

Build any smoothie

One formula, no recipe needed. Stick it on the fridge.

1 cup

Liquid

Milk, almond or oat milk, coconut water, or half juice, half water

1½ cups

Frozen fruit

Any mix. Frozen fruit makes it thick and cold, so no ice needed

1-2 cups

Greens (optional)

Baby spinach is the easy one: you won't taste it

1

Boost

½ cup Greek yogurt, 1 tbsp nut butter, 1 tbsp chia, or a scoop of protein

BLEND IN THIS ORDER

Liquid



Greens and powders



Soft fruit, yogurt



Frozen fruit and ice

Blend 30-60 seconds on high. Too short is gritty; too long gets warm and thin.

QUICK FIXES

Too thick

Add liquid 2 tbsp at a time

Too thin

Add frozen fruit, ice or a frozen banana

Bland

Lemon or lime juice, a pinch of salt, or vanilla

Gritty greens

Blend greens with the liquid first; remove kale stems

Too sour

Add ripe banana, mango or a date

CLASSIC COMBOS

Strawberry Banana

frozen strawberries, medium banana, plain Greek yogurt, milk (any kind)

Green for Beginners

baby spinach, frozen pineapple chunks, frozen banana, unsweetened almond milk

Peanut Butter Banana

frozen banana, peanut butter, rolled oats, milk (any kind)

Mixed Berry

frozen mixed berries, medium banana, plain Greek yogurt, unsweetened almond milk

Mango

frozen mango chunks, plain Greek yogurt, orange juice, milk (any kind)

Tropical

frozen mango chunks, frozen pineapple chunks, medium banana, coconut water

Blueberry

frozen blueberries, medium banana, plain Greek yogurt, milk (any kind)

Creamy Without Banana

frozen mixed berries, ripe avocado, plain Greek yogurt, unsweetened almond milk