# SMOOTHIE CHEAT SHEET

## TIPS FROM ORGAIN'S NUTRITION PROS

Master the 5-step formula our Orgain pros use to make smooth, creamy, protein-packed smoothies.*

### 1 START WITH A LIQUID

Add ½ - 1 cup of your choice of milk or plant-based milk.

### 2 ADD FRUIT & VEGGIES

Add 1 cup of fresh or frozen fruit and/or veggies. You could also consider one serving of Orgain's Organic Superfoods powders for additional gut support.

### 3 ADD HEALTHY FATS

Boost flavor and nutrition with healthy fats. Examples: ¼ avocado, ½ cup full-fat Greek yogurt, 1 tablespoon nut/seed butter, 2 tablespoons unsweetened coconut cream.

### 4 ADD ORGAIN PROTEIN POWDER

Scoop in a serving of your favorite Orgain Protein Powder for added protein. For even more benefits, try adding a serving of Orgain's hydrolyzed collagen powder for hair, skin, nail and joint support.

### 5 BLEND IT ALL TOGETHER

Toss in a handful of ice cubes, 1/4-1/2 cup filtered water and blend until smooth.

**Need some ideas to get started?**

Visit **orgain.com/blogs/recipes** for some delicious protein-packed smoothie combinations to spark your creativity!

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*This guide offers general smoothie making guidelines. Results may vary based on ingredients selected and may require measurement or ingredient adjustments.