How to Make the Perfect Smoothie

1. Add Fruit
   - Fresh: Banana, Apples, Peaches
   - Frozen: Berries, Mixed, Mango
   - Packaged: Fruit cup, Peaches, Pineapple

2. Add a fluid
   - Milk
   - Yogurt + water
   - Water/ Ice

3. Add 1 scoop protein

4. Add a boost
   - High calorie: Peanut butter, Oreos, Ice cream, Pop tart, Honey
   - Health boost: Flax seed, Frozen spinach, Beet root powder, Chia seeds

Smoothie Secrets
- Blend with warm water and soap for quick cleaning
- Smoothies paired with a bagel or granola bar make a fast breakfast
- Always add the protein after the fluid to prevent clumps