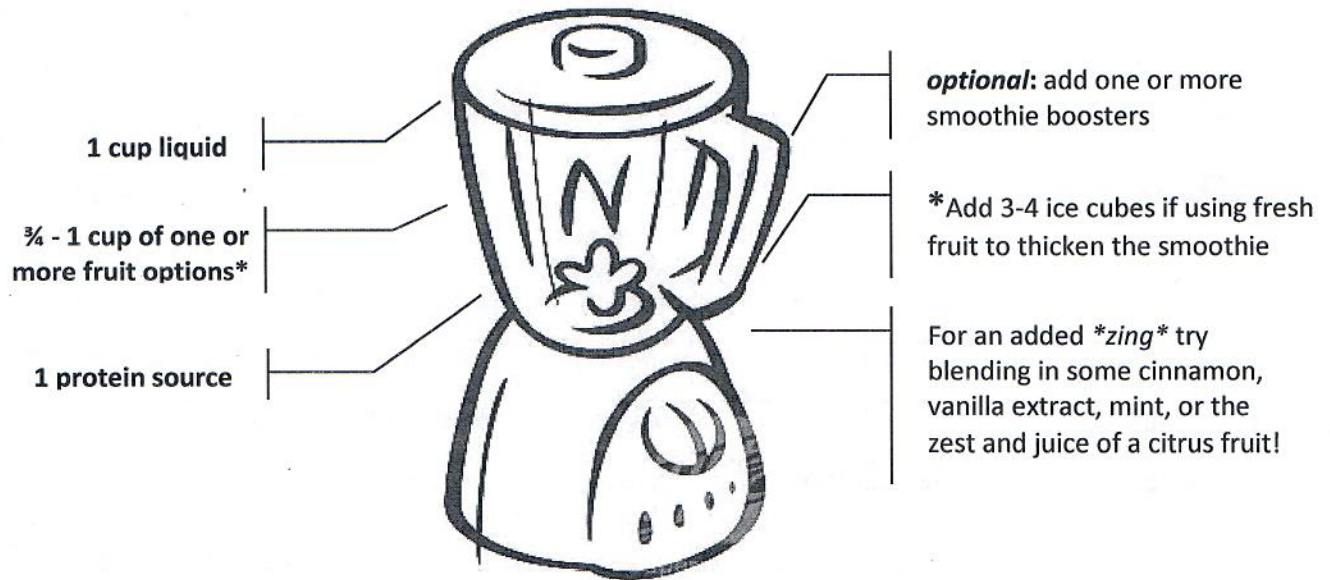


A Guide to Creating an Energy Boosting Smoothie

A smoothie is a blended beverage that is yours to create! By following the guidelines below, you'll blend together a drink that is sure to satisfy and nourish your body! Remember portion-size is still valid for liquids, so halve the portion if consuming as just a snack!

In a blender, combine the following until smooth (refer to the table below for ingredient selections):



Mix n' Match Ingredients					
LIQUID	FRUIT (Fresh/Frozen)	PROTEIN		SMOOTHIE BOOSTERS	
Low Fat Milk	Strawberries	Greek Yogurt	½ cup	Baby Spinach	½ cup
Fortified Almond Milk	Blueberries	Pasteurized Egg Whites	¼ cup	Kale Leaves	½ cup
Fortified Rice Milk	Blackberries	Silken Tofu	¼ cup	Ginger (fresh or ground)	¼ tsp
Fortified Hemp Milk	Raspberries	Whey Protein Powder	¼ cup	Salba/Chia Seeds	1 tbsp
Fortified Soy Milk	Cherries	Skim Milk Powder	¼ cup	Ground Flax	1 tbsp
Coconut Water	Banana	Vega One Protein Powder	¼ cup	Seed Butter (sunflower, pumpkin, etc.)	1 tbsp
100% Orange Juice	Peaches	Hemp Seeds	2 tbsp	Nut Butter (almond, hazelnut, etc.)	1 tbsp
POM Juice	Mango			Peanut Butter	1 tbsp
100% Fruit Juice	Melons			Raw Soaked Nuts [†]	2 tbsp
100% Carrot Juice	Grapes			Cocoa Powder	1 tbsp
Chilled Green Tea	Papaya			Raw Oats	2 tbsp
Kefir	Avocado			Wheat Germ	1 tbsp
Kombucha	Pineapple			Matcha*	1 tsp

[†]Soak nuts in a bowl with twice as much water and cover with a cloth for 3-4 hours. Strain and use.

This handout has been provided by your in-store dietitian team.
Contact Lisa Ciotoli, RD for more health and wellness information:

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*Matcha is finely ground green tea leaves that can be found in speciality tea shops.

Flavour Combinations to Get You Started

	Liquid	Fruit	PROTEIN	EXTRAS (Boosters/Flavouring)
Tropics	Pineapple Juice	Mango	Silken Tofu	Lime Juice/Zest
Banana Spice	Kefir	Banana	Skim Milk Powder	Cinnamon
Ginger Peach	Ginger Flavoured Kombucha	Peach	Greek Yogurt	Mint Leaves
Strawberry Sunshine	Orange Juice	Strawberry	Greek Yogurt	Baby Spinach
Citrus Sunshine	Almond Milk	Strawberry Banana Mango	Hemp Seeds	Baby Spinach
Matcha Blend	Vanilla Soy Milk	Avocado	Pasteurized Egg Whites	Matcha
Blueberry Cream	Rice Milk	Blueberry	Silken Tofu	Salba/Chia Seeds
Vitamin C-Boost	Carrot Juice	Mango	Whey Protein Powder	Fresh Ginger
Chocolate Banana Peanut Butter	Almond Milk	Banana	Hemp Seeds	Peanut Butter Vanilla Extract Cocoa Powder
Very Berry	POM Juice	Cherries Blueberries Blackberries	Vega One Protein Powder	Wheat Germ
Cashew Cream	Milk	Banana	Pasteurized Egg Whites	Cashews, soaked Vanilla Extract Raw Oats
Strawberry Tea	Chilled Green Tea	Strawberries	Vega One Protein Powder	Kale Leaves
Pina Colada	Coconut Water	Pineapple	Greek Yogurt	Vanilla Extract
Strawberry Banana Almond	Almond Milk	Strawberry Banana	Hemp Seeds	Ground Flax Almond Butter
Papaya Mango	Calcium Fortified Orange Juice	Papaya Mango Banana	Silken Tofu	Baby Spinach

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