



### Make a Super Smoothie

*A nutrient-dense meal you can sip slow or take on the go.*

Blend a smoothie for an easy way to pack tons of nutrients into one meal. Start with juice, non-dairy beverages (like soy, rice or almond milk) or water then add your favorite fresh or frozen fruits, greens and spices, and blend until smooth. Smoothies can really hit the spot for a quick breakfast or an after-workout treat, and they're an easy way to pack in a few extra servings of fruits and vegetables.

### Smoothie Assembly

**Serves 2**

<b>Liquid</b> <i>3 cups</i>	<b>Fruits</b> <i>1 ½-2 cups</i>	<b>Greens</b> <i>1-2 cups</i>	<b>Spices</b> <i>1 teaspoon</i>	<b>Optional</b> <i>2-3 tablespoons</i>
Water Juices Almond milk Soy milk Oat milk Rice milk Coconut milk	Fresh fruits Frozen fruits Dried fruits, <i>soak to soften</i>	Spinach, <i>fresh or frozen</i> Kale, <i>fresh or frozen</i> Collards, <i>fresh or frozen</i> Parsley	Cinnamon Nutmeg Cardamom Ginger Vanilla	Avocado Nut or seed butter Ground flax seeds Chia seeds Hemp seeds Unsweetened cocoa powder Wheat germ

**Need inspiration? Try these flavor combinations.**

**Quick tip: Using frozen fruits and veggies helps keep your smoothie frosty and thick.**

<b>Cherry Oat</b>	<b>Super Green</b>	<b>Apple Pie</b>	<b>Tropical Green</b>
Oat milk Cherries, <i>frozen</i> Dates Vanilla	Water Banana Berries Kale Spinach	Almond milk Apples Banana Date Cinnamon Nutmeg Vanilla	Orange juice Mango, <i>frozen</i> Apricot, <i>dried</i> Banana Spinach Ginger

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