

## ‘MAKING - SMOOTHIES - EASY’ CHART

FRUIT	VEGETABLES & GREENS	SUPER' FOODS	NATURAL SWEETENERS	NUTS AND SEEDS	LIQUID	OILS
Banana Apple Pear Peach Mango Pineapple Strawberries Blueberries etc - endless choices!	Spinach Kale Cucumber Chard Watercress Salad leaves Rocket Celery (if you have a powerful blender, even very hard vegetables can be added in small quantities)	Maca Bee pollen Green powders Hemp protein powder Other protein powder etc (Can also add any ground up Vitamin supplements)	Dates Agave nectar Pure maple syrup Honey	Flax (linseed) Hemp Chia or nut / seed butter	Almond milk Other 'nut' milk Coconut water	Flax (linseed) Hemp oil Udo's oil Coconut oil etc
Fruit may be frozen or fresh. Bananas can be cut into chunks and routinely kept in freezer along with other berries etc.	Greens are an important part of the diet - this is an easy way to get more.	All of these are optional but make your smoothie a real powerhouse of nutrition.	Not too much, just enough to take the edge off the 'greens'	Not always necessary but add richness if you need the calories and are full of essential oils and vitamins	Your preference - can also use plain filtered water	As with nuts and seeds.

**All you need now is to find a workspace in your kitchen to set up your blender!**

**Points to remember:**

- Choose items from the first two columns, some liquid and then anything else you fancy. No rules really, (blend harder foods first and keep chunks a manageable size) - just experiment with some old and new favorites.
- If you are new to making smoothies, keep it very simple - say a banana, some berries and about 1/2 - 1 cup of coconut water, plain water or nut milk. (When you experience this simple delight you will be raring to go!)
- With a little experience, you will notice how easy it is to make some amazingly satisfying variations. It really is *FAST* food and very convenient to take with you for food on the go.