

BALANCED Smoothies



Basic Ingredients	Benefits
<p>8 fl oz of Plain Kefir (non-dairy option: 8 fl oz unsweetened almond milk +5 oz coconut yogurt)</p>	<p>Source of Probiotics (good for gut health)</p>
<p>1 cup Fruit (see below for ideas)</p>	<p>Source of Antioxidants (to keep your cells healthy)</p>
<p>1/2 - 1 cup Spinach or Kale</p>	
<p>1-2 tbsp Chia Seeds and/or Ground Flaxseed</p>	<p>Source of Healthy Fats (anti-inflammatory+fiber)</p>
<p>1 scoop Protein Powder</p>	<p>Keep Muscles Strong</p>
Fruit Combinations	
<ul style="list-style-type: none"> • Banana + Strawberry • Pineapple + Mango + Banana • Orange + Strawberry 	<ul style="list-style-type: none"> • Strawberry + Blueberry + Raspberry • Cherry + Berries