

# Build your Own SMOOTHIE



## START WITH Liquid

1/2 - 1 cup per serving, depending on how thick you like it:

- Filtered water
- 100% juice (orange, pomegranate, pineapple, grape, apple cider)
- Kefir
- Almond milk
- Coconut water
- Coconut milk
- Cow or goat milk
- Green or ginger tea (brewed)
- Ice (use in addition to one of the other liquids)

## ADD Vegetables

choose 1 or 2, about 1 cup total per serving:

- Greens (kale, spinach, chard)
- Carrots
- Beets
- Cucumber
- Celery
- Zucchini or yellow squash

## ADD Fruit

fresh or frozen  
choose 1 or 2, about 1 cup total per serving:

- Bananas
- Peaches/Apricots/Nectarines
- Berries (strawberries, raspberries, blueberries, blackberries, etc.)
- Dates
- Mango
- Pineapple
- Apples
- Kiwis
- Watermelon or other melon
- Grapes
- Oranges
- Dried Goji berries

## BOOST THE Flavor

and nutrition:

- Lemon/Lime (no need to peel if you have a powerful blender, use about 1/16 of a lemon per serving)
- Fresh peeled ginger (1 small slice per serving)
- Fresh herbs (basil, mint, cilantro, parsley) (1 small handful per serving)
- Unsweetened cocoa powder or cocoa nibs (1 tsp. per serving)
- Cinnamon, cardamom, nutmeg, cayenne pepper or other dried herb or spice (1/8 tsp. per serving or less)

## MAKE IT Creamy

choose 1 or 2, about 1 cup total per serving:

- Kefir (1/8 - 1/2 cup per serving)
- Avocado (1/8 cup per serving)
- Silken Tofu (1/4 cup per serving)
- Coconut milk or coconut water (1/8 - 1/2 cup per serving)
- Whey powder (1 scoop per serving, or 2 - 4 Tbsp.)
- Almond milk (1/8 - 1/2 cup per serving)
- Bananas, preferably halved and frozen (1/2 per serving)

## HARD CORE Nutrition Add ins

- Orange or lemon flavored fish oil (1 tsp. per serving)
- Chia or flax seeds (1 Tbsp. per serving)
- Shredded coconut (1 Tbsp. per serving)
- Oats (1 Tbsp. per serving)
- Veggie/Green powder (1/2 - 1 scoop per serving)

## Protein POWER

- Peanut, almond or sunflower butter (1 Tbsp. per serving)
- Nuts such as almonds, peanuts, walnuts, cashews (add whole if you have a powerful blender) (1 - 2 Tbsp. per serving)
- Whey protein powder (1 scoop per serving, or 2 - 4 Tbsp.)
- Chia or flax seeds (1 Tbsp. per serving)
- Sunflower or Pumpkin Seeds (unsalted, 1 Tbsp. per serving)
- Silken Tofu (1/4 cup per serving)



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