

Smoothies

Choose at least one item from each category to build your smoothie:

Base (1 cup)

- Water
- Almond/coconut/cashew/hemp milk

Protein (10-25g)

- Plain yogurt: full fat (3.25%), Greek, or kefir
- Silken tofu (organic preferably)
- 1 scoop protein powder of choice

Healthy Fat (2 tablespoons)

- Flax seed oil (add citrus if you dislike the taste)
- Omega-3 supplement (fish oil)
- Avocado
- Nut/seed butters: almond, cashew, peanut, sesame (tahini)
- Coconut oil/cream
- Hemp seeds and/or oil
- Extra virgin olive oil

Fibre (1-2 tablespoons)

- Seeds: flax (ground), hemp, chia, sunflower
- Psyllium husk powder
- Pear, apple, mango
- Dates, figs
- Tamarind
- Cocoa nibs

Vitamins/Minerals (1-3 servings fruit, unlimited veggies)

- Any colourful vegetable/fruit
- Carrots/beets
- Berries (frozen or ripe)
- Mango, pineapple
- Pomegranate
- Peaches, plums, nectarines
- Banana
- Fresh mint, cilantro, parsley
- Sprouts: alfalfa, pea, sunflower, broccoli, etc
- Spinach, arugula, kale
- Spirulina, chlorella
- Maca
- Greens/berry powder

Flavourings (optional)

- | | | | |
|--------------------|------------------------------|------------|-------------------------|
| • Raw honey | • Pure vanilla | • Ginger | • Allspice |
| • Pure maple syrup | • Lemon/lime juice | • Cinnamon | • Cayenne |
| • Stevia | • Carob powder (unsweetened) | • Cardamom | • White or black pepper |
| • Agave syrup | • Cocoa powder (unsweetened) | • Nutmeg | • Pinch of sea salt |

Smoothies

Try out these Thrive certified smoothies:

Active

- Almond Butter, Banana, Hemp Seeds, Protein Powder, Cinnamon, Almond Milk

Antioxidant Rich

- Acai, Goji, Banana, Strawberry, Hemp Seed, Coconut Oil, Protein Powder

Creamsicle

- Strawberries, Vanilla Protein Powder, Flax Oil, Orange

Feel Good

- Raw Cacao, Almond Butter, Banana, Vanilla/Chocolate Protein Powder, Maca, Almond Milk, Sea Salt

Perfect Glow

- Strawberries, Blueberries, Avocado, Oats, Ground Flax, Protein Powder, Almond Milk

Refresher

- Pineapple, Banana, Kale, Spinach, Figs, Hemp Seeds, Almond Butter, Organic Tofu

Tropics

- Pineapple, Blueberry, Orange, Protein Powder, Coconut Oil

Pressed for time? Plan ahead with these great recipes:

Premade Frozen Smoothie Packs

- <http://www.momables.com/smoothie-freezer-packs/>
- <http://www.superhealthykids.com/freezer-smoothie-packs/>

Tired of smoothies? Here are some tasty and healthy alternatives:

Chia Pudding

- <http://ohsheglows.com/2015/07/22/basic-chia-seed-pudding/>
- <https://wellnessmama.com/59344/chia-seed-pudding-recipe/>

Avocado Pudding

- <http://ohsheglows.com/2016/05/04/salted-chocolate-avocado-pudding-bowls/>
- <https://minimalistbaker.com/chocolate-peanut-butter-avocado-pudding/>