

BUILD A NOURISHING SMOOTHIE

Remember that the most nourishing smoothies include not only carbohydrates and antioxidants from fruit, but **additional fiber, fat, and protein** to help promote blood sugar and hormone balance, satiety, and energy!

Some examples of nourishing add-ins for any smoothie include...

- Olive oil
- Avocado or avocado oil
- Nuts and nut butters
- Flaxseed/ ground flaxseed
- Chia seeds
- Baby spinach and other greens
- Herbs such as cilantro, mint, and parsley
- Collagen
- Protein powder (ask us for our recommendations!)
- Spices such as cinnamon, turmeric, ginger, pumpkin pie spice, or a dash of cayenne

Smoothies are incredibly versatile – get creative with your combinations!



RECIPES

- [Wild Blueberry Banana Spinach Power Smoothie](#)
- [Peanut Butter Blueberry Banana Smoothie](#)
- [Tart Cherry Smoothie](#)
- ['The Best' Green Smoothie](#)
- [Immune Boosting Wellness Smoothie](#)
- [Green Goddess Smoothie](#)
- [Refreshing Pineapple Kale Smoothie](#)
- [Chocolate Coconut Smoothie](#)
- [Snickerdoodle Smoothie](#)
- [Refreshing Watermelon Pineapple Smoothie](#)
- [NO-BANANA Smoothie Recipes](#)
- [How To Meal Prep Smoothies](#)