



HEALTHY HABITS

Build your own smoothie!

Print out this list and chose your ingredients from each section to make your smoothie...



+ 1 cup frozen / fresh fruit

apples	peaches
strawberries	pears
blueberries	cherries
raspberries	melon
blackberries	grapes
oranges	kiwi
pineapple	grapefruit
mango	passion fruit

+ 1 frozen / fresh banana

+ 1/2 cup veggies or greens

kale	avocado
spinach	beetroot
carrots	

+ 1/2 cup liquid

coconut water
100% fruit juice
dairy milk (not chocolate)
non-dairy milk (soy, coconut, almond, rice, cashew etc)

+ 2 tbsp protein

chia seeds	coconut milk yoghurt
flax seeds	oats
nut butters	tofu
Greek yoghurt	

(make sure it's 100% and not Greek 'style' or fat free)

+ Other additions

almonds	ginger
coconut oil	peanut butter
honey	maple syrup
cinnamon	vanilla
turmeric	

+ Toppings

sliced fruit (banana / mango / peach / pear / kiwi / pineapple / berries etc)	
cinnamon	granola
honey	dried fruit
agave nectar	sunflower seeds
chia seeds	pumpkin seeds
flax seeds	walnuts
nuts	almonds
chocolate chips	pomegranate seeds
shredded coconut	goji berries

Share your smoothies with us! #HealthyHabits



facebook.com/cicoop



twitter.com/CI_coop



instagram.com/cicoop