

STRAIGHT UP SMOOTHIE

INGREDIENTS

- 1 cup frozen fruit
- ½ cup low fat milk
- ½ cup low or non-fat, plain Greek yogurt
- 1/2 cup frozen cauliflower
- 1 scoop vanilla protein powder

DIRECTIONS

Add all ingredients to the blender, starting with the milk. Blend until completely smooth.



Straight Up Smoothie - Strawberry		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	360.8 kcal	18 %
Total Fat	5.7 g	9 %
Saturated Fat	3.3 g	16 %
Trans Fat	0.2 g	
Cholesterol	20.8 mg	7 %
Sodium	260.7 mg	11 %
Total Carbohydrate	35.8 g	12 %
Dietary Fiber	6.2 g	25 %
Sugars	24.6 g	
Protein	42.8 g	86 %
Vitamin A	7 % • Vitamin C	206 %
Calcium	63 % • Iron	13 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		

Straight Up Smoothie - Blueberry		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	400.8 kcal	20 %
Total Fat	6.9 g	11 %
Saturated Fat	3.4 g	17 %
Trans Fat	0.2 g	
Cholesterol	20.8 mg	7 %
Sodium	258.6 mg	11 %
Total Carbohydrate	43.6 g	15 %
Dietary Fiber	7.7 g	31 %
Sugars	33.9 g	
Protein	42.8 g	86 %
Vitamin A	7 % • Vitamin C	64 %
Calcium	61 % • Iron	6 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		

Straight Up Smoothie - Mango		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	373.5 kcal	19 %
Total Fat	6 g	9 %
Saturated Fat	3.4 g	17 %
Trans Fat	0.2 g	
Cholesterol	20.8 mg	7 %
Sodium	257.8 mg	11 %
Total Carbohydrate	38.1 g	13 %
Dietary Fiber	3.9 g	16 %
Sugars	35 g	
Protein	43 g	86 %
Vitamin A	12 % • Vitamin C	145 %
Calcium	61 % • Iron	5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		

Straight Up Smoothie - Pineapple		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	358.5 kcal	18 %
Total Fat	5.6 g	9 %
Saturated Fat	3.3 g	16 %
Trans Fat	0.2 g	
Cholesterol	20.8 mg	7 %
Sodium	257.8 mg	11 %
Total Carbohydrate	35.3 g	12 %
Dietary Fiber	3.6 g	14 %
Sugars	29.3 g	
Protein	42.6 g	85 %
Vitamin A	7 % • Vitamin C	174 %
Calcium	62 % • Iron	6 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		

