



Dietitian's Dish

Build Your Own Smoothie!

A cornerstone of healthy habits is starting the day with breakfast. If you don't have time for a sit-down meal, opt for portable ways to fuel up. Smoothies offer easy ways to add nutrients your picky eater might otherwise avoid. The combinations of ingredients are endless so you don't have to get bored!



Add - ins: Nuts, seeds, oats, nut butter, cinnamon, natural sweeteners

Nutrient Boost:

Avocado, leafy greens, carrot, etc.



Base:

Milk or alternative, juice, yogurt, etc.

Fruits:

Fresh or Frozen



Pear, Oatmeal and Blueberry Breakfast Smoothie



Ingredients:

- 1 large, ripe pear
- 2 cups milk or milk alternative
- 1/2 cup quick-cooking oats
- 1 cup frozen blueberries
- 1 teaspoon cinnamon

Directions:

- Place all of the ingredients into a blender and puree at high speed until smooth and creamy.

