



Build Your Own Smoothie

Pick your fruits:

- Bananas
- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Oranges
- Pineapple
- Mango
- Peaches
- Pears
- Cherries
- Kiwi
- Watermelon
- Grapefruit
- Apricots
- Plums
- Cantaloupe
- Melon
- Grapes

Kick up the nutrition:

- Spinach
- Kale
- Avocados
- Carrots
- Celery
- Cucumber
- Swiss Chard
- Bok Choy

Add a base:

- Lowfat Milk
- Water
- Almond Milk
- 100% Juice
- Rice Milk
- Lowfat Yogurt
- Coconut Milk
- Coconut Water

Throw in some add-ins (optional):

- Peanut Butter
- Nut Butter
- Flax Seed
- Chia Seeds
- Walnuts
- Almonds
- Oatmeal
- Vanilla Extract
- Honey
- Agave Nectar
- Cinnamon
- Ginger

**Place all ingredients in blender,
blend & enjoy!**

Visit healthyfamilyproject.com for more recipes.