

Tips on Making a Great Smoothie for a Meal

Smoothies can be a great way to get some or all of your nutrition in at a meal and can be quite delicious as well. Smoothies can be easy and quick to prepare which is great for individuals who are in a time crunch.



In order to prepare a great smoothie, here are some tips to follow:

- Add your liquid base of the smoothie to your blender first before the fruit as this helps to prevent the blender blade from getting damaged. A liquid base could either be low fat dairy milk, water + powdered milk, soy milk, almond milk.
- Different fruits that go great in smoothies are fruits such as bananas, grated apple or pear, melon, berries, peaches. You may need to add more fruit or liquid depending on how thick you enjoy your smoothie.
- If you want to get some more vegetables in your diet, try adding kale or spinach to your smoothie.
- If you want to boost the protein content of your smoothie, add soft tofu, use greek yogurt, dairy milk or soy milk, chopped nuts or pasturized egg product like Eggbeaters (do not use raw eggs).
- If you want to give the smoothie some more texture, then try adding some flaxseeds, whole oats or chopped nuts into it.
- When having a smoothie for a meal, ensure you have 3 out of the 4 food groups in your smoothie (example - Milk + fruit + tofu).
- Make sure that you wash all of your fresh fruits and vegetables before you blend them.
- For a thicker smoothie, add some ice cubes before blenderizing it.
- Try freezing the fruit in the freezer before using or buy fruit already frozen. It is nutritious and can make the smoothie nice and cold.

References:

1. How to make the perfect smoothie - <http://www.bbcgoodfood.com/howto/guide/how-make-perfect-smoothie>