



Mix 'n Match Smoothie Maker

Try to choose at least one item from each of the following columns to add into your smoothie for a well-rounded, nutritious smoothie!

Fruit	Vegetable	Protein	Liquid	Extra Flavor
Raspberries Blueberries Blackberries Strawberries Banana Melon Pineapple Apples Mango Kiwi Oranges TIP: Choose fresh or frozen. You can use frozen in place of ice cubes, so you do not have to water down the flavor of your smoothie!	Fresh Express® Baby Spinach Fresh Express® Baby Kale Mix Cucumbers Carrots Parsnips TIP: Choose a variety of dark leafy greens to add a dose of extra nutrients to your smoothie. Contrary to popular belief, the flavor of greens like spinach and kale mixed in a smoothie is barely noticeable!	Plain or Vanilla Greek yogurt Peanut butter Almond butter Sunflower seed butte Cabot® Whey Protein TIP: Always add a delicious protein source into your smoothie to help your body break down the smoothie more slowly. This will help keep you full and energized longer!	100% fruit juice Lowfat milk Almond milk Soy milk Rice milk Water Lipton® Tea (brewed) TIP: Products like soy milk and lowfat cow's milk add a good amount of protein as well. If you are diabetic, choose a lower carbohydrate/higher protein option. You can also choose to use water to reduce the sugar content of your smoothie.	McCormick® Pure Vanilla Extract McCormick® Ground Cinnamon Fresh mint leaves Cocoa powder TIP: Try not to add extra sugar to your smoothie, since fruits, vegetables, juices, and milk all naturally provide some sugars to help energize your body. All of these flavor options add a great extra zing of flavor without adding sugar!

Nutrition Boosters

Ground Flaxseed - A great source of extra fiber for healthy digestion and heart-healthy omega-3 fatty acids! The extra dose of fiber can also help to lower blood cholesterol levels when eaten as part of a low saturated fat and cholesterol diet.

Chia Seeds - Another great source of omega-3 fatty acids and fiber. They also contain a healthy combination of beneficial minerals for overall health.

Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations, and do healthy store tours. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitians.

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