



Core 4 – Body Daily Habit Ideas

SMOOTHIE

Here are some recipes for easy to make smoothies. Remember, the important thing is that you are getting an extra serving of nutrition. Don't over-complicate it!

Tip: Using an individual serving blender (like the nutribullet or Ninja - this is the one Kelly uses: <https://amzn.to/3dVYlc0>) makes it easier to prepare a single serving and there's less to wash

Tip: Get extra blender cups and portion ingredients in advance

Tip: If you don't like spinach, use kale. Or, start with a very small amount of spinach and work your way up to more. You will barely taste it and as you increase the amount, you won't notice.

Tip: For fruit smoothies, you can create just about anything by adding your favorite frozen fruits, and a liquid with a little sweetness to it. I prefer sweetener vs. actual sugar to avoid extra calories. You can also add yogurt for extra creamy-ness. Just make sure you work towards mostly spinach and less fruit for the most nutritious proportions.

Kelly's basic fruit smoothie

- Fill half of the blender cup with frozen fruit - strawberries, mango, & pineapple
- Fill the rest of the cup with spinach (freeze fresh spinach to make it last longer)
- Fill about $\frac{3}{4}$ with crystal light lemonade or orange drink

Blend until smooth. Experiment with quantities of each until you get the right texture for you.

Kelly's chocolate protein smoothie

- Put 3-4 ice cubes in blender cup
- Fill with spinach
- Pour milk or water over to fill about $\frac{3}{4}$
- Add 1 scoop Isopure Dutch Chocolate protein powder (I get the small pouch to try new flavors - <https://amzn.to/3sWildr> and the large container when I find a flavor I like - <https://amzn.to/3aGeaBp>)

Blend until smooth. Experiment with quantities of each until you get the right texture for you.

Share your favorite smoothie recipe in the Facebook group!