



5 STEPS

to a SMARTER Smoothie

Pack a powerful nutrition punch in your smoothie by following these five steps:

- 1 ½ cup (125 ml) milk
- 2 ½ cup (125 ml) regular or Greek yogurt
- 3 1 cup (250 ml) fresh, frozen or canned fruit
- 4 Boost it!
- 5 Blend until smooth

Boost it!

Boosters are a great way to improve a smoothie's nutrition, flavour or both! Start by choosing one or two boosters in the suggested amount. Then get creative to discover your favourite combinations.

protein BOOSTERS

Hemp hearts
Nut butter
Skim milk powder

½-1 tbsp
(7-15 ml)



fibre BOOSTERS

Chia seeds
Ground flaxseed
Rolled oats
Wheat germ

½-1 tbsp
(7-15 ml)



veggie BOOSTERS

Avocado

2 tbsp-¼ cup
(30-60 ml)

Kale
Spinach

½ cup (125 ml)



antioxidant BOOSTERS

Green tea
Strong coffee

2 tbsp-¼ cup
(30-60 ml)



flavour BOOSTERS

Cinnamon
Grated ginger
Lemon zest
Nutmeg
Vanilla extract

½-1 tsp (2-5 ml)

Frozen fruit juice
concentrate

Shredded
coconut

½-1 tbsp
(7-15 ml)



Mango Colada

Get more **fibre** with ground flaxseed and enhance the **flavour** with shredded coconut.

½ cup	(125 ml)	Milk
½ cup	(125 ml)	Vanilla yogurt
¼ cup	(60 ml)	Frozen strawberries
¾ cup	(175 ml)	Frozen mango
1 tbsp	(15 ml)	Ground flaxseed
½ tbsp	(7 ml)	Shredded coconut, unsweetened



1¾ cup serving: 321 Calories; 11 g protein; 54 g carbohydrate; 4.9 g fibre; 8 g fat*

Beat the Blues

Pack in more nutrients with a green **veggie** and amp up the **flavour** with frozen fruit juice concentrate.

½ cup	(125 ml)	Milk
½ cup	(125 ml)	Vanilla yogurt
1 cup	(250 ml)	Frozen blueberries
½ cup	(125 ml)	Spinach
1 tbsp	(15 ml)	Frozen orange juice concentrate



2 cup serving: 286 Calories; 11 g protein; 53 g carbohydrate; 5.5 g fibre; 5 g fat*

Peanut Butter Banan-za

Increase **fibre** with chia seeds and pump up the **protein** with peanut butter.

½ cup	(125 ml)	Milk
½ cup	(125 ml)	Vanilla yogurt
1		Frozen banana
½ tbsp	(7 ml)	Chia seeds
1 tbsp	(15 ml)	Peanut butter



1¾ cup serving: 399 Calories; 15 g protein; 59 g carbohydrate; 4.8 g fibre; 14 g fat*