

# HEALTHFUL TIPS

## Scrumptious Smoothies

*Creating great smoothies without adding calories*

**H**ealthy smoothies are a great way to pack tons of nutrition into an easy-to-drink meal that you can enjoy anywhere. With or without the addition of a protein powder or ready-to-drink (RTD) protein supplement, smoothies can enable you to reach your daily protein goal easily. Don't hesitate to divide your smoothie into 2 meals if the serving size is too large. Your best bet is to divide your protein intake throughout the day—about 15-25% of your goal at each meal.

The key to making a great smoothie without creating a calorie disaster is to add up the protein and calories in each ingredient. Fresh veggies are a great nutritional bargain—lots of nutrients and very few calories. Low-fat dairy adds protein, calcium, and vitamin D. Fruits are full of antioxidants to keep you healthy. Simple ingredient subs keep flavor high and calories in line. For example, powdered peanut butter tastes great in smoothies and saves 143 calories. Go ahead and try some new combinations!

If you keep **GOOD FOOD**  
in your **FRIDGE**, you will  
eat **GOOD FOOD.**

Oprah Winfrey

### Berry Blend

- 6 oz Fairlife fat-free milk
- ½ carton Dannon Triple Zero vanilla yogurt
- ½ cup spinach, rinsed
- ½ cup frozen mixed berries, no added sugar

Add to blender and mixwell. Makes 1 serving.

**NUTRITION INFORMATION PER SERVING:** 154 calories and 18 grams protein.



INGREDIENT	AMOUNT	CALORIES	PROTEIN (G)
<b>Powdered Protein Supplement</b>	1 scoop	90-120	10-30
<b>Premier RTD Protein</b>	1/2 carton (5.5 oz)	80	15
<b>Dannon Triple Zero Yogurt</b>	1/2 carton	60	7.5
<b>Kroger Carb Master Yogurt</b>	1 carton	60	8
<b>Milk, Skim</b>	1/2 cup	45	4
<b>Fairlife Fat-free Milk</b>	1/2 cup	40	6.5
<b>Almond Milk, Unsweetened</b>	1/2 cup	15	0.5
<b>Berries</b>	1/2 cup	30	0
<b>Pineapple</b>	1/2 cup	41	0.5
<b>Banana</b>	1/2 small	45	0.5
<b>Carrot</b>	1/2 cup	26	0.5
<b>Kale</b>	1/2 cup	16	1
<b>Spinach</b>	1/2 cup	4	0.5
<b>Avocado</b>	1/4	57	1
<b>Cucumber</b>	1/2 cup	8	0
<b>Flaxseed, whole</b>	1 Tbsp	55	2
<b>PB2 (Powdered Peanut Butter)</b>	2 Tbsp	45	5
<b>Chia Seed</b>	1 Tbsp	69	2
<b>Unsweetened Cocoa Powder</b>	1 Tbsp	12	1
<b>Peanut Butter</b>	2 Tbsp	188	8