purely inspired™

THE ULTIMATE PURELY INSPIRED® SMOOTHIE GUIDE:

Find out what you like best and have fun creating your very own *smoothie masterpiece*!

STEP 1: CHOOSE A LIQUID

Start with 4 to 8 ounces and you can always add more!
Examples: water, cow's milk, almond milk, coconut milk, hemp milk.

LESS LIQUID = THICKER SHAKE

MORE LIQUID = THINNER SHAKE

PRO TIP: USE UNSWEETENED VERSIONS TO KEEP YOUR SMOOTHIES LOWER IN CARBS!

STEP 2: PICK A PROTEIN!

16 to 40 grams of protein.
Examples: pea protein, brown rice protein, alfalfa protein.

PRO TIP: TRY ONE OF PURELY INSPIRED'S AMAZING BLENDS OF PLANT PROTEINS TO GIVE YOUR SMOOTHIE A TASTY, HIGH-PROTEIN PUNCH!

STEP 3: PICK A VEGGIE!

1 to 2 handfuls. Raw veggies work best.
Examples: spinach, cucumber, kale, Swiss chard, beets, celery.

PRO TIP: IF YOU'RE NOT A BIG FAN OF GREENS, GO WITH SPINACH AS IT HAS A VERY MILD FLAVOR AND WON'T OVERPOWER YOUR OTHER INGREDIENTS.

STEP 4: PICK A FRUIT!

1 to 2 handfuls. You can use fresh or frozen fruit.
Examples: berries, banana, apple, pineapple, mango.

PRO TIP: BANANAS HELP TO GIVE YOUR SMOOTHIES A MORE DELICIOUS, CREAMY FLAVOR!

STEP 5: PICK A HEALTHY FAT

1 to 3 tablespoons.
Examples: nuts (walnuts, cashews, almonds), seeds (hemp, chia, flax), avocado, coconut oil, nut butters (almond, cashew).

PRO TIP: COCONUT OIL IS BEST USED IN WARM OR HOT SMOOTHIES AS IT WILL SOLIDIFY AT ANY TEMPERATURE BELOW 76°F (24°C).

STEP 6: ADD A LITTLE SOMETHING EXTRA

You may want to add something extra to adjust the consistency or flavor more to your liking!

Examples: matcha green tea powder, dark chocolate, ice, Greek yogurt, cinnamon, stevia.

PRO TIP: ADD SOME UNSWEETENED GREEK YOGURT TO YOUR SMOOTHIE TO INCREASE YOUR PROTEIN AND MAKE YOUR SMOOTHIE EVEN CREAMIER!