

## Healthy smoothies you'll love

When most people think of smoothies, they think of those tall, fruity concoctions from mall food courts.

Those smoothies have their benefits: They're quick, portable, and delicious. Plus, they can be loaded with nutritious fruit.

When we choose them, we often feel we're making "the healthy choice." However, some—especially the food court variety—may also include added sugar, syrups, sweetened frozen yogurt, or even ice cream.

### **These additives aren't "bad."**

However, they DO add a lot of calories without a lot of nutrition. (Most sorely missed: Protein, which helps regulate your appetite and keeps you feeling satisfied for longer.)

The result? These smoothies contribute (sometimes generously) to your calorie intake, and yet aren't very effective at keeping hunger at bay for long.

There's a place for ALL smoothies, especially if you love them. But if you're looking for a more nutrient-balanced, satisfying option, here's an option you might like to know about...

## **The Super Shake**

The Super Shake is a delicious meal (or snack, or post-workout fuel) in liquid form. It contains:

- Whole fruits and vegetables
- Protein
- Fiber and healthy fats
- Enough calories to feel as satisfying as a meal (without overloading you)

It takes minutes to make and—once transferred to your cool hipster Mason jar or favorite tumbler—can be consumed on-the-go.

Super Shakes work well if you're busy and want a quick meal option. But they're also great if you want an easier way to add calories and nutrition between meals—for example, if you're looking to put on muscle or overall weight. Because Super Shakes are liquid, they're easier to consume than, say, steak and potatoes.

## **How to Make a Super Shake**

### **Step 1: Pick a liquid.**

If you're trying to lose weight, use water or other lower calorie drinks like unsweetened almond milk or skim milk. If you're trying to gain weight, use whole milk or whole fat plain yogurt.

### **Step 2: Pick a protein powder.**

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Whey is the most common option and has the best tasting products. Casein, rice, pea, soy, and hemp proteins can all work, too.

### **Step 3: Pick a fruit.**

Bananas, berries, pineapple, apples (core removed), and dark cherries (pits removed) are all great options. You can use fresh or frozen fruit.

### **Step 4: Pick a vegetable.**

This may sound weird (or even gross), but spinach is usually the best vegetable to use as it doesn't affect the taste at all. Other options are cooked or canned squash or pumpkin, beets (cooked), cucumber, and celery.

### **Step 5: Pick a healthy fat.**

The best options in shakes are nuts and seeds, such as walnuts, almonds, cashews, flax seeds, chia seeds and hemp seeds. Avocado, unsweetened coconut, and dark chocolate—along with almond, cashew, and peanut butter—all work well, too.

### **Step 6: Pick an extra.**

If you used fresh fruit, you may want to add ice for a thick and refreshing shake. If you need extra carbs, you can include more fruit or a handful of uncooked oats. You can also add cinnamon and other spices for more flavor and health benefits.

### **Blend it up.**

And in case you want a little more help: Try this chocolate, peanut butter, and banana smoothie. It's a real crowd-pleaser. And don't be put off by the spinach: Though it'll turn your smoothie green, it's nearly undetectable flavor-wise.□□

6-12 oz (180-360 mL) water, unsweetened almond milk, whole milk, etc.

1-2 scoops chocolate flavored protein powder 2 bananas

1-2 fists of spinach

1-2 thumbs of peanut butter

Add ice if using fresh fruit and uncooked oats if you need more carbs

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### **ABOUT ME**

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

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