



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Build Your Own Smoothie!

A cornerstone of healthy habits is starting the day with breakfast. If you don't have time for a sit-down meal, opt for portable ways to fuel up. Smoothies offer easy ways to add nutrients your picky eater might otherwise avoid. The combinations of ingredients are endless so you don't have to get bored!



**Add - ins:** Nuts, seeds, oats, nut butter, cinnamon, natural sweeteners

### Nutrient Boost:

Avocado, leafy greens, carrot, etc.



### Base:

Milk or alternative, juice, yogurt, etc.

### Fruits:

Fresh or Frozen



## Pear, Oatmeal and Blueberry Breakfast Smoothie



### Ingredients:

- 1 large, ripe pear
- 2 cups milk or milk alternative
- 1/2 cup quick-cooking oats
- 1 cup frozen blueberries
- 1 teaspoon cinnamon

### Directions:

- Place all of the ingredients into a blender and puree at high speed until smooth and creamy.

