

Healthy Hound Smoothie Tips

When building your smoothie here's some great tips to help make it healthier:

- For a sweet base with less sugar and try adding coconut water.
- To sweeten your smoothie, use a natural ingredient like honey which is rich in antioxidants, or fruits which are full of fiber.
- Include different colored fruits & vegetables to get a range of vitamins and minerals.
- Add chia seeds which are full of protein, fiber, antioxidants, and calcium.
- Add some protein to your smoothie such as peanut butter, almonds or Greek yogurt.

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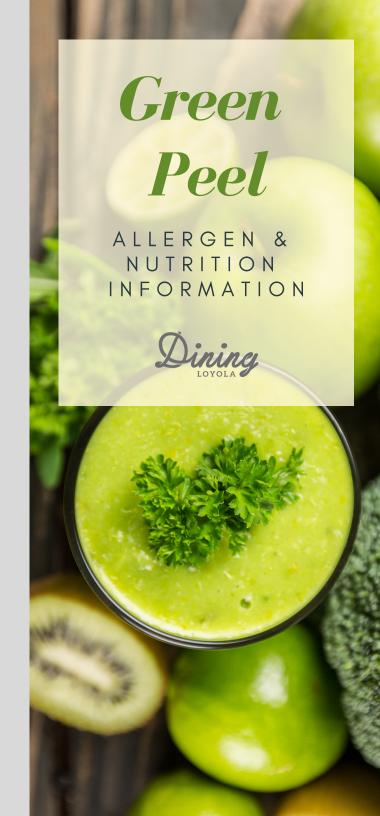


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QUESTIONS OR CONCERNS? Email: Dining@loyola.edu www.loyola.edu/dining



Base

Dairy Milk

Serv size: 1/2 cup. Contains Milk. 60 Calories, Tot Fat 2.5g, Carb 6g, Protein 4g

Almond Milk

Serv size: 1/2 cup. Contains Tree Nuts. 20 Calories, Tot Fat 2g, Carb 4g, Protein 1g

Soy Milk

Serv size: 1/2 cup. Contains Soy. 50 Calories, Tot Fat 2g, Carb 4g, Protein 4g

Apple Cider

Serv size: 1/2 cup 60 Calories, Tot Fat 0g, Carb 15g, Protein 0g

Coconut Water

Serv size: 1/2 cup. Contains Coconut 22 Calories, Tot Fat 0g, Carb 5g, Protein 0g

Greek Yogurt

Serv size: 1/2 cup. Contains Milk. 55 Calories, Tot Fat Og, Carb 7.5g, Protein 6.5g

Vanilla Frozen Yogurt

Serv size: 1/2 cup. Contains Milk & Egg. 110 Calories, Tot Fat 3g, Carb 19g, Protein 4g



Fruits & Vegetables

Apple

Serv size: 1/2 cup 30 Calories, Tot Fat 0g, Carb 7g, Protein 0g

Banana

Serv size: 1/2 cup 67 Calories, Tot Fat 0g, Carb 17g, Protein 1g

Honeydew

Serv size: 1/2 cup 41 Calories, Tot Fat Og, Carb 11g, Protein Og

Cucumber

Serv size: 1/2 cup 7 Calories, Tot Fat Og, Carb Ig, Protein Og

Blueberry

Serv size: 1/2 cup 32 Calories, Tot Fat 0g, Carb 8g, Protein 0g

Kale

Serv size: 1/2 cup 17 Calories, Tot Fat Og, Carb 3g, Protein Og

Mango

Serv size: 1/2 cup 54 Calories, Tot Fat Og, Carb 14g, Protein Og

Pineapple

Serv size: 1/2 cup 37 Calories, Tot Fat 0g, Carb 10g, Protein 0g

Raspberry

Serv size: 1/2 cup 32 Calories, Tot Fat 0g, Carb 7g, Protein 0g

Strawberry

Serv size: 1/2 cup 24 Calories, Tot Fat 0g, Carb 6g, Protein 0g

Spinach

Serv size: 1/2 cup 3 Calories, Tot Fat 0g, Carb 0g, Protein 0g



Extras

Almonds

Serv size: 2 Tbsp. Contains Tree Nuts. 85 Calories, Tot Fat 7g, Carb 3g, Protein 4g

Chia Seeds

Serv size: 2 Tbsp 116 Calories, Tot Fat 7g, Carb 10g, Protein 4g

Chocolate Chips

Serv size: 1 Tbsp. Contains Milk & Soy. 80 Calories, Tot Fat 4g, Carb 10g, Protein 0g

Cocoa

Serv size: 1 Tbsp 21 Calories, Tot Fat 1g, Carb 3g, Protein 1g

Ginger Hemp Granola

Serv size: 2 Tbsp. Contains Coconut & Sesame 75 Calories, Tot Fat 4g, Carb 7g, Protein 2g

Honey

Serv size: 1 Tbsp. 64 Calories, Tot Fat Og, Carb 17g, Protein Og

Peanut Butter

Serv size: 2 Tbsp. Contains Peanuts. 188 Calories, Tot Fat 16g, Carb 6g, Protein 8g

Soy Butter

Serv size: 2 Tbsp. Contains Soy. 170 Calories, Tot Fat 11g, Carb 10g, Protein 7g

Add a boost to your smoothie!

Antioxidant, Energy, Protein or Trim & Fit