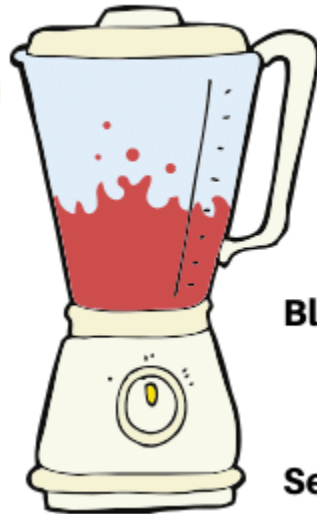


## How to Make High Calorie Smoothies for Weight Gain

HOW TO MAKE A HIGH  
CALORIE SMOOTHIE



### Add ingredients to blender:

1. Vegetables
2. Fruits
3. Liquid
4. Dairy
5. Nuts/ Seeds
6. Add ins

### Blend until smooth!

- Too thick: more liquid
- Too thin: more solids

### Serve in a tall glass.

Veggies are a great way to add extra nutrients like vitamins and minerals to your smoothie. Ideas are:

- Avocado (best option for increasing calories)
- Spinach
- Carrots
- Kale

Fruit makes the smoothie taste sweet and adds nutrients.

- Strawberries
- Bananas
- Pineapple
- Apple
- Orange
- Berries

Add a liquid other than water. Water does not have calories so we want to use liquids like:

- Whole milk
- Half and half
- Soy milk

- Orange juice
- Apple juice
- Cranberry juice
- Pineapple juice

Choose a dairy (this is optional but will add extra calories if you choose to do so).

- Yogurt
- Greek Yogurt
- Cottage Cheese
- Ice-cream
- Sherbet

Add a nut or seed (this is also optional but a good way to add extra calories). If you don't have a good blender, use nut butter or powdered nuts (like PB2).

- Peanut butter
- Almond butter
- Walnuts
- Almonds
- Flax seed
- Chia seed

Additional add ins for weight gain or added protein.

- Protein powder
- Powdered milk
- Honey
- Oats
- Instant breakfast
- Coconut cream

## High Protein Smoothie Ideas

### Green Smoothie

**Estimated Calories:** 515

- 1 medium avocado
- 1 cup pineapple
- ½ medium apple
- 1 cup spinach
- 1 cup apple Juice

### Strawberry Banana Smoothie

**Estimated Calories:** 650

- 2 cups strawberries
- 1 medium banana
- 1 cup whole milk
- ½ cup Greek yogurt
- 1 Tbsp chia seed
- 1 Tbsp honey

### Blueberry Blast Smoothie

**Estimated Calories:** 465

- 1 cup blueberries
- 1 medium banana
- ½ cup vanilla Greek yogurt
- 1 cup cranberry juice
- 1 Tbsp ground flax seed

### Pineapple Coconut Smoothie

**Estimated Calories:** 525

- 1 cup pineapple
- 1 medium banana
- ½ cup coconut cream
- 1 cup pineapple juice

### Peanut Butter Oatmeal Smoothie

**Estimated Calories:** 730

- ¼ cup powdered oats
- 1 medium banana
- 1/2 cup half and half
- ¼ cup peanut butter
- 1 Tbsp honey