

Build your own healthy smoothie!

Made by your Hen House Wellness Coach, Kate Lesnar. Please let Kate know if you have additional questions!

Pick 1-3 fresh or frozen fruits:

Bananas	Raspberries	Cherries
Apples	Oranges	Kiwi
Strawberries	Pineapple	Watermelon
Blueberries	Mango	Grapefruit
Blackberries	Peaches	Apricots
Raspberries	Pears	Melon

Include a base:

Milk (dairy or non-dairy)	Coconut water		
Water	Tea	Coffee	Kefir

Add a healthy fat and/or protein:

Peanut Butter	Nut Butter	Hemp Seed
Avocado	Protein Powder	Yogurt
Flax Seed	Chia Seeds	Walnuts
Almonds	Coconut Oil	Cashews

Choose a green:

Spinach	Kale	Swiss Chard
Cucumber	Cucumber	Bok Choy
Leafy greens	Celery	Parsley

Optional:

Cinnamon	Honey	Maple syrup
Ginger	Vanilla	Oats
Turmeric	Stevia	Cocoa
Coconut	Nutmeg	Cayenne

Try adding a booster for extra nutrition!

Superfood Blend
Wheat grass
Superfood Shot
Maca Powder
Chia/Flax Blend
Matcha Powder
Acai Powder
Camu Powder

Put chosen ingredients and ice cubes in a blender and blend until desired consistency.

Find these items in the Superfood section!