

# 15

## INGREDIENTS

*to*

## POWER UP

*your*

## SMOOTHIE

HOT  
BEAUTY  
HEALTH



# 15 HEALTHY INGREDIENTS *to* POWER UP YOUR SMOOTHIE

## 1 | RAW CACAO POWDER

This will give your drink a deep chocolate taste. It contains a wide range of minerals, vitamins, and antioxidants. It provides fiber, protein, and heart-healthy fat.

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## 2 | PROBIOTICS

Containing healthy bacteria, probiotics will keep your immune system and your digestive system healthy. It can reduce your risk of some diseases and illnesses. You will be less likely to experience bloating, chronic constipation, and other digestive problems. You can find probiotics in a number of products like yogurt.

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## 3 | AVOCADO

There are many health benefits in this tasty fruit. It can lower your cholesterol levels, help your body absorb the nutrients from other foods you eat, and provide potassium and a number of important vitamins. Avocados also contain fatty acids and fiber.

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## 4 | ALMOND MILK

You can have the benefits of dairy products such as Vitamin D and calcium for strong bones without the drawbacks. As it provides healthy fats without saturated fat or cholesterol, it is good for your heart. Almond milk is also useful for healthy digestion and muscle strength.

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## 5 | GELATIN

Dietary collagen is plentiful in gelatin. It keeps your hormones balanced, increases your metabolism, strengthens bones, and promotes healthy digestion, skin, hair, nails, and teeth. *Highly recommend [this product!](#)*

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## 6 | MACA POWDER

Helps balance mood and boosts energy. As it contains iron for your red blood cells, it can reduce your risk of heart disease and anemia. Maca is good for your skin, can correct hormonal issues, and is especially useful for women's health issues.

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## 7 | CHIA SEEDS

There is a considerable amount of nutritional value in Chia seeds. These small seeds contain Omega-3 fatty acids, antioxidants, dietary fiber, protein, minerals, and vitamins. Chia seeds may help control hunger, and they are low in calories.

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## 8 | PROTEIN POWDER

Protein powder is a popular choice for smoothies. Whey protein is packed with amino acids. The protein benefits your muscles, skin, and internal organs. It is a healthy, natural protein that provides an energy boost and decreases body fat while gaining lean muscle.

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## 9 | FLAX SEEDS

Flax seeds can be a low-carb, high-fiber addition to your smoothies. They are considered to be one of the healthiest foods in the world.

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## 10 | LEAFY GREENS

You know dark green leafy vegetables are good for you, but some provide more benefits than others. Spinach and kale are two beneficial greens you can try in your smoothies. Both contain the same amount of fiber and iron.

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## 11 | FROZEN BERRIES

Berries are good for you, but frozen berries are better. While you can choose any berries you like, blueberries are at the top of the list. Frozen blueberries contain more antioxidants than any other berry.

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## 12 | BANANAS

A banana is an ideal source of potassium. It also contains Vitamin C and fiber. Bananas reduce the risk of muscle cramps, and promote healthy digestion.

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## 13 | PINEAPPLES

Pineapples are delicious, but they are a nutritious food, too. They contain an impressive range of minerals, vitamins, and nutrients.

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## 14 | NUT BUTTERS

Nut butters can come from a variety of nuts. In addition to peanut butter, you can add hazelnut, macadamia, walnut, cashew, or almond butter to your smoothie. The butters provide fiber, phytochemicals, minerals, vitamins, protein, and healthy fats. Choose a nut butter that does not contain added sugar or salt.

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## 15 | NATURAL SWEETENERS

When you want to make the healthiest smoothie, you don't need to add sugar. You also don't need artificial sweeteners. A natural sweetener is a healthier alternative. Natural sweeteners you can try are chopped dates or raw honey.

# BUILDING YOUR *Smoothie*

Following a plan while building a smoothie will ensure the best textural result. Follow these steps!

## STEP 1 | BASE

Hard, chunky ingredients like frozen fruits, dried fruits, and seeds go in first to ensure they are closest to the blades. *Add 1 cup of base ingredients.*

## STEP 2 | BULK

Soft, chunky ingredients like vegetables, fresh fruits, leafy greens, nut butters, avocado, yogurt, and so on are next. *Add 1 cup of bulk ingredients or 1-2 tbsp of nut butters/nuts or 1/4 cup of avocado.*

## STEP 3 | POWDERS and SUPERFOODS

Add them just after the base and bulk but before the liquids. Doing this will ensure they stick to the ingredients and not get trapped below the blades of the blender. *Add 1 tablespoon of powder (ex: flaxseed, chia seeds, maca) or scoop of protein powder.*

## STEP 4 | LIQUID

Liquids should always be last to distribute them evenly and avoid “smoothie splash.” *Add 3/4 cup of liquid (if too thick, add more).*

## STEP 5 | ICE (optional)

Ice can actually be added first or last. If you have frozen berries already in your mix, skip the ice. If your smoothie contains very hard ingredients like nuts, blend everything but the ice first until creamy, stop the blender, add the ice and blend again. *Add 1 cup of ice.*

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## MY SMOOTHING MAKING ESSENTIALS

[Nutri Ninja Auto IQ Blender](#) / [Superfood Smoothies Book](#) / [Thrive Market](#)