

Build Your Own Smoothie

Smoothies are a great option because they are quick, easy, convenient, and a great way to add vitamins, minerals, fiber, antioxidants, and protein to your diet. Unfortunately, a lot of store-bought smoothies are loaded with added sugars, making it easy to suck down a high calorie drink without the nutrients or fiber you need to stay satisfied. So what's the solution? You guessed it – build your own! Use the guide and tips below to create a balanced, whole-foods smoothie.

Choose 1 ingredient from List A, 2 from List B, 1 from List C (optional), and add 1 cup of ice (less ice if using frozen fruit). Blend until smooth and enjoy!

List A

- 1 cup skim or 1% low-fat milk
- 1 cup soy milk (plain or vanilla)
- 1 cup almond milk (plain or vanilla)
- 1 cup rice milk
- 1 cup fat free or low fat yogurt (flavored or plain)
- 1 cup water

List B (fresh or frozen)

- 1 banana, peeled
- 1 cup berries
- 1 cup pineapple
- 1 apple, peeled
- 1 cup melon
- 1 kiwi, peeled
- 1 cup peaches, peeled
- 1/2 cup papaya, peeled
- 1 cup grapes

List C (optional)

- 2 cups spinach
- 1 cup kale leaves
- 1 cup romaine lettuce
- 1/2 avocado

Additional Ingredients

Add 1-2 tablespoons of chia or ground flax seed (good sources of healthy fats), peanut butter or almond butter (adds protein and creates thicker texture), wheat germ (packed with protein, iron, B-Vitamins, fiber and more!), oats (helps lower cholesterol and provide long lasting energy), or 1/2-1 scoop of your favorite protein powder.

Tips and Tricks

- Add liquid to the blender first. It's easier on the blender and gets things moving faster.
- Try frozen fruits in place of fresh fruits. Fresh fruit can go bad within days, but frozen fruit lasts much longer. Also, frozen fruit will save you time!
- Fresh fruit about to go bad? Wash it, cut it, and store it in the freezer in a freeze-safe baggie for later use.
- Make smoothies ahead for a perfect fast food. Store in an airtight container and shake well before opening.



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.