

The Anatomy of a Healthy Smoothie

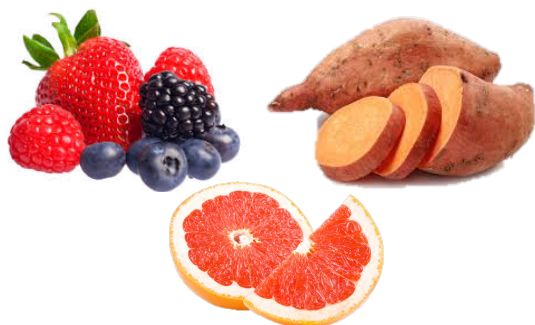
Part 1 – Liquid (water or nut milk)



Part 2 - Green Base (spinach, kale, collards)



Part 3 – Low Glycemic Fruit/.Vegetables



Part 4 – High Glycemic Fruit/Vegetables (optional)



Part 5 – Other Sweeteners (optional)



Part 6 – Superfood Boosters



Part 7– Fiber (nuts & seeds have plenty)



Part 8– Healthy Fats



Part 9– Protein (whole food/ vegan powder)



The Anatomy of a Healthy Smoothie



SELINA ROSE
vitality focus connection

	Options	Quantity
Part 1 Liquid	<ul style="list-style-type: none"> Filtered water Nut milk (coconut, almond, cashew, hemp, etc.) Coconut water Steeped tea (cold) 	1 to 1.5 cups
PART 2 Greens	<ul style="list-style-type: none"> Spinach Kale Mixed baby greens Arugula Collard greens/ Beet greens/ Dandelion greens 	2 cups
PART 3 Low Glycemic Fruit/Veg	<ul style="list-style-type: none"> Berries (raspberries, blueberries, strawberries) Grapefruit Pear Apple Sweet potato Cucumber Celery 	½ cup (can choose multiple ½ cup servings)
PART 4 Higher Glycemic Fruit	<ul style="list-style-type: none"> Banana (use ½ or less) Pineapple Mango Carrots Beets 	½ cup (choose one serving to keep sugar low)
PART 5 Other Sweeteners	<ul style="list-style-type: none"> Dates Maple syrup Honey 	OPTIONAL 1 – 2 tsp (or 1 date)
PART 6 Superfood Boosters	<ul style="list-style-type: none"> Matcha green tea powder Spirulina/Chlorella/Chlorophyll Turmeric Cacao powder/ Cacao nibs Maca powder Bee pollen Camu camu powder 	Follow directions on product.
PART 7 Fiber	<ul style="list-style-type: none"> Seeds: ground flax, chia, hemp hearts 	1 tbsp.
PART 8 Healthy Fat	<ul style="list-style-type: none"> Coconut oil Nut/seed butter Whole nuts/seeds 	1 tbsp.
PART 9 Protein	<ul style="list-style-type: none"> Vegan protein powder Collagen powder Whole nuts/seeds 	1 Scoop or (up to 3 tbsp. nuts/seeds)

How to Load Your Blender for the Perfect Smoothie Every Time



SELINA ROSE
vitality focus connection



It's not just *what* you put in your smoothie, but how you layer your ingredients into the blender that makes your smoothie taste great. Use this blending order for the perfectly blended smoothie every time.

5. Top off with Ice/ Frozen

Frozen fruits & ice are hardest to blend so layer these at the top.

4. Hard or Dry Foods

Like carrots, nuts, seeds, powders.

3. Soft Fruits & Vegetables

These are easy to blend so they go in the middle.

2. Leafy Greens/ Herbs

Soft greens and powders go in 2nd to ensure they liquefy.

1. Liquids in First

Liquids are the easiest to blend so they go in first.

Begin with the ingredients that are the easiest to blend and work up from there toward nuts/ice or other hard vegetables. If your blender is high-power it should be able to liquefy all of your ingredients on one blend cycle.