

# 5 Smoothie Mistakes

HAPPENING IN YOUR BLENDER RIGHT NOW!

**SMOOTHIES:** one of the simplest, tastiest ways to start your day that's—literally—easy to whip up, packed with nutrients and loaded with healthy benefits.

**Or are they?** Blenders packed to the rim with good things doesn't always mean the smoothie will be good for you. Hidden calories and sugar can quickly derail your health-conscious drink.

Consider these 5 smoothie standards the next time you power on your Vitamix.



## MEASURE INGREDIENTS

A handful of this and a dash of that doesn't make a healthy smoothie. Portion out your ingredients according to serving suggestions. When calculating how much fruit to add, one cup is just right.



## CONSISTENT CONSISTENCY

If thin, runny smoothies are not your thing, fiber-packed fruits—such as peaches and mangos—give breakfast beverages more body. Adding in omega-rich flax or chia seeds can keep your stomach satisfied longer.



## SUGAR RUSH

Sweeteners—like honey or agave syrup—make smoothies more flavorful, but they aren't great for you. One tablespoon of honey clocks in at 64 calories and 17 grams of sugar. So, omit the additives. Your tastebuds will adjust, and your body will thank you.



## ALL THE THINGS

Smoothies should represent a well-balanced meal in a blender. Banana and almond milk blends should be more than just bananas and almond milk. Vegetables, protein and whole grains should also be in the mix—from oats and seeds to almond butter and avocados. Recipes are limited only by your imagination.



## ADDING POWDERS

From protein blends to extra greens, a little powder goes a long way, but sometimes, you don't need it at all. Many have nutrients that are redundant with fresh fruits and veggies, are filled with artificial sweeteners or contain ingredients difficult to pronounce. Read labels before you buy and investigate whether the powder of your choice adds or detracts from your nutrition goals.

