

HOW TO MAKE A HEALTHY SMOOTHIE

Step 1



**CHOOSE A FRUIT:
(1 CUP)**

GRAPES - MANGO
PINEAPPLE - BANANA
AVOCADO - PEACH
APPLE - WATERMELON
STRAWBERRY
FROZEN BERRIES



Step 2

**CHOOSE A LEAFY
GREEN:
(1-2 CUPS)**

KALE
SPINACH
COLLARDS
SWISS CHARD



Step 3

**CHOOSE A PROTEIN
(1 SERVING)**

GREEK YOGURT
SILKEN TOFU
PROTEIN POWDER
PEANUT BUTTER
CHIA SEEDS



Step 4

CHOOSE A LIQUID

MILK - WATER
SOY MILK - COCONUT MILK
COCONUT WATER
ALMOND MILK



Step 4



**CHOOSE A
THICKENER**

FROZEN YOGURT
ICE CUBES - OATS
GREEK YOGURT



Step 4

BLEND & ENJOY



Lowcountry
Nutrition

