

# Super Smoothie Guide

Store-bought smoothies tend to be full of sugar, sucky protein powders, processed junk and generally just a load of 🍯. Use this guide to learn how to make your own smoothies at home jam-packed full of nutrients, fresh ingredients, and all the goodness to make you more awesome every day.

<b>STEP ONE</b>	<h2>LIQUID</h2> <p>250-500 ml. Choose one:</p> <ul style="list-style-type: none"><li>• Water</li><li>• Cow's milk</li><li>• Almond milk</li><li>• Hazelnut milk</li><li>• Soy milk</li><li>• Hemp milk</li><li>• Rice milk</li></ul>	<b>STEP FOUR</b>	<h2>FRUIT</h2> <p>1-2 handfuls. Choose one:</p> <ul style="list-style-type: none"><li>• Banana</li><li>• Apple</li><li>• Dates</li><li>• Cherries</li><li>• Pineapple</li><li>• Berries</li><li>• Mango</li></ul>
<b>STEP TWO</b>	<h2>VEGGIES</h2> <p>1-2 handfuls. Choose one:</p> <ul style="list-style-type: none"><li>• Spinach</li><li>• Kale</li><li>• Swiss chard</li><li>• Beets / beet greens</li><li>• Cucumber</li></ul>	<b>STEP FIVE</b>	<h2>PROTEIN <small>(POWDER)</small></h2> <p>1-2 scoops. Choose one:</p> <ul style="list-style-type: none"><li>• Whey protein</li><li>• Beef protein</li><li>• Pea protein</li><li>• Rice protein</li><li>• Vegan blend</li></ul>
<b>STEP THREE</b>	<h2><small>(HEALTHY)</small> FATS</h2> <p>1-2 thumbs. Choose one:</p> <ul style="list-style-type: none"><li>• Cashews</li><li>• Walnuts</li><li>• Almonds</li><li>• Dark chocolate</li><li>• Chia seeds</li><li>• Flax seeds</li><li>• Hemp seeds</li><li>• Pumpkin seeds</li><li>• Sunflower seeds</li><li>• Nut butter</li></ul>	<b>BONUS TIPS</b>	<ul style="list-style-type: none"><li>• Get a good blender</li><li>• Freeze your fruit/veg for a frappe-smoothie (or add ice)</li><li>• Sprinkle cinnamon for a warm wintery feel</li><li>• Add oats for extra carbs</li><li>• Add some yoghurt for a smoother consistency</li><li>• Play around and see what you like</li><li>• Remember - put the lid on</li></ul>