

HOW TO MAKE A

# HEALTHY SMOOTHIE

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## CHEAT SHEET



CAT DILLON, RHN



# HEALTHY SMOOTHIE CHEATSHEET

## Protein Options (Choose 1 or 2)

- Greek Yogurt: Rich in protein and probiotics.
- Hemp Seeds: High in protein and omega-3 fatty acids.
- Protein Powders (whey isolate, vegan, beef): For muscle repair and growth.
- Chia Seeds: Also a great source of fibre.
- Chickpeas: Unusual but a great protein-rich addition.
- Black Beans: Adds thickness and protein with no additional taste.

## Healthy Fats (Choose 1)

- Avocado: Creamy texture and heart-healthy fats.
- Nut Butter (almond, peanut, cashew): Adds richness and satiety.

## Liquid Base (Choose 1)

- Nut Milk (almond, cashew, oat): Dairy-free option.
- Dairy Milk: For a calcium and protein boost.
- Coconut Water: For flavour and hydration.

## Fiber Sources (Choose 1 or 2)

- Frozen Cauliflower: Adds creaminess without overpowering taste.
- Baby Spinach: Packed with vitamins, iron, and fibre.
- Kale: A nutrient powerhouse.
- Flaxseeds: Also a great source of omega-3 fatty acids.



## Fruits (Choose 1 or 2)

- Berries (strawberries, blueberries, raspberries): High in antioxidants and low in sugar.
- Banana: For natural sweetness and potassium.
- Mango: For a tropical flavour and vitamins A and C.
- Apple: Adds fibre and natural sweetness.

## Optional Spices/Extras

- Cinnamon: For blood sugar regulation.
- Turmeric: Anti-inflammatory properties.
- Ginger: Aids digestion.
- Cocoa Powder: For a chocolatey twist.
- Vanilla Extract: For flavour enhancement.

## Tips

- Always start with the liquid base to make blending easier.
- Adjust sweetness naturally with a bit of honey, maple syrup, or dates if needed.
- For a colder smoothie, use frozen fruits or add a few ice cubes.

## Nutritional Note

Remember to balance your smoothie with a good mix of protein, fats, and fiber to keep you full and energised longer.