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Prevent and Protect
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SMOOTHIES

OprahMagazine.com

GET-UP-AND-GO PROTEIN SMOOTHIE

- 1/4 cup brewed espresso, chilled
- 1/2 cup vanilla soy milk
- 1 tablespoon cashew butter
- 1 large frozen banana (very ripe works best)
- 2-4 ice cubes

Combine all ingredients in a blender.
Process until smooth. Serve immediately.

Serves: 1

ANTIOXIDANT SMOOTHIE

- 1 kiwi, peeled and sliced
- 1/2 cup pineapple cubes
- 1 banana (preferably frozen)
- 1/4 cup strong green tea, cooled
- 2-4 ice cubes

Combine all ingredients in a blender.
Process until smooth. Serve immediately

Serves: 1

REHYDRATION SMOOTHIE

- 1 cup watermelon chunks, frozen
- 1/2 cup coconut water
- 1 1/2 teaspoon lime juice, from 1/2 lime
- 4-5 mint leaves
- 4 ice cubes

Combine all ingredients in a blender.
Process until smooth. Serve immediately.

Serves: 1