

# SMOOTHIE SMARTS! *cheat sheet*

Follow this quick-reference guide to blend up a better smoothie – chock-full of delicious, healthy, blood-sugar balancing foods, and customize your own combo of ingredients into one TASTY, low-sugar, oh-so-satisfying treat!

1	LIQUID BASE	SERVING	CALORIES	SUGARS
	Almond milk, unsweetened	1 cup	40 cal	<1 g
	Coconut milk, unsweetened	1 cup	45 cal	<1 g
	Hemp milk, unsweetened	1 cup	70 cal	<1 g
	Cashew milk, unsweetened	1 cup	25 cal	<1 g
	Coconut milk, unsweetened	1 cup	45 cal	1 g
	Rice milk, unsweetened	1 cup	45 cal	1 g

2	PRODUCE	SERVING	CALORIES	SUGARS
	Spinach	1 cup	5 cal	<1 g
	Kale	1 cup	30 cal	<1 g
	Avocado	1/2 cup	120 cal	<1 g
	Broccoli	1 cup	30 cal	1.5 g
	Cranberries	1 cup	50 cal	4.5 g
	Raspberries	1 cup	60 cal	5.5 g
	Strawberries	1 cup	45 cal	7 g
	Blueberries	1/2 cup	45 cal	7 g
	Banana	1/2 cup	65 cal	9 g

3	THICKENERS	SERVING	CALORIES	SUGARS
	Rolled oats	1/4 cup	75 cal	<1 g
	Cannellini beans	1/4 cup	60 cal	<1 g
	Almond butter	1 tbsp	90 cal	<1 g
	Almonds	1/4 cup	110 cal	<1 g
	Avocado	1/2 cup	120 cal	<1 g
	Flax seeds	1 tbsp	55 cal	<1 g
	Chia seeds	1 tbsp	60 cal	<1 g
	Walnuts	1/4 cup	110 cal	1.5 g

4	EXTRAS	SERVING	CALORIES	SUGARS
	Cinnamon	1 tsp	–	–
	Espresso powder	1 tsp	–	–
	Raw cacao nibs	1 tbsp	90 cal	–
	Raw cacao powder	1 tbsp	20 cal	–
	Spirulina powder	1 tsp	10 cal	1 g
	Maca powder	1 tsp	15 cal	1 g

**Mix & match, and find the combo of flavors that works for you!** Start with your base, add in some detoxifying produce, thicken it up with some healthy fats & fiber, and pull it all together with some extra flavor of your choosing – and voilà! – a delicious smoothie to make you feel & look your best!