

SMOOTHIE GUIDE

Build a balanced blood sugar-friendly smoothie

Program Resource

Smoothies can boost metabolism and energy, provide better appetite control, balance hormones, and help stabilize blood sugar levels. They're also a delicious way to get the nutrients your body needs.

Build Your Smoothie

Pick one item from each category below. Add to a high-speed blender and blend until smooth.

Step 1: Pick a Liquid

Unsweetened almond milk
Unsweetened coconut milk
Unsweetened plain kefir
Other milk of your choice

Step 2: Pick a Fruit

½ banana
½ cup berries
½ cup cherries
½ cup pineapple
½ apple
½ cup any cubed fruit
Tip: frozen fruit keeps your smoothie cold. If using all fresh fruit, add a few ice cubes.

Step 3: Pick a Healthy Fat

¼–½ avocado
2 tbsp nut or seed butter (almond, peanut, sunflower etc.)
1–2 tbsp chia seeds, flaxseeds or hemp seeds
MCT oil or coconut oil

Step 4: Pick a Protein

Protein powder (plant based, whey, collagen, beef protein, hemp seed etc.)
½ cup silken tofu (organic)
1 cup plain Greek yogurt

Step 5: Pick a Vegetable

Aim for around $\frac{3}{4}$ –1 cup.

Spinach

Kale

Cauliflower (frozen riced cauliflower works well too)

Step 6: Add Flavour

Cocoa powder • Cinnamon • Nutmeg • Ginger • Mint • Vanilla

Adding herbs and spices can amp up the flavour profile of your smoothie.

Best Order to Add Ingredients

1. Liquid
2. Frozen fruit
3. Protein, fat and any flavour add-ins
4. Ice (if using)
5. Fresh fruit and vegetables

Smoothie Tips

- Don't add refined sugar. The fruit provides enough sweetness. If you need a little extra, use Medjool dates, raw honey, or maple syrup.
- Supplement boost: add supplements by removing from the capsule first.
- Rotate your greens and fruit each week so you get a variety of nutrients.

Recipes to Get You Started

Chocolate Almond Butter Crunch Smoothie

1 scoop chocolate protein powder

1 tbsp almond butter

1 tbsp chia seeds

Handful of spinach

1 tsp cacao nibs

1½ cups unsweetened almond milk (or milk of your choice)

Place all ingredients into a high-speed blender. Blend until smooth.

Blueberry Avocado Smoothie

½ avocado

½ cup blueberries, fresh or frozen

¼ banana (frozen)

½ tsp ground cinnamon

1 cup spinach

1 tbsp ground flax, hemp or chia seeds

1½ cups unsweetened almond milk (or milk of your choice)

Place all ingredients into a high-speed blender. Blend until smooth.

Mint Chocolate Dream Smoothie

Handful spinach

½ banana (frozen)

2 tbsp cacao powder

6 mint leaves

½ tsp vanilla extract

1 scoop chocolate protein powder

1½ cups unsweetened almond milk (or milk of your choice)

Place all ingredients into a high-speed blender. Blend until smooth.

Blackberry Coconut Sprinkle Smoothie

½ cup blackberries (or raspberries, blueberries, strawberries or a mix)

1 cup chopped kale or spinach

½ banana, frozen

1 tbsp chia or ground flax seeds

1 scoop vanilla protein powder

1½ cups unsweetened almond milk (or milk of your choice)

Optional topping: coconut flakes

Place all ingredients (except topping) into a high-speed blender. Blend until smooth. Top with coconut flakes.