

HEALTHY EATS

By Tina Uphoff



As we embark on a fresh journey into the new year, what better way to kickstart our days and nourish our bodies than with a wholesome, protein-packed smoothie? As resolutions take center stage and the pursuit of a healthier lifestyle gains momentum, incorporating a nutrient-dense smoothie into your morning routine can be a delicious and satisfying choice. Packed with essential vitamins, minerals, and, most importantly, a generous dose of protein, this vibrant concoction not only fuels your body but also sets a positive tone for the day ahead. Whether you're aiming to maintain an active lifestyle, support muscle health, or simply make mindful dietary choices, a protein smoothie is a convenient way to embrace the new year with vitality and wellness.

Below is some basic information about what to include in a smoothie and tips for making your best smoothie. I have also included my favorite smoothie recipe below. Cheers to a healthier and happier you!

Smoothie Ingredients

When determining how best to mix your smoothie, you want to think about including:

- High Quality Protein Powder
- A Healthy Fat
- High Nutrient Ingredients

High Quality Protein Powder

- 20+ grams of protein/serving
- Low in carbs and sugar
- Ideally free of dairy, gluten, soy, and non-GMO (these tend to cause inflammation)

Healthy Fat Options

- Avocado
- Chia seeds or hemp seeds
- Nuts or nut butter
- Coconut oil

High Nutrient Ingredients

- Greens (e.g., kale, spinach)
- Fresh Vegetables (e.g., broccoli, celery, carrots)
- Berries and/or cranberries (fresh or frozen)
- Any other powdered supplements you wish to add (e.g., turmeric, spirulina, beets)

Other Considerations

- Keep fruit to ½ cup or less and consider low glycemic options such as berries
- There are a lot of great frozen fruit options; however, make sure they do not have added sugar
- Use non-dairy milk options (e.g., almond milk, coconut milk, hemp milk)
- Spice up a smoothie with cinnamon or vanilla extract

Tips and Tricks

Invest in a Good Blender - You will need a high-power blender to prevent chunks and ensure everything is well mixed.

Frozen vs. Fresh Fruit - Frozen fruit will give a smoothie a creamier texture than fresh fruit.

Thicker Smoothie – If you want a thicker smoothie or to make it more of a smoothie bowl, consider adding nut butters, oatmeal, or half of a frozen banana. You can also use less liquid.

Balance Ingredients – You want a good balance of ingredients. Too many greens may not be too strong of a taste. Also, too much fruit will make the smoothie very high in fructose and drive-up blood sugar.

Keep Ingredients on Hand – There are many ingredients that can be on-hand to whip up a quick smoothie including protein powder, frozen berries and bananas, frozen avocados, and healthy fats like chia seeds.

Pumpkin Spice Protein Smoothie

Ingredients:

- 1-2 handfuls of Greens (e.g., spinach, kale, mustard greens)
- 1/2 cup Pumpkin Puree
- 2 scoops of Vanilla Protein Powder
- 1/4 – 1/2 tsp Pumpkin Pie Spice
- 1/4 – 1/2 tsp Cinnamon
- 1 TB Almond Butter
- 1/2 cup Fresh Carrot Juice (can substitute with Non-Dairy Milk)
- 1 cup of Non-Dairy Milk
- Additional water as needed based on blender size

Directions:

1. Combine all ingredients and blend well.

Questions? Feel free to contact me at: tina@tinahealthcoach.com or my cell (612.720.3596)