



SMOOTHIE SOCIAL

HEALTHY SMOOTHIE TIPS


Getting started is easy as 1...2...3

Planning a Smoothie Social is easy. Schedule for mid-afternoon so the smoothies don't take the place of a regular meal. All you need are a couple blenders and a variety of healthy ingredients. Start with an unsweetened and low- or non-fat liquid base, then add fresh or frozen fruit. You can also give your smoothies a boost with some bonus nutrition like healthy fats, proteins, and greens.

Ask team members to sign up to bring one or two items from the ingredient guide below. Or invite them to make their own favorite recipe. Feel free to add in a dash of creativity (any fruit or flavor booster you choose).

INGREDIENT GUIDE

Step 1: Liquid Base

- Low- or non-fat milk
- Unsweetened almond milk, low-fat coconut milk, hemp milk, soy milk or rice milk
- Water
- Coconut water 
- Crushed ice
- Low- or non-fat plain yogurt

Step 2: Whole Fruit (fresh or unsweetened frozen)

- Apples
- Bananas
- Blueberries
- Cherries
- Mangoes
- Peaches
- Pineapple
- Strawberries



Step 3: Boosters

- Green (kale or spinach)
- Protein (plain Greek yogurt, silken tofu, nuts or nut butter)
- Healthy fats (ground flax or chia seeds, avocado)
- Flavor boosts (cinnamon, vanilla extract, unsweetened cocoa powder, fresh ginger, lemon, lime, mint)



Ingredient watch list

You may think all smoothies are healthy, but don't be fooled. There can be a lot of calories and sugar hiding in the blender. In fact, some smoothies have more than 500 calories and over 100 grams of sugar! Here are some ways to keep your smoothie ingredient list in check.

1. **Serve in moderation:** 8-12 ounce cups (8 ounces = 1 cup)
2. **Avoid fruit juices or sweetened beverages:** Use low- or non-fat plain milk, unsweetened milk alternatives, or a vegetable juice as a base.
3. **Omit sweetened yogurts:** Use low- or non-fat plain yogurt.
4. **Consider diabetic or pre-diabetic conditions:** To be on the safe side, make sure your smoothies have no more than 15-30 grams of total carbohydrates per serving and are made with high-fiber foods, like whole fruits. Adding protein and healthy fats can also help balance blood sugar.

Still feel like you need a little more sweetener? Just add a teaspoon of maple syrup or honey, or a few drops of calorie-free stevia.