The Smoothie Formula Card

Six parts, any order of fun. Pick one from each row.

Part	Its job	Examples	About how much
Liquid	Gets the blender moving	Unsweetened milk or plant milk, water, coconut water	6 to 8 fl oz
Greens or vegetables	Nutrients, color, volume	Spinach, cucumber, cauliflower, carrot, pumpkin	1 to 2 cups
Fruit	Sweetness and flavor	Berries, apple, mango, pineapple, banana	½ to 1 cup
Protein and fat	Staying power and creaminess	Greek yogurt, nut butter, avocado, hemp seeds	¼ to ½ cup yogurt, or 1 to 2 tablespoons
Fiber boost	Thickens and fills	Rolled oats, chia, ground flaxseed	1 tablespoon seeds or ¼ cup oats
Flavor	Makes it yours	Ginger, cinnamon, lemon, lime, cocoa, mint	A little

Why it works. The vegetables keep the sugar down, the protein and fat keep you full, and the fiber slows everything down. Take out the protein and fat and add more fruit and juice, and you get a sweet drink that is gone from your stomach by ten o'clock.

Blend in this order

1. Add the **liquid** to the blender first, then the yogurt or nut butter.
2. Then the **greens**, then the **fruit**, oats and seeds. Add ice last.
3. Blend on high for 45 to 60 seconds, until completely smooth. Scrape the sides once if needed.
4. Taste: add a squeeze of lemon or lime if flat, or a splash of liquid if too thick.
5. Pour and drink right away. Or refrigerate up to 24 hours in a full, sealed jar at 40°F or below, and shake or re-blend.

Quick fixes

It is…	Try
Too thick	A splash of liquid
Too thin	Frozen fruit or a spoonful of oats
Too sweet	More greens or a squeeze of lemon
Flat	A pinch of cinnamon or ginger, or lemon or lime

My smoothie: liquid _____ greens _____ fruit _____

protein / fat _____ fiber boost _____ flavor _____

General information, not medical advice. If you take medication or have a health condition, read the Safety Guide in the book first.