



How to make a simple smoothie

1. Start with a liquid

1 cup milk of your choice
(cow's Milk, lactose free milk, soy milk, almond milk)

Did you know?

Cow's milk and soy milk are higher in **protein and calories**



2. Throw in fruits and veggies (fresh or frozen)



3. Add more calories

1 tablespoon oil
1 tablespoon seeds
1 tablespoon nut butter
Try hemp hearts, sunflower, chia, flax, or pumpkin seeds



4. Add a protein

1/2 cup of greek yogurt
1 scoop of protein powder
2 tablespoons nut butter
1/4 cup of skim milk powder
1/4 cup of cottage cheese
1/2 cup of soft tofu

Why is protein important?

Our body needs protein to help it **heal**



For more nutrition information please visit the Nutrition Resource Centre, T-Wing ground floor, TG-261 or call 416-480-5000 ext. 3438.