

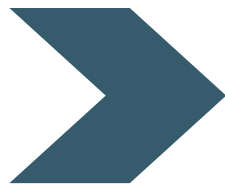
SMOOTHIE BOOSTERS

TIPS FOR MAKING THE MOST OF YOUR SMOOTHIE

Smoothies are a quick and easy way to nourish your body when you are not feeling your best or need to gain weight. Smoothies are a great option if you don't have much of an appetite. There are no rules when it comes to smoothies! You get to decide what to add or what to omit to make the best smoothie for you. Here are some suggestions to boost the calories in your smoothie.

Basic Smoothie = 1 cup liquid + 1 cup fruits and/or veggies

CALORIE BOOSTERS



- Ice cream (1/2 cup) - 130 calories
- Dry milk powder (2 Tbsp) - 80 calories
- Half and Half (2 Tbsp) - 40 calories
- Heavy cream (2 Tbsp) - 100 calories
- Ensure/Boost Plus (1 cup) - 350 calories
- Whole milk - 1 cup - 150 calories
- Peanut butter (2 Tbsp) - 180 calories
- Flax seeds (2 Tbsp) - 110 calories
- Hemp hearts (2 Tbsp) - 110 calories
- Chia seeds (2 Tbsp) - 140 calories
- Olive oil (2 Tbsp) - 220 calories
- Honey (2 Tbsp) - 120 calories
- Maple syrup (2 Tbsp) - 100 calories
- Avocado (1/2 whole) - 160 calories

