

# SMOOTHIE BUILDER



## HOW TO MAKE THE PERFECT SMOOTHIE

1. Pour 1 to 2 cups liquid base into the jar of a blender.
2. Add any additional items you want like herbs, collagen, thickeners, etc.
3. End by adding frozen foods like ice cubes or fruit.

LIQUIDS				FRUITS			
almond milk		FP		apples	E	mangoes	E
cashew milk		FP		avocados (½ at a time)	S	oranges	E
coffee, chilled		FP		bananas (1 small at a time)	E	pears	E
coconut milk		S		blackberries	FP	peaches	E
heamp milk		S/FP		blueberries	FP	pineapple (small quantity)	E
heavy cream		S		cantaloupe (1 generous slice)	E	pomegranates	E
kefir, double fermented		S		cherries	E	pumpkin	FP
tea, chilled		FP		grapefruit	E	raspberries	FP
water		FP		grapes	E	strawberries	FP
THICKENERS				kiwi	E	tomatoes	E/FP
almond milk, frozen cubes		FP		lemons	FP	watermelon (1 cup)	E
cashew milk, frozen cubes		FP		limes	FP		
coconut milk, frozen cubes		S		VEGGIES			
coffee, frozen cubes		FP		arugula	FP	lettuce	FP
cottage cheese, 2% or 1%		S/FP		beets	E	okra	FP
Greek yogurt, plain, 0%		FP		broccoli	FP	onions (moderate in S)	FP/E
ice cubes		FP		butternut squash (½ c. for FP)	FP	peas	E
nut butters, sugar free		S		carrots	E	seaweed/nori	FP
tea, frozen cubes		FP		cucumbers	FP	summer squash	FP
SWEETENERS				dandelion greens	FP	yellow squash	FP
erythritol	FP	stevia	FP	garlic	FP	winter squash	E
chicory root	FP	xylitol	FP	kale	FP	zucchini	FP
monk fruit	FP						
HERBS & SPICES							
allspice		FP		cloves	FP	mint	FP
anise		FP		cinnamon	FP	nutmeg	FP
basil		FP		dill	FP	parsley	FP
cardamom		FP		Ginger powder	FP	Pumpkin pie spice	FP
Cayenne pepper		FP		Mineral salt	FP	turmeric	FP
cilantro		FP					

NUTRITIONAL STUFF				OTHER STUFF	
butter, melted	S	nuts	S	chocolate, melted, 85% or darker	S
coconut oil, melted	S	oats	E	chocolate chips, stevia sweteened	S
collagen	FP	protein powder	FP	cocoa powder	FP
essential oils, Young Livng Vitality	FP	seeds	S	coconut, unsweetened	S
fish oil	S	raw eggs	S	extracts	FP
nutritional yeast	FP			lemon or lime juice	FP
				zest	FP