

Healthy Fruit Smoothie



Makes 2 smoothies

*1 soft fruit (could be used as binder) ex. Banana, Avocado

*2 small handfuls frozen or fresh fruit ex. Strawberries, Blueberries, Blackberries, Raspberries, Peaches, Mango or pineapple.

*2-4 tablespoons protein powder (optional)

*2 tablespoons binder ex. Ground flaxseed, Almond butter or any nut butter, Soaked raw almonds (soak for several hours and rinse before using), Rolled oats, whole or ground or non-fat yogurt

*1.5 cups liquid (unsweetened) ex. Water (my favorite), Almond milk or other nut milk, Hemp milk, Brewed tea, or fruit juice

*1 tablespoon sweetener (optional, less or more as needed) ex. Honey, Agave nectar, Stevia

*optional superfoods, greens, and other ingredients ex. Cacao nibs (1-2 tablespoons), Carob chips (1-2 tablespoons), Ground organic cinnamon (1-2 teaspoons), Chia seeds, whole or ground (1-2 tablespoons), Greens powder (1-2 teaspoons), Whole spinach leaves (1-2 handfuls), Maca powder (1-2 teaspoons), Jalapeno pepper, seeds and stem removed (one small pepper), Ground cayenne pepper (small pinch), Sea salt (pinch), Lemon or lime juice (1 tablespoon)

*6 ice cubes (omit if soft fruit is frozen)

Select one or more ingredients of each type above and add to blender in specified proportions. Blend until smooth.

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