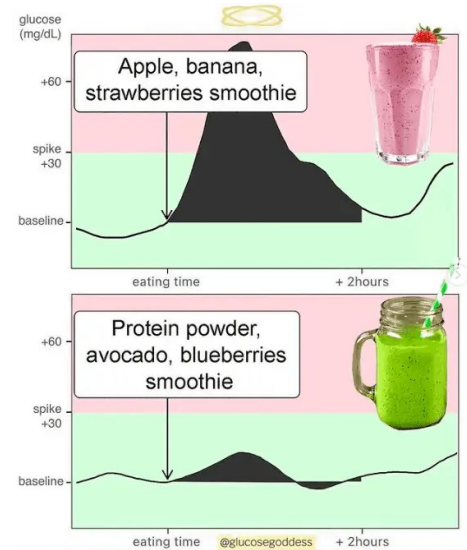


UPGRADE YOUR SMOOTHIE.

Smoothies are an excellent way to pack in tons of nutrients in a convenient meal. However, the same rules apply here- no naked carbs! A [high-quality protein powder](#) gives you bioavailable amino acids and better glucose management without adding significant calories. Adding healthy fats to smoothies gives them a more creamy, indulgent taste. Easy ways to sneak fat into smoothies include avocado, MCT Oil, coconut/coconut milk, and nuts/seeds.

Other relevant smoothie notes: Don't be afraid to add vegetables! Frozen cauliflower, frozen zucchini, and greens all add bulk and micronutrients without altering the taste too much. Seeds (like hempseeds, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds, and sesame seeds) can be important sources of micronutrients and fiber and are a total smoothie upgrade.



KATE'S IDEAL BLOOD SUGAR MANAGEMENT SMOOTHIE RECIPE:

- + 1 cup Coconut Milk (or Non-Dairy Milk + 1/2 Avocado)
- + 1 Handful Leafy Greens
- + 1/2 cup Frozen Zucchini or Cauliflower
- + 1/2 cup Frozen Banana or Berries
- + 1 TBSP Nuts or Nut Butter
- + 1 TBSP Seeds
- + 1 Scoop Protein Powder

Optional Upgrades:

- + Cacao Powder / Cacao Nibs
- + Fresh Ginger/Turmeric or Cinnamon Powder

