

Build your favorite smoothie

Extra nutrient boosters

- Ground flax seeds
- Chia seeds
- Oat bran
- Hemp seeds
- Cacao
- Nutritional yeast
- Spirulina
- Turmeric

Additional flavor

- Cinnamon
- Ginger
- Honey
- Nutmeg
- Vanilla/almond extract
- Maple syrup
- Herbs

Add protein

- Protein powder (whey or plant based)
- Greek yogurt
- Nut butter
- Powdered milk
- Silken tofu

Add fruits/vegetables

- Fresh/frozen fruit
 - Berries
 - Banana
 - Mango
 - Anything!
- Leafy green vegetables
 - Spinach
 - Kale
- Avocado

Add a base

- Cow's milk
 - Fairlife
- Kefir
- 100% juice
- Plant based milk
 - Soy
 - Almond
 - Oat