



NOURISHED!

DIETITIAN-APPROVED SMOOTHIES

HEALTHY DIY SMOOTHIES

Healthy smoothies include a plant-based protein powder, a serving of fruit plus other anti-inflammatory add-ins, while avoiding processed powders and artificial sweeteners.



GOAL: Try to add chia, hemp or ground flax seeds to your smoothie for extra fiber

TIP: Add unsweetened cacao powder or cinnamon for added flavor and anti-inflammatory power



STEP 1: PICK 1 FRUIT SERVINGS*

- 3/4 Cup Frozen Berries
- 1/2 Frozen Banana
- 1 Organic Apple, Cored & Peeled
- 1/2 Cup Fresh or Frozen Pineapple
- 1/2 Cup Fresh or Frozen Mango

STEP 2: PICK YOUR PROTEIN**

- 1/2 Cup Plain Greek Yogurt
- 1-2 Scoops Plant-Based Protein Powder
- 2 Tablespoons PB2
- 1 Tablespoon Nut or Seed Butter

STEP 3: PICK YOUR LIQUID

- Water
- Cow or Goat's Milk
- Unsweetened Almond or Nut Milk
- Oat Milk
- Other Plant-Based Milk

STEP 4: ADD EXTRAS (OPTIONAL)

- Greens: Kale, Spinach, Bok Choy, Celery
- Organic Oats
- Cinnamon or Turmeric
- Unsweetened Cacao
- 1/2 tsp Organic Flavor Extract
- Flax, Hemp or Chia Seeds

Dietitian Approved Plant-Based Protein Powders include:

Orgain, Vega, Stellar Labs, Organifi, Pure Food, 22 Days & Garden of Life.

Ask us about Thorne's medical grade protein powder for metabolism & appetite support available from our online store.

***CHOOSE ORGANIC WHEN POSSIBLE**

****AVOID SOY-BASED PROTEIN POWDERS & ARTIFICIAL SWEETENERS**