

SMOOTHIE BUILDER

Smoothies are a great way to obtain a lot of nutrition in a relatively small volume. They are a good way to get in extra calories if you are losing weight, and they are easy to get down if you are experiencing painful swallowing or have some type of partially obstructing mass in your esophagus. They can also be adjusted for taste, calorie and protein content according to your requirements, likes and dislikes. The following guide will help you make your own unique smoothie.

1. Choose a base:

Lowfat milk, lowfat yogurt, water, plant milk (almond, soy, cashew), 100% juice, coconut milk, cottage cheese, kefir.

2. Add-ins for extra nutrition:

Protein powder, nuts, nut butter, flax seeds, oats, chia seeds, calorie enhancers (e.g. Benecalorie or canola oil).

3. Pick 1-2 fruits (frozen for a thicker smoothie)

Apples, bananas, blackberries, blueberries, melon raspberries, orange sections, mango, peaches, dates, pineapples, strawberries, cherries, pears, cranberries, kiwi, avocado, prunes.

4. Add some veggies if you want:

Spinach, kale, carrots, cauliflower, celery, cucumber, beets, arugula, swiss chard.

5. Add-ins for flavor

Maple syrup, honey (use sparingly), vanilla, turmeric, ginger, cinnamon, cocoa powder, cardamom, coconut.

Blend everything together and enjoy!!!!