



One Smoothie – Many Choices

Ingredients:

1. Add 1 fresh or frozen **banana**
2. $\frac{1}{2}$ cup (125mL) fresh or frozen **fruit** of your choice:
 - strawberry, blueberry, raspberry, blackberry, peaches, apricots, mango, apple, pineapple...
3. Add $\frac{3}{4}$ cup (175mL) of **liquid**:
 - Milk, milk alternatives, yogurt, orange juice, pomegranate juice, water...
4. Add 2 Tbsp (30mL) **nutritional boost**:
 - Chia seeds, hemp seeds, oat bran, wheat germ, flax seeds, almond butter

Method:

1. Place ingredients in a blender.
2. Place lid on tightly and turn on the blender. Blend until smooth and do not leave unattended.
3. Pour into glass and enjoy.

Tasty Tip:

- You can also add a handful of spinach or kale to add a little green goodness.
- If you have a blender with a strong motor, add 3 or 4 ice cubes to the mix.
- Keep experimenting with ingredients to find your favourite mix.