



## 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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QUESTIONS OR CONCERNS?  
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# Green Peel

ALLERGEN &  
NUTRITION  
INFORMATION

*Dining*  
LOYOLA



## 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 0g, 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 0g, Carb 11g, Protein 0g

### Cucumber

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

### 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 0g, Carb 3g, Protein 0g

### Mango

Serv size: 1/2 cup  
54 Calories, Tot Fat 0g, Carb 14g, Protein 0g

### 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 0g, Carb 17g, Protein 0g

### 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**