



## Perfectly Personalized Protein Smoothie

I love smoothies for their infinite flavor versatility. And moreover, they are a perfect vehicle for maximum nutrition. I have yet to find a more efficient method for getting protein, superfoods, fruits, and vegetables all at once! In the name of self expression, and ultimate nutritional value, below are the blueprints for a *perfect chocolate smoothie*. Let us know what your favorite add-ins are!

### **Base Ingredients:**

1 cup almond milk, milk of choice, or coconut water

1 serving ALOHA Chocolate Protein Powder (<https://aloha.com/shop/product/protein-chocolate>)

1 packet ALOHA Daily Good Greens Chocolate (<https://aloha.com/shop/product/daily-good-greens-chocolate>)

Optional: 3-5 ice cubes, for a frostier and fuller smoothie

### **Optional Add-Ins:**

#### ***Fats That Will NOT Make You Fat***

Healthy fats are vital for a balanced diet. They also keep you full and satisfied longer. And since science has proven that fats will not make you fat (<https://aloha.com/mag/article/fats-wont-make-you-fat-we-promise>), we can enjoy them without abandon! Check out Dr. Hyman's *5 Rules to Follow When it Comes to Fat* (<https://aloha.com/mag/article/5-rules-to-follow-when-it-comes-to-fat>) and add one of the following to your next smoothie:

1/2 avocado for a creamier texture and glowing skin benefits

2 tablespoons nut butter of choice for a richer taste and loads of nutrients - we add a pinch of salt if the nut butter is unsalted

1 tablespoon coconut oil for its anti-fungal and anti-bacterial properties

#### ***Sweet Body***

Fruit gives a smoothie its tradition heft, or "body," and natural sweetness. If you are watching your sugar in-take, we suggest the above mentioned avocado instead. Our favorite options for a chocolate smoothie are:

1/2 cup fresh coconut

1 banana - frozen is great, but not necessary

1 cup of blueberries, for a lighter smoothie - with loads of health benefits (<https://aloha.com/mag/article/5-reasons-to-get-on-board-with-blueberries>), Sal ([https://en.wikipedia.org/wiki/Blueberries\\_for\\_Sal](https://en.wikipedia.org/wiki/Blueberries_for_Sal)) would approve

#### ***Next Level Chocolate***

Since chocolate might be the next kale (<https://aloha.com/mag/article/is-chocolate-the-new-kale>), you can opt for cacao and skip the next category - just kidding, eat your vegetables! For true chocoholics, or anyone looking for an extra dose of magnesium, add 1 tablespoon of either:

Cacao nibs

Cacao powder

### ***Sneaky-Leafy***

Sneaking in a serving or two of leafy greens is very easy in a smoothie. With all of these powerful and tasty flavors, you won't even notice that you are drinking vegetables! So why not add 1 cup of either or both of these:

Spinach is loaded with vitamins and minerals - it is a particularly great source of iron and has a subtle taste

Kale is actually healthier when lightly cooked (<https://aloha.com/mag/article/5-healthy-foods-you-are-eating-wrong>), so I try to quickly steam it before adding it to my smoothies - however, it is also one of my favorite vegetables (<https://aloha.com/mag/article/why-kale-deserves-the-hype>) to eat raw

### ***Yippie for Omega-3***

ALOHA Protein Powders (<https://aloha.com/shop#protein>) pack in 200 mg of plant-based omega-3 per serving, but is there ever too much of a good thing? For an extra dose of this essential fatty acid (<https://aloha.com/mag/article/what-are-omega-threes>), and some extra fiber, add 1 tablespoon of either:

Chia seeds

Flax seeds or ground flax meal

### ***Seasonings with Benefits***

Spices are the spice of life... literally! For some zero calorie flavor, and extra health benefits, we strongly recommend 1 teaspoon of either or both of these:

Cinnamon, which regulates blood sugar

Chia spice, for its anti-inflammatory properties

### ***Wake-Up Call!***

For those who are trying to cut back on coffee (<https://aloha.com/mag/article/are-you-suffering-from-a-caffeine-overdose>) and are craving some energy, there are powders for that! Try 1 teaspoon of either of these (or adjust to desired strength):

Maca (<http://www.webmd.com/vitamins-supplements/ingredientmono-555-maca.aspx?activeingredientid=555&>) is an ancient Incan superfood and natural source of energy - it is also great for hormonal balance

Matcha is rich in chlorophyll and amino acids, which means major health benefits (<https://aloha.com/mag/article/what-is-matcha-and-why-is-everyone-drinking-it>) and a rich taste - it is also a powerful source of clean caffeine

### **Preparation**

Pour your liquid of choice in your blender. Add your powders and remaining ingredients of choice. Blend well and garnish as desired. Enjoy!



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