

A great way to get more micronutrients in your diet
Easy and convenient to make
They taste delicious!
They can be made in different ways to offer numerous health benefits
Affordable!

Try making smoothies in batches
Choose a smoothie maker that cuts down on washing up/prep
Try using tinned fruits to save time
Freeze fruits so they last longer
It's okay to buy your smoothies!

Benefits of smoothies

Tips for Easy Smoothies

Try to avoid getting too much sugar. Drink one smoothie a day and try making veggie ones.

Don't do juice fasts!

Risks

smoothies

Recipes

Choose remaining fruits and veg based on the goal you want to achieve, as well as the flavor you like.

Think about the micronutrients in each ingredient like vitamin C, omega 3, potassium, magnesium, resveratrol, etc.

Use recipes online and from the book. Don't be afraid to experiment though and find what you like!

Choosing Your Base

This is what makes the consistency and defines the base flavor.
Good ones are:

- * Banana
- * Avocado
- * Peach
- * Pear
- * Yogurt
- * Chia seed

Choosing Your Liquid

This defines how runny your smoothie is. Good options are:

- * Water
- * Milk
- * Fruit juice drinks
- * Ice
- * Coconut water