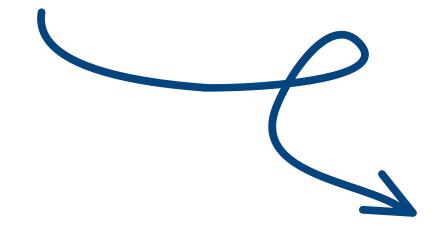


## make the most of your smoothie

by adding fiber and protein.







## Adding Fiber

Fruits & vegetables are a great source of fiber, especially if you use the skin and/or seeds.

## **Berries**

Seeds: chia, flax, hemp, sunflower & pumpkin seeds

Cooked quinoa or oats are another fiber-rich addition.

Smoothies offer a great opportunity to use what you have on hand.

All fruits, and most vegetables (especially spinach, kale, cauliflower, carrots, & zucchini), fit!





## Adding Protein

Peanut butter (or any nut butter)

A scoop of protein supplement (ex: PB2 powder)

**Cottage cheese** 

**Greek yogurt** 

Nuts: almonds, walnuts, etc.

Smoothies are convenient and a great way to keep cool in hot weather!



