

So Delicious Smoothies

INGREDIENT OPTIONS

Primary flavors

- Fruits (fresh or frozen)
- Leafy greens (spinach, kale, arugula, etc.)
- Soft veggies (avocado, zucchini, cucumber, etc.)

Liquid

- Milk (cow's, rice, almond, coconut, etc.)
- Juice (orange, apple, mango, etc.)
- Water

Secondary flavors

- Spices (cinnamon, ginger, cardamom, etc.)
- Flavoring (vanilla extract, etc.)
- Powders (cocoa, matcha, etc.)
- Citrus Zest (lemon, lime, etc.)

Other

- Yogurt (for texture)
- Ice (for texture)
- Sweeteners (honey, maple syrup, sugar)
- Pinch of salt

INGREDIENT TRACKER

As you taste and redesign your smoothie, keep track of your ingredients so you can make it again in the future!

Ingredient	Starting Amount	+	Additional Amounts
PRIMARY FLAVORS (start with up to ½ cup each of 2-3 options)			
		+	
		+	
		+	
SECONDARY FLAVORS (start with up to ¼ tsp each of 1-2 options)			
		+	
		+	
LIQUID (start with ½ cup of one option)			
	½ cup	+	
OTHER (add as needed after first taste)			
		+	
		+	
		+	
		+	
		+	
		+	
		+	



CAMP galileo anywhere

So Delicious Smoothie Tasting Notes

Reflect on how your creation turned out and capture ideas you have about possible future redesigns.





Enjoy it with your eyes first. Describe the dish's appearance.





Close your eyes and give it a sniff, what aromas do you smell?

Taste and Texture



Give it a taste. What flavors stand out? What textures do you notice?

Notes for the Future



If you were to make this dish again, what would you do the same? What would you change?

What new ideas do you have for future smoothies?