

Summertime and the Sippin' is Easy

Now that summer has officially arrived it's time to take advantage of the bounty of fresh fruits and vegetables available. What better way to incorporate them into your day than with a smoothie? Smoothies can be the perfect meal replacement, post-workout snack or dessert but you have to be mindful or the calories will add up.

Creative Combinations

1. **Powerful Proteins** - If your smoothie is a meal it's important to include protein. Options include hemp, whey or soy protein powder, soy milk or plain low fat yogurt
2. **Flavorful Fats** - A little 'good fat' can increase satiety - the key is sticking to less than a tablespoon. Try nut butters, flaxseeds (ground or milled), walnut or flax oil
3. **Glorious Greens** - Greens may not be the first item you think of in a smoothie but the following are great additions-dandelion, romaine, spinach and kale
4. **Fruits** - Try for organic fresh or frozen fruit and branch out: watermelon, mango, nectarines and blackberries all work well blended.
5. For a little extra flavor or sweetness try agave nectar, cinnamon, stevia, a couple ounces acai or pomegranate juice, vanilla extract or ginger.

A few Foodtrainers' conscious concoctions:**Foodtrainers 'Lean-a' Colada**

Coconut water contains more potassium than sports drinks and is a great post workout choice

1 scoop vanilla whey protein powder
1 cup fresh or frozen pineapple
¼ tsp coconut extract
½ cup coconut water
Agave Nectar or other sweetener optional

**Mindful Mocha**

Hemp protein will help you get your daily recommendation of omega 3's (1-2g per day) and fiber (approximately 25 grams per day)

1 scoop chocolate hemp protein
4 oz chocolate skim plus milk or chocolate soy milk
4 oz iced or room temperature coffee
Dash cinnamon
Dash coffee extract
Ice to desired consistency

**Foodtrainers' 'Going Green' Smoothie**

Packed with numerous nutrients like vitamin A, vitamin C, vitamin B6, potassium and folic acid any one of our suggested leafy greens will mix things up

1-2 cups baby spinach (washed)
½ banana
1 cup frozen berries
Teas Tea green tea
1 tsp flax/flax oil
Ice to desired consistency
Stevia or Agave Nectar optional

**Ready to Drink**

Supermarket brands we endorse include Lightful Satiety smoothies and Stonyfield Light smoothies. When ordering at a smoothie shop steer clear of peanut butter (peanut butter smoothies tend to contain over 1000 calories) and always order the smallest size offered.