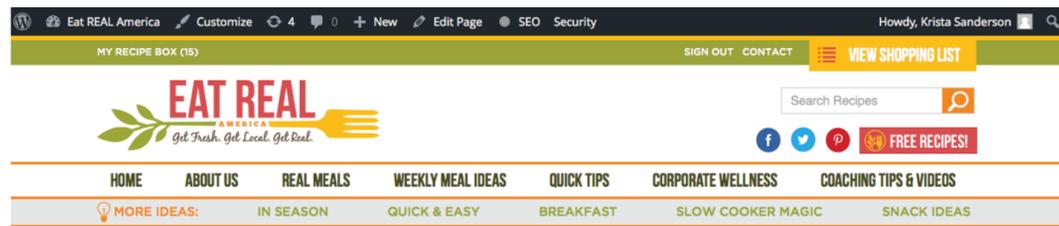


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We have tried to gather some ideas and tips to make meal preparation easier for you. I am sure we can learn from each other, please feel free to share your tips on preparing REAL food with us - we would love to hear from you! Feel free to submit your quick tip by clicking the button at the top of the page!



**NO FAIL SMOOTHIE!** 1

Use this formula as a guide, but feel free to get creative -- you don't need a recipe!

- + 1 cup liquid (almond milk, milk, or 100% juice, or use 1/2 cup yogurt with 3/4 to 1 cup liquid)
- + 1 fruit (banana, berries, peach, grapes, pineapple, kiwi, or others of your choice)
- + 1 cup frozen fruit (frozen banana, mango, pineapple, or berries. No frozen? Use 1/2 cup of ice!)
- + 1 veggie (OPTIONAL, about 1/2 cup spinach, kale, avocado, cucumber, cauliflower or pumpkin)
- + 1 Tbsp nutritional boost (OPTIONAL, nut butter, nuts, hemp hearts, flax seeds, chia seeds, etc.)
- + 1 Tbsp sweetener (OPTIONAL, 1-2 pitted dates or 1 Tbsp of pure maple syrup, honey, or agave nectar)

**Tips for a No-Fail Smoothie:**

Add liquid first! (It will make it easier for the blades of your blender to get things moving!)

When making a smoothie with greens, avoid dark berries such as blueberries or blackberries. (Your smoothie will end up being an unattractive color!) Or, if you don't care about how it looks -- then go for it and add them in!

Make your smoothie first with no additional sweetener, and then taste and add the optional sweetener if desired. Sometimes the sweetness of the fruit is enough!

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Howdy, Krista Sanderson

**No Fail Smoothie!** 1

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**2**

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Word count: 188 Last edited by Krista Sanderson on September 1, 2015 at 1:01 pm

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