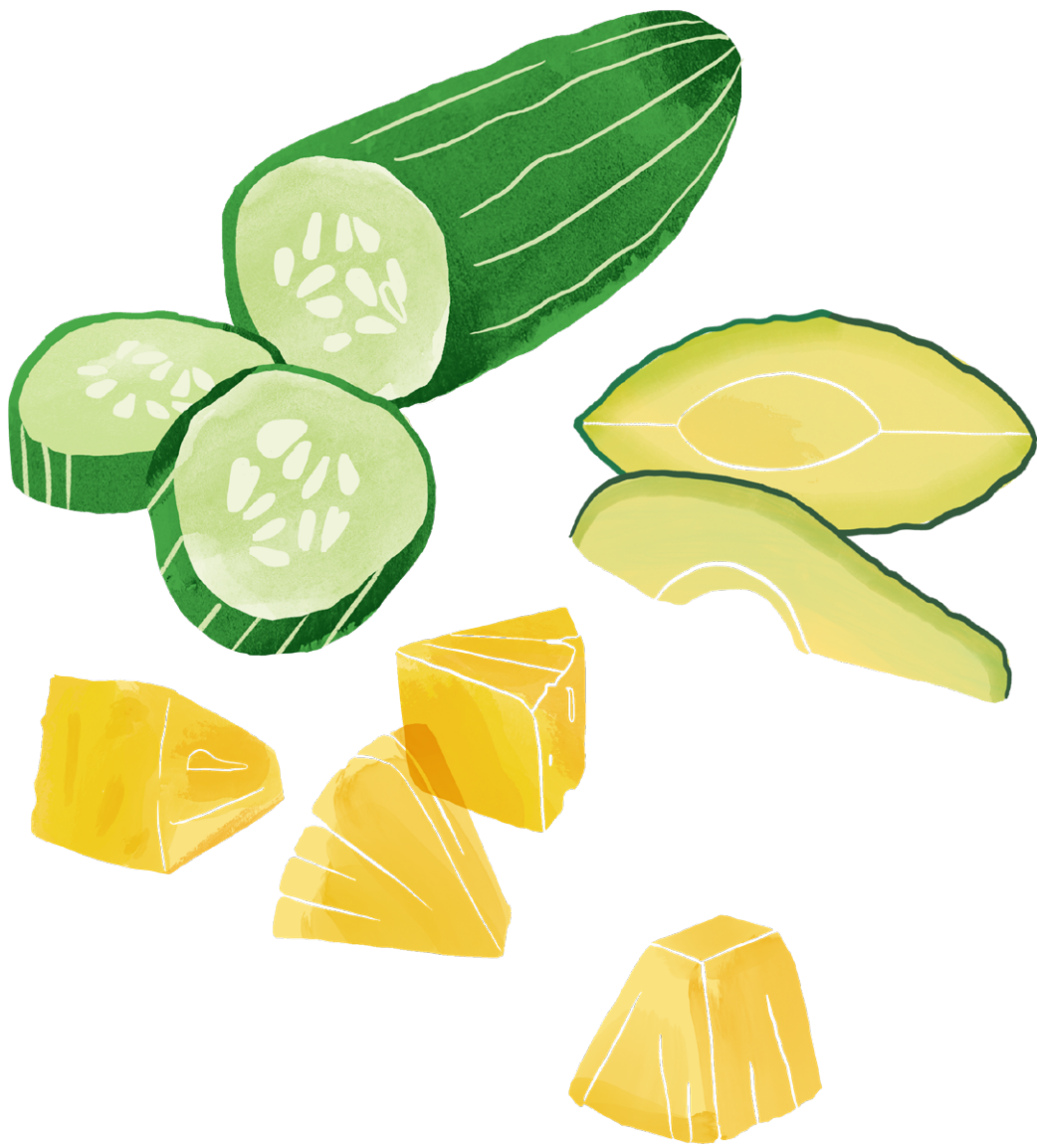
Be mindful of the liquids you choose for your smoothie. Look for 100-percent coconut water without added sugars or unsweetened non-dairy milks and liquids.

Four

When adding in a higher glycemic fruit, be mindful of how much and what it's paired with. For example, a banana is best paired with low-glycemic berries and greens instead of pineapple and mango.



A Balanced Smoothie



To put this suggestion into action
it might look like:

1 cup coconut water
(or unsweetened non-dairy milk)

1 cup pineapple

1 cucumber

1 handful of spinach

½ avocado



Smoothie Recipes





Strawberry Basil Breakfast Smoothie

The surprise addition of basil as the green featured in this smoothie is absolutely delicious. If desired, add a scoop of protein powder to get enough fuel to start your day.





BASIL



PROTEIN POWDER



STRAWBERRIES



ALMOND MILK



HONEY

STRAWBERRY BASIL BREAKFAST SMOOTHIE

MAKES 20 OUNCES

INGREDIENTS

- 1 ½ cups frozen strawberries
- 1 ½ cups almond milk
- 1/4 cup packed basil leaves
- 2 teaspoons honey
- 1 scoop plant-based protein powder, optional

DIRECTIONS

Wash produce. Add all ingredients to the blender. Blend on high until reaching your desired consistency, about 45-60 seconds.



Blueberry Maple Smoothie

Blueberries and maple syrup are a great-tasting combo, especially for days you want a sweet but healthy breakfast.





MAPLE SYRUP

VANILLA

BLUEBERRIES

ICE

ALMOND MILK

BLUEBERRY MAPLE SMOOTHIE

MAKES 20 OUNCES

INGREDIENTS

- 1 cup frozen blueberries
- 2 teaspoons pure maple syrup
- 1 ½ cups cashew or almond milk
- 1 teaspoon vanilla
- 1/2 cup ice

DIRECTIONS

Add all ingredients to the blender. Blend on high until reaching your desired consistency, about 45-60 seconds.



Green Glow Smoothie

The tropical fruit masks the greens and helps make this smoothie a powerful anti-inflammatory treat.



PROTEIN POWDER



ALMOND MILK



PINEAPPLE

MANGO



SPINACH

GREEN GLOW SMOOTHIE

MAKES 20 OUNCES

INGREDIENTS

- 1 cup frozen pineapple
- 1 cup frozen mango
- 2 cups spinach
- 1 cup almond milk
- 1 scoop plant-based protein powder, optional

DIRECTIONS

Wash produce. Add all ingredients to the blender. Blend on high until reaching your desired consistency, about 45-60 seconds.



Cinnamon Apple Smoothie

Fresh apple juice makes all the difference in this smoothie that's packed with fiber and protein.





CINNAMON APPLE SMOOTHIE

MAKES 16 OUNCES

INGREDIENTS

- 2-3 apples, to make $\frac{3}{4}$ cup apple juice
- 2 tablespoons oats
- 2 tablespoons chia seeds
- 2-3 teaspoons maple syrup
- $\frac{3}{4}$ cup Greek yogurt
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup ice

DIRECTIONS

Rinse and chop apples. Juice to make $\frac{3}{4}$ cup juice. Place the juice, oats, chia seeds, and 2 tsp. of maple syrup in the blender. Allow to sit for 5 minutes for chia seeds to hydrate. Add Greek yogurt, cinnamon, and ice. Blend on high until reaching your desired consistency, about 45-60 seconds. Taste, adding another tsp. of maple syrup, if desired.



Chocolate Peanut Butter Banana Shake

The chocolate chunks are a really fun way to add flavor and texture to this shake that tastes good enough to be a dessert.






ICE



MAPLE SYRUP




NUT BUTTER



ALMOND MILK



CHOCOLATE



BANANA

CHOCOLATE PEANUT BUTTER BANANA SHAKE

MAKES 20 OUNCES

INGREDIENTS

- ¼ cup dark chocolate chunks
- 2 tablespoons peanut or almond butter
- 1 frozen banana
- 1 cup cashew or almond milk
- ½ cup ice
- 1 teaspoon maple syrup

DIRECTIONS

Add all ingredients to the blender. Blend on high until reaching your desired consistency, about 45-60 seconds.



Pumpkin Spice Smoothie

Get into the fall spirit with this tasty pumpkin smoothie that's also a great source of potassium, iron, and fiber.





ICE



BANANA



MAPLE
SYRUP



CINNAMON



OATS



CASHEW MILK



PUMPKIN

PUMPKIN SPICE SMOOTHIE

MAKES 16 OUNCES

INGREDIENTS

- ½ cup canned pumpkin puree
- 1 banana
- 2 tablespoons oats
- 1 teaspoon cinnamon
- 1 cup cashew milk
- 1 tablespoon maple syrup
- ½ cup ice

DIRECTIONS

Add all ingredients to the blender. Blend on high until reaching your desired consistency, about 45-60 seconds.



Açaí Bowl

Smoothie bowls offer a thicker option for enjoying fruit in the morning with a spoon. The combination of Açaí and blueberries packs a ton of antioxidants into this bowl.





MAPLE SYRUP



BANANA



AÇAÍ



BLUEBERRIES



ALMOND MILK

AÇAÍ BOWL

MAKES 16 OUNCES

INGREDIENTS

- 1 frozen Açaí packet
- 3/4 cup frozen blueberries
- 1 frozen banana
- 1/2 cup almond milk
- 2 teaspoons maple syrup
- Toppings of your choice: fresh fruit, granola, nut butter, coconut flakes, and more

DIRECTIONS

Add all ingredients to the blender, except the toppings. Blend on high until reaching your desired consistency, about 45-60 seconds. Pour into a bowl and top with your favorite toppings like granola or fresh fruit.



Sweet Greens Are Made of This

Get your greens in for breakfast with this highly nutritious and delicious drink.



MANGO



CHIA SEEDS



ALMOND MILK



SPINACH



BANANA



ICE



SWEET GREENS ARE MADE OF THIS

MAKES 16 OUNCES

INGREDIENTS

- 1 cup spinach
- 1 frozen banana
- 1/2 cup frozen mango
- 3/4 cup almond milk
- 1 tablespoon chia seeds
- 1/2 cup ice cubes

DIRECTIONS

Wash produce. Add all ingredients to the blender. Blend on high until reaching your desired consistency, about 45-60 seconds.



Chocolate Cherry Smoothie

This fun combination might remind you of Ben and Jerry's Cherry Garcia flavor, but this version is loaded with nutrients. If you prefer chunkier chocolate pieces, blend the smoothie first before adding them, and then just pulse it once or twice at the end.





ICE



MAPLE SYRUP



PROTEIN POWDER



CHOCOLATE



CHERRIES



CASHEW MILK

CHOCOLATE CHERRY SMOOTHIE

MAKES 16 OUNCES

INGREDIENTS

- 1 cup frozen cherries
- 1/4 cup chocolate chunks
- 1 scoop plant-based protein powder, optional
- 1 cup cashew milk
- 1 teaspoon maple syrup or honey, optional
- 1/2 cup ice

DIRECTIONS

Add all ingredients to the blender. Blend on high until reaching your desired consistency, about 45-60 seconds.



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