



## Go, Grow, Glow Smoothie

### “Go” Foods

- Oats

### “Grow” Foods

- Milk or plant-based milk beverages
- Yogurt
- Seeds: chia seeds, flaxseed
- Nut butters: peanut, almond, sunflower

### “Glow” Foods - fresh or frozen!

- Berries: strawberry, blueberry, raspberry
- Bananas
- Mangos
- Pineapple
- Greens: spinach, kale

### Directions

1. Pick one or two ingredients from each category and add your measured ingredients to the blender bowl. Use a ratio of 2 cups of fruit to 1 ½ cups of liquid. Add ½ cup ice if you are using only fresh fruit and vegetables!
2. Mix on high speed for 30-40 seconds or until no chunks remain.
3. Serve in glasses and enjoy!

### Abby’s Peanut Butter Banana Smoothie:

- 2 Bananas
- 1 cup frozen strawberries
- 3 Tablespoons peanut butter
- 1 cup spinach
- 1 ½ cups milk
- ¼ cup yogurt
- ¼ oats
- 3 Tablespoons chia seeds



## **Go, Grow, Glow Smoothie**

### **Other Flavor Combination Examples!**

- Strawberry, banana, milk, spinach
- Peanut butter, banana, milk, kale, chia seeds
- Mango, pineapple, spinach, yogurt
- Blueberry, peanut butter, spinach, milk