

The Ultimate Smoothie Guide

How to make the perfect smoothie

Let's Drink!

By Drink Addicts

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Getting Started:

Equipment Checklist: While the only piece of equipment that you really need is a blender here is a list of items that I have found to be super helpful! You may have most of these already in your home kitchen.

1. Blender (I use a Ninja)
2. Glass Measuring cups (for liquids)
3. Plastic measuring cups
4. Spoons
5. 8 cup glass container with lid in order to put bananas in the freezer
6. Kitchen scale
7. Clips to clip your frozen bags together once opened
8. Scissors to open all frozen fruits.



Smoothie Your Way

This is the ultimate guide on how to make the perfect smoothie:

Ingredients:

1. 8 ounces of vanilla almond milk or milk of choice Note: You can use 4 ounces of Orange Juice and 4 ounces of water as well for a bit more sweetness.
2. 1/4 cup plain greek yogurt
3. 1 scoop vanilla protein powder
4. 1 cup frozen fruit of choice
5. 1/2 of a frozen banana
6. 5 stevia drops
7. 1/2 cup spinach
8. 2 Tablespoons chia seeds

Directions:

1. Add all ingredients to a blender cup
2. Blend until smooth
3. Add garnish of choice
4. Pour into glass and enjoy!

Don't be afraid to get fun and get creative!



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