

How to build the perfect smoothie.

KRISTIN KABAY, MS, RD, CSSD, LD

Protein.

Tip: Aim for at least 10 grams

- Pea protein or dairy free yogurt
- Whey, Greek yogurt, or dairy

Healthy Fat.

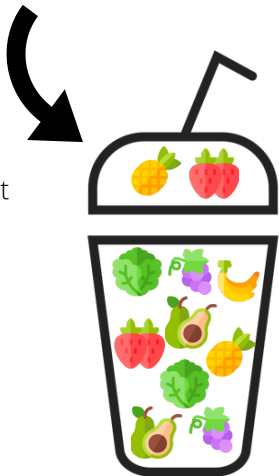
Tip: Aim for 1-2 Tbsp.

- Avocado, nut butter, or seeds

Carbohydrate.

Tip: Choose higher fiber options

- Frozen or fresh berries, bananas, oats, greens, cauliflower



KristinKabay.com