

Emily NOLAN

Guide to Building the Ultimate Smoothie

By Allison Aaron, Nutrition Curator

Smoothies have the potential to be an amazingly efficient and delicious way to get the nutrients our bodies need. However, they can also be hiding places for loads of unnecessary sugar and calories; that is why I always recommend that you take control of your own smoothie! By making them on your own, you can maximize the nutrient-density and it will still taste delicious!

1. BASE. Let's start with the liquid base. I recommend one cup of any of the following:

- a. Water
- b. Unsweetened nut, seed, or coconut milk
- c. Low fat or skim milk
- d. Unsweetened plain kefir

2. VEGGIES! Non-starchy vegetables are a great source of vitamins, minerals, and fiber. Choosing mild-flavored vegetables, like the ones listed below, will boost the nutrient density of your smoothie without imparting savory or funky flavors. I'd recommend you aim for at least one cup, but feel free to add even more!

- a. Cauliflower (steamed, then frozen to make it extra thick!)
- b. Summer squash (sliced, and frozen to make it extra thick!)
- c. Spinach
- d. Kale

3. FRUIT. Fruits are also a fantastic source of vitamins, minerals, and fiber. I recommend one serving of any of the following, or a combination of the 3. On a personal note, I like my fruit frozen to make the smoothie extra thick!

- a. 1/2 banana
- b. 1 cup berries
- c. 1 cup cubed fruit

4. HEALTHY FATS AND PROTEIN. To prevent a spike in blood sugar, always pair your sugar or carbohydrate with a healthy fat or protein. These are all great options. Pick one!

- a. 1/4 Avocado
- b. 3 oz. silken tofu
- c. 1/3 cup 2% or 0% plain Greek yogurt
- d. 1/4 cup raw unsalted nuts
- e. 1 Tbsp. nut/seed butter
- f. 1 Tbsp. chia seeds

5. FLAVOR. Finally, let's play with some flavor. Adding in herbs and spices can amp up the flavor profile of your smoothie! These are some of my favorites:

- a. Unsweetened 100% cocoa powder
- b. Cardamom
- c. Cinnamon
- d. Nutmeg
- e. Ginger
- f. Mint
- g. Vanilla

Thanks to contributor
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