

# BUILD A HEALTHY SMOOTHIE



## Step 1

**Choose a Base**  
100% Fruit Juice  
Almond Milk  
Low-fat Milk  
Coconut Water

Pick One



## Step 2

**Choose a Protein**  
Greek Yogurt  
Avocado  
Nut Butters  
Chia Seeds

Pick One



## Step 3

**Add Vitamins**  
Kale  
Spinach  
Cucumber  
Celery

Pick One



## Step 4

**Add Frozen Fruit**  
Bananas  
Strawberries  
Blueberries  
Mango  
Pineapple

Pick Two



Place all ingredients in blender and blend until smooth. Enjoy!