



SMOOTHIE SOCIAL


INGREDIENT SIGN-UP SHEET

DATE	TIME	LOCATION
------	------	----------

Check out the list of healthy smoothie ingredients below and sign up for 1 or 2. If you'd like to share your own favorite recipe with the team, please bring the ingredients you will need.

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 | - Mangoes |
| - Bananas | - Peaches |
| - Blueberries | - Pineapple |
| - Cherries | - 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)



NAME	INGREDIENT



SMOOTHIE SOCIAL

INGREDIENT SIGN-UP SHEET continued

NAME	INGREDIENT