



Guidelines for a Good Smoothie

If you ever have fruit on the verge of going bad, most of the time it can be frozen. Peel or cut off the stem and put them in a plastic bag. Then, when it's time to make smoothies, you are ready.

Components

- A good base: frozen bananas are top choice! Also good: Greek yogurt, avocado or kefir.
- Milk of your choice: dairy, almond, coconut, soy, sweetened or unsweetened - however you like!
- Sweetener as needed: honey, agave, or dates.
- Don't be afraid of vegetables: With a good base, you can sneak in some heavy greens and pack in the nutrition.
- Mix-Ins: Get creative! A few ideas: nut butters, protein powder, flax seeds, chia seeds, bee pollen, wheatgrass, hemp powder.

The sky's the limit. Be creative, and test as you go. The great part is, it's easy to make quick changes before you serve! Once you've found your favorite combination, WRITE IT DOWN, because it's all too easy to forget.

Enjoy

Let us know if you make this recipe!
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