

Forum:[Hack Forums](#)

Thread: [What do you put in your smoothies?](#)

hfaccount - March 17, 2017, 10:12 pm

Just got myself a Vitamix blender and I've mainly used it to make smoothies to increase my vegetable intake.

Anyone else make smoothies at a home in a blender? What do you put in it?

My go-to:

20 green grapes, 6 cucumber slices, 1 cup almond milk, handful of baby carrots, 2 handfuls of curly kale, green apple, pineapple (4-5 chunks), 6-7 ice cubes

Comes out a nice green color, tastes sweet and is pretty healthy.

A simpler version I'll sometimes make instead:

Around 10 pineapple chunks (with the core, it's good for you), 2 handfuls of curly kale, 6-7 ice cubes

Still tastes sweet and comes out a nice, somewhat bright green color.

GramHole - March 20, 2017, 4:19 pm

the pineapple chunks are pretty sugary.

Anyway! I love berry smoothies.

Usually I got

1 1/2 cup of frozen mixed berries, 1/2 cup of soy milk, 2 stems of kale, some steel cut oats (uncooked) and 2 tablespoons of non fat yogurt.

orochimaruhf - March 20, 2017, 4:22 pm

Those grapes and pineapples have a lot of sugar, albeit natural but still. Red apples are the best health-wise.

hfaccount - March 23, 2017, 9:20 pm

(Mar 20, 2017 04:22 PM)orochimaruhf Wrote: [\[CITE\]](#) Those grapes and pineapples have a lot of sugar, albeit natural but still. Red apples are the best health-wise.

Yea I know, I'm still experimenting with healthier combinations. One with as little sugary fruit as possible, as long as it doesn't end up tasting completely awful.