

How to Build Your Best Smoothie

Smoothies are a great way to add more nutrition and taste to your eating habits - try these tips for inspiration:

Freeze Your Fruit: Instead of tossing fruit that is starting to brown, freeze it. It will keep its nutritional value and flavor and act as an ice cube, chilling smoothies.

Include Healthy Fats: 2 tablespoons of peanut butter or 1/3 of a medium avocado provide unsaturated fat, and help give smoothies a creamy texture.

Add Protein: Mix in Greek yogurt or milk to give smoothies staying power. If you prefer plant-based dairy alternatives, look for an option with protein, like soy or pea milk.

Find New Flavors: Explore unique tastes by adding herbs and spices like ginger or turmeric to blends.

Up the Fiber: Give your favorite smoothie blend a boost by adding a 1/2 cup of 100% whole grain Quaker oats for four additional grams of fiber, as well as a rich and thick texture.

Here's an easy shopping guide for building your best smoothie:

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(Suggested amounts per serving)



 START WITH YOUR LIQUID	 ADD YOUR FAVORITE FRUITS & VEGGIES	 BOOST YOUR BLEND	 TOP IT OR SPRINKLE IT
Water, milk or your favorite non-dairy alternative, orange juice	Pick 2-3 of your favorites like: berries, banana, kiwi, mango, melon, apples, carrots, celery, spinach or kale	Quaker® Old Fashioned, Quick or Instant Oats	Top it with a pinch of nuts, seeds, or unsweetened coconut flakes Sprinkle it with honey or spices like cinnamon
1 cup	1-2 cups total	1/2 cup, which provides 4g of fiber	To taste