

# RETHINK YOUR DRINK



## Beware of Healthy Smoothies

Smoothies are definitely delicious and can be very refreshing on a hot summer day, but be wary of what's inside. Watch for smoothies made with frozen yogurts, ice cream, fruit juice, or even too much fruit. These are loaded with extra sugar and hidden calories. A better option is a green smoothie made with both fruit and veggies with filling add-ins like nuts, seeds, and protein powder. Also, consider including healthy fats, which are filling and provide "staying power". The key to a healthy smoothie is to strike the right balance of vegetables, fruit, protein, and fat. You can have too much of a good thing.

Remember, smoothies aren't meant to quench your thirst. They're best as a quick breakfast or snack, or post-workout boost, so they should be filling. If you're thirsty, reach for some water!

We do still love our smoothies, however, so here's one to try this season!

### Green Summer Smoothie

#### Ingredients

2 cups coconut water	½ cup frozen pineapple
½ cup spinach	1 small banana
½ cup kale	1 tsp chia seeds
½ avocado	1 tbsp protein powder

#### Instructions

Combine all ingredients in your blender and blend until smooth.

Nutrition: 256 cal | 25.6g sugar | 270mg sodium | 10.5g fat (2.5g sat) | 40.4g carb | 8.4g fiber | 4.2g protein



lexiscleankitchen.com/green-summer-smoothie/

## The Better Choice

We know that water is best, but let's be honest... it gets boring. So, give your H2O a flavour boost with refreshing fruits and veggies and fresh herbs. And remember, a refreshing treat every so often is perfectly ok! Just be mindful of ingredients and make healthier choices whenever possible.

wholefully.com/strawberry-lime-cucumber-and-mint-water/



### Strawberry, Cucumber, Lime & Mint Infused Water

#### Ingredients

1 cup sliced strawberries	2 limes, sliced
1 cup sliced cucumbers	Ice cubes
½ cup fresh mint leaves	Water

#### Instructions

In a 2-quart pitcher, layer strawberries, cucumbers, lime, and mint with ice cubes. Fill pitcher with water. Let chill for 10 minutes, then enjoy!

Nutrition: 14 cal | 2g sugar | 2mg sodium | 0g fat | 4g carb | 1g fiber | 0g protein

#### --- NOTE ---

When infusing water, the longer the water sits, the stronger the flavour will be. It's mild at first, but after a few hours (or overnight), it's quite strong!

### Cucumber Lemonade

#### Ingredients

1 large cucumber, cut into chunks  
 2 cups water  
 ½ cup liquid honey  
 Juice of 7 lemons  
 2-4 cups sparkling or still water

#### Instructions

Add cucumber, water, honey, and lemon juice to your blender and blend until very smooth. Pour mixture into a large pitcher through a strainer to catch pulp. Add sparkling water (and ice if you wish) and stir gently to combine. Enjoy!

Nutrition: 149 cal | 37g sugar | 85mg sodium | 1g sat fat | 40g carb | 1g fiber | 1g protein



thebusybaker.ca/healthy-cucumber-lemonade/#wprm-recipe-container-3865

#### --- TIP ---

Skip the sugar-rimmed glass. Sure, it looks pretty, but it just adds empty calories. Instead, garnish with fresh slices and sip from a fun straw!

Sources Images from Freepik.com