

# The **NOURISH** Guide to Building A Protein Smoothie

*I always recommend building your diet with whole foods....foods as close to their natural state as possible. I also know that we lead fast-paced lives and often need to create a quick meal or snack. Blending together a protein smoothie with high-quality ingredients **that includes whole foods** can provide the nutrition and boost you need in a short amount of time. Choose organic ingredients whenever possible ☺  
Here are four easy steps to build a quick, tasty, satisfying, and nutritious protein smoothie!*

## Step 1: The Base

This is the liquid part of your smoothie...and should go into your blender first.

**The base is one cup of your choice from the following list.**

\*\*If you choose a dairy base, the whole milk variety will provide you with the fullest array of nutrients that your body needs.

- Water
- Milk (cow, goat)
- 1/3 cup of full fat coconut milk plus 2/3 cup of water
- Yogurt or kefir (several tablespoons plus water to make one cup)
- Nut or seed milk (almond, sesame, cashew, hemp, coconut)
- Rice milk
- Coconut water

## Step 2: The Fruit

Fruit is technically optional in a protein smoothie....but why leave it out? Fresh fruit (especially berries) adds such a nutritional “punch”. Fruits are full of antioxidants and other plant nutrients.

\*\*If fresh fruit is unavailable, frozen organic fruit is a great option.

**Add ½ to 1 cup of fruit to your base.**

- Berries of any variety (strawberries, blueberries, raspberries, cherries)
- Apple
- Pear
- Pineapple
- Papaya
- Mango
- Banana (for a thicker shake)
- Kiwi
- Choose berries, apples, pears, or kiwi if you have blood sugar issues.

### Step 3: The Protein

Look for high-quality protein powders that are not denatured (altered by extreme heat, chemicals or detergents). **Run from any protein powder that uses the solvent hexane to extract the protein from the plant!** You want a product with no refined sugars, artificial chemical sweeteners, chemical preservatives or non-nutritious fillers. If you are a vegetarian or vegan, you will want to look for products without whey protein or other animal ingredients.

***I do not recommend soy protein in any form. Soy may disrupt hormone balance and thyroid function. Soy protein isolates may be difficult to digest. Most of the soybeans grown in the US are genetically modified.***

\*\*Protein powders vary in the amount of protein per serving. **Look for products that offer close to 20 grams of protein per serving to help stabilize blood sugar.**

- **Brown rice protein** (often in combination with other plant proteins)  
Look for raw and/or sprouted rice that is non-GMO. Many products add enzymes and/or probiotics to enhance digestion, making the nutrition more bio-available.

#### Product Examples

*Sun Warrior Classic*: raw, fermented, sprouted brown rice

- enzymatically processed
- impressive amino acid profile
- good value
- blends well
- 18 grams of protein per serving
- about \$1 per serving

[www.sunwarrior.com](http://www.sunwarrior.com)

*Sun Warrior Classic PLUS*: raw pea, brown rice, quinoa, chia seed & amaranth

- addition of other gluten-free protein sources
- organic
- impressive amino acid profile
- great taste
- 18 grams of protein per serving
- about \$1 per serving

[www.sunwarrior.com](http://www.sunwarrior.com)

*Arbonne Essentials Protein Shake Mix*: rice protein, pea protein, cranberry protein

- have to be an *Arbonne* member or purchase from a member
- company claims products are pure and safe
- smooth, good taste
- 20 grams of protein per serving
- about \$2 per serving

[www.arbonne.com](http://www.arbonne.com)

- **Hemp protein** (sometimes in combination with other plant proteins)

Product Examples

*Nutiva Protein Powder/Nutiva Hemp Shake*: 100% raw certified organic hemp

- no hexane, gluten, dairy, lactose
- high fiber
- good taste
- between 10-15 grams of protein per serving
- about \$1.50 per serving

[www.nutiva.com](http://www.nutiva.com)

*Sun Warrior Warrior Blend*: hemp, pea, and cranberry protein blend

- smooth, good taste
- contains all essential amino acids, vegan
- 17 grams of protein per serving
- about \$1 per serving

[www.sunwarrior.com](http://www.sunwarrior.com)

- **Whey protein** (more readily available in stores than the other type of protein)

Product Example

*Pure Encapsulations Whey Basics*

- high-quality product/must be purchased from healthcare practitioner
- mixes easily/good taste
- l-glutamine for immune function
- branched-chain amino acids for healthy muscle function
- 21 grams of protein per serving
- about \$2.60 per serving

[www.pureencapsulations.com](http://www.pureencapsulations.com)

## Step 4: The Additions

Give your smoothie a nutritional boost with one or more of these additions.

- Green Super Foods (in powdered form) such as: wheatgrass, barley grass, spirulina, chlorella or blue-green algae --see serving suggestion on product
- Fresh, leafy greens such as: a handful of spinach, kale, collard greens, dandelion greens, spring mix, Swiss chard, etc. (rotate the greens you use to insure varied nutrition)
- Raw, shelled hemp seeds - 1 to 3 tablespoons
- Hempseed oil --1 tablespoon
- Spices for flavor such as: cinnamon, ginger, nutmeg
- Freshly ground nuts or seeds such as: walnuts, almonds, sesame seeds
- Vitamin C powder -1/2 teaspoon ....continued on next page....
- Coconut Oil -1-2 tablespoons
- Cacao powder -1 tablespoon
- *Nuts and seeds do not need to be pre-ground if you are using a heavy-duty blender like the Vita Mix.*

**Mix it up!**

**NOURISH: *Natural Nutrition for Your Life***

**[www.nourishnutritionnow.com](http://www.nourishnutritionnow.com)**

### **Sources:**

\*websites cited

\* "Smoothies" by Sarah Bearden & Paula Bartholomy, Hawthorn University, 2008