

FAST FRUIT Smoothie

If you're really determined to stay healthy, making fruit smoothies a daily part of your diet is an easy, flexible way to do it. You can mix and match fruits and smoothie bases for taste, and the essential nutrients you desire.

All you need is a blender, fruit, and your base of choice, such as water, milk, soy milk or yogurt. You can make a dairy-based smoothie for breakfast, or perhaps a water-based one as a snack. You'll get the vitamins and minerals you need, plenty of fiber, and if you need extra protein for an active lifestyle, you can add that as a powder.

You really do have an almost infinite number of fruit options, and can change at will according to seasonality if you're buying locally-grown, but make sure to weigh what you put in and don't overdo it.

Here is my favorite smoothie recipe:



Ingredients

- 1 cup of water
- 50 grams of blueberries
- 50 grams of banana (I cut and freeze in portions)
- 1 tsp. pure vanilla extract
- 2 scoops of protein powder (I like SP Complete, which has some greens but no sugar)
- ½ cup of ice (I like my smoothies cold)

Instructions

Just put it all in your blender, blend until smooth, pour and enjoy. The ingredients above will make enough to fill a 20-ounce shaker bottle, which you can keep in the fridge at work. Shake it all up again when you're ready

Optional

- Milk or soy milk instead of water
- Any fruit of your choice instead of the blueberries and banana
- Add half a carrot instead of the vanilla (for extra fiber, and sweetness)
- Replace 1 scoop of protein powder with 2 heaping tablespoons of unsweetened Greek yogurt (for extra protein without sugars)