

How to Build the Perfect Balanced Smoothie

Are you following a low carbohydrate diet or find you just want to balance out your nutrients? Often when people come in for counseling if they are watching their weight or being careful of what they are eating I tell them avoid smoothies for a bit. The reason is, is that if shakes are NOT carefully crafted, they can be equivalent to eating a bowl or pasta or a loaf of bread (but with extra vitamins of course). Which by the way can be fine but *not* when you are under the impression that shake will “help you” lose weight.

Instead follow this guideline to making the perfectly balanced smoothie!

Here are some tips to make a shake that will:

- ✓ Keeps you full for at least 3 hours
- ✓ Won't spike your blood sugar
- ✓ Increase your energy levels

Base

Non- Dairy: Water OR soymilk, unsweetened coconut, almond, hemp or any other nut or seed milk...

Why? (*milk has sneaky carbs*)

PER 1 CUP these alternatives are fabulous!

Almond Milk: 2 grams of carbohydrate

Soy Milk: 4 grams of carbohydrate

Flax Milk: 1 gram of carbohydrate

Coconut Milk: 1 gram of carbohydrate

Hemp Milk: 1 gram of carbohydrate

Cashew Milk: 1 gram of carbohydrate

Protein

Powder: Whey protein or pea protein are the best. Choose a powder that has < 8 grams of total carbohydrates.

Dairy – free powder: make sure it has >5 grams of protein and < 8 grams of total carbohydrates

Yogurt: Oikos triple zero Greek yogurt in flavors, plain Greek yogurt of any brand, Fage and Chobani Greek yogurt (5 oz)

Dairy – free Greek yogurt – Plain SoDelicious Greek yogurt (almond, oat or coconut based)

Carbohydrate

- Gooseberries (1 cup) 15 g c, 6.5 g fiber, 8.5 g net c
- Currants (1 cup) 15 g c 6.5 g fiber, 8.5 g net c
- Boysenberries (1 cup) 16 g c, 7 g fiber, 9 g net c
- Pears, raw (1 cup sliced) 21 g c, 5 g fiber, 16 g net c
- Loganberries (1 cup) 19 g c, 9 g fiber, 12 g net c
- Raspberries (1 cup) 23 g c, 8 g fiber, 15 g net c
- Apple (1 cup sliced) 20 g c, 4 g fiber, 16 g net c
- Blackberries (1 cup) 28 g c, 16 g fiber, 12 g net c
- Mango: (1 cup in pieces) 24 g c, 3 g fiber, 21 g net c
- Strawberries (1 cup halved): 17 g c, 7.6 g of fiber, 10 g net c
- Blueberries (1/2 cup) 10 g c, 2 g of fiber, 8 g net c

C = Carbs, g = grams

Fat

- Peanut butter or any seed or nut butter
- ¼ avocado
- 2 Tb PB2 (powdered peanut butter)
- 2 Tb chia or flax seed mixed or separate

Extra Power

- Non – caloric sweetener: Monk Fruit Extract, Stevia or erythritol
- Agave or Honey: 1 tsp
- Antioxidants - Baby kale, spinach