



How to Make a Healthy Smoothie

Smoothies are a popular choice for healthy snacks for many people—and there are nearly infinite variations that can be made! For a healthy, well-balanced smoothie that's also a ChooseWell-approved meal, select one item from each category below.

Greens: 1-2 large handfuls or cups (rotate greens)

- Spinach/chard
- Kale/arugula
- Celery/cilantro
- Romaine/dandelion

Liquid or Ice Cubes:

- 1/3 cup unsweetened coconut water
- 1/3 cup unsweetened soy, almond or coconut milk
- 1/2 cup green tea (steeped from bag)
- 8-10 ice cubes or 1/2 cup water

Healthy Fat: 1 serving (90-150 calories, 8-15 g fat)

- 1 tbsp. natural nut butter (peanut, almond, cashew)
- 1 tbsp. ground flaxseed
- 2 tbsp. hemp seeds
- 1/4 cup unsalted nuts (soaked in water)
- 1/2 medium avocado
- 1 ½ tbsp. chia seeds (soaked in water 15 minutes)

Protein: 1 serving (80-150 calories, 10-20 g protein)

- 1/2 cup plain Greek yogurt (<15 g carbs)
- 1 scoop of protein powder (may need extra water)
- 1/2 cup soft tofu
- 1 scoop PB2 powdered peanut butter

Fruit: 1-2 servings (60-120 calories, 15-30 g carbs)

- 1/2 cup cubed fruit
- 1/2 apple, pear, peach, orange or banana
- 1 cup frozen berries
- 2 mandarins or kiwi

Add-ins: (extra calories and carbs vary—check labels)

- Unsweetened cocoa powder
- Cinnamon
- Lemon/lime zest
- Ginger
- Mint
- Vanilla extract
- 1 tsp. honey or agave nectar