



# 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\*