

# Sustenance in a Cup:



## How to Take Advantage of Today's Technology to Power Your Diet

**I**n today's fast-paced society, there is a growing need for a fast, easy way to consume beneficial fruits and vegetables. Many young adults, for this reason, are utilizing the technology we have today to stay healthy.

### Benefits

- Promote healthy weight loss
- Reduces cholesterol
- Boosts immunity
- Heart healthy
- Improve energy and mood
- Faster than eating each individual fruit or vegetable
- More travel-ready than whole fruits or vegetables- sustenance in a cup!

### Mistakes to Avoid

- Adding too much fruit
- Not enough fiber
- Not enough protein
- Using the wrong sweetener- try using a little honey, rasins, or dates instead of sugar or artificial sweetners
- Not measuring out ingredients
- Not enough green vegetables
- Not adding any liquid
- Not using quality produce, milk, or liquids

Learn more about the benefits of smoothies here:

<https://justjuice.org>

Learn more about the mistakes to avoid here:

<https://blenderauthority.com>

### *Keto Avocado Smoothie*

#### Ingredients

- 1 tablespoon Natural Peanut Butter
- 1 scoop Vanilla Collagen Protein
- 2 Teaspoons Psyllium Husk
- 1 1/2 Cups Milk of choice
- 1/2 Avocado

#### Instructions

Add all ingredients into blender and blend for 30 seconds- 1 minute or until blended smooth

### *Flax Seed Banana Smoothie*

#### Ingredients

- 1 tbsp Flax seed
- 1/2 cup yogurt
- 7 Almonds
- 2 bananas
- 5 dates

#### Instructions

Add all ingredients into blender and blend for 30 seconds- 1 minute or until blended smooth

### *Chocolate PB Chia Smoothie*

#### Ingredients

- 2 Tablespoons Almond/ Peanut Butter
- 1 tablespoon raw cocoa powder
- 1 cup milk of choice, chilled
- 1 tablespoon chia seeds
- 2 Pitted Dates

#### Instructions

Add all ingredients into blender and blend for 30 seconds- 1 minute or until blended smooth

More information about balancing smoothies can be found here:

<https://heathermangieri.com>



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