



Smoothie Swap Outs and Tips

Vanilla Yogurt  Plain Greek Yogurt



- Plain Greek yogurt has more protein and less added sugar

Cow's Milk  Almond Milk



- Almond milk has less fat and 1/4 the calories

Honey  Dates



- Dates have more fiber, calcium, and potassium

TIPS:

- Use ripe banana as sweetener instead of adding honey or other sweetener



- Sneak a tasteless vegetable into the smoothie such as cauliflower for more fiber and to add an extra food group to smoothie



- Add seeds like flax or chia seeds to incorporate more fiber



- Add nut butters to smoothie to increase protein intake and increase fullness level



- Add avocado to increase creaminess and add a monounsaturated fat which will help increase fullness level

