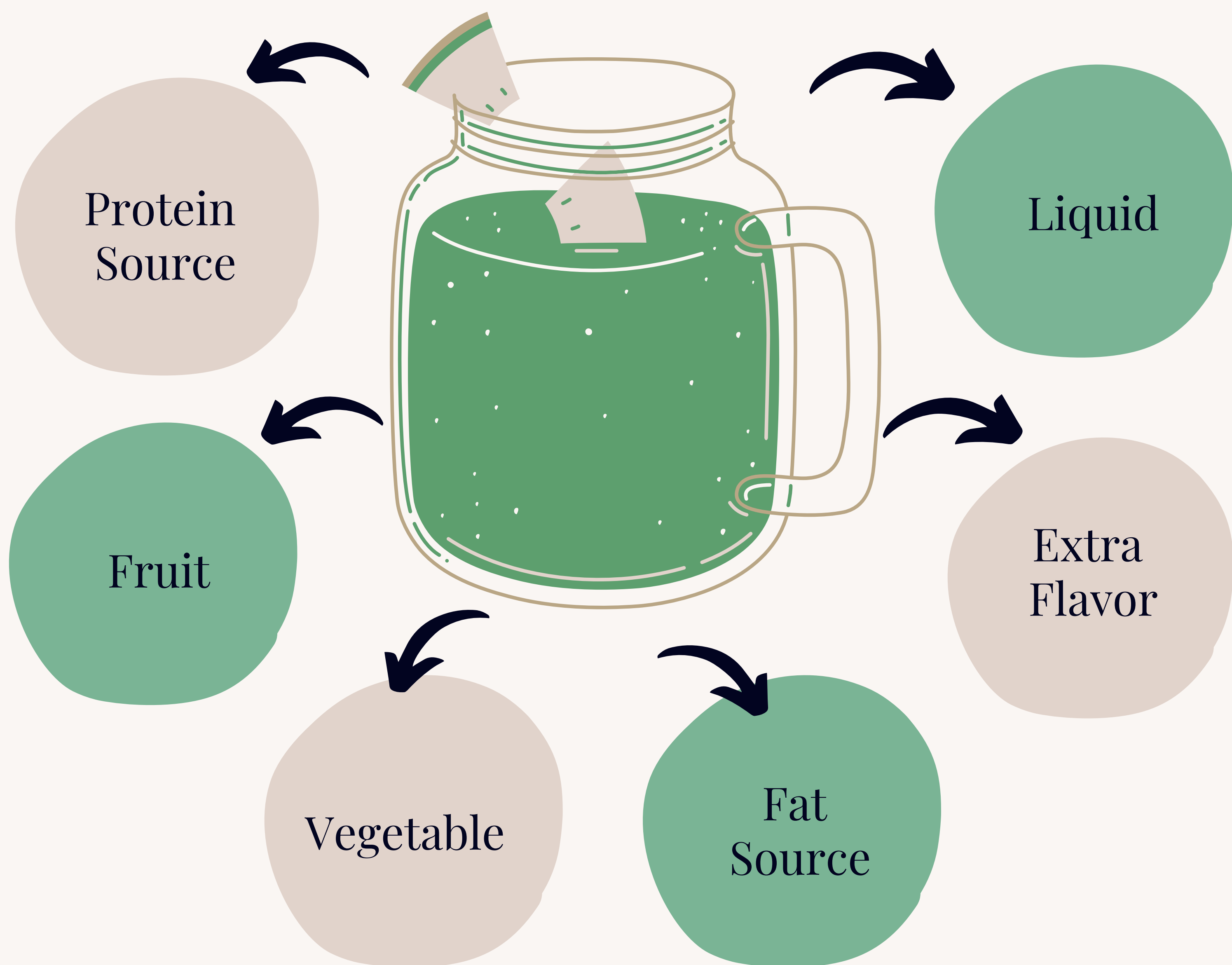


# How to Build a Nutritious Smoothie



@notable\_nutrition

# How to Build a Nutritious Smoothie

Protein  
Source



protein powder, collagen, nut butter, pepitas,  
Greek yogurt (or non-dairy alternative),

Fruit



berry blend: strawberries, cherries, blueberries,  
raspberries  
tropical blend: mango, pineapple  
other; peaches, bananas, blackberries, kiwi

Vegetable



spinach, kale, carrots, beets, cauliflower, yellow  
squash, zucchini, pumpkin

Fat  
Source



chia seeds, hemp hearts, ground flax seed,  
walnuts, nut butter, avocado

Extra  
Flavor



cocoa powder, cinnamon, ginger, honey,  
turmeric, vanilla extract/vanilla bean paste,  
pumpkin pie spice, clove

Liquid



milk of choice (dairy-based, soy, pea-protein),  
water, no-sugar added juice, coffee