

PCOS Friendly Fertility Smoothie Ingredients

Make your own delicious smoothies by mixing and matching ingredients

Low Sugar Fruits

berries	pineapple
tart cherries	pear
peach	kiwi
apricot	cranberries
strawberries	grapefruit
navel orange	apple
nectarine	cantaloupe
honeydew	acai berry

Heart Healthy Vegetables

collard greens	green vegetables
swiss chard	cucumber
spirulina	spinach
chorella	kale
wheatgrass	

Good For You Fats

avocado	soaked cashews or almonds
full fat, organic coconut milk	nut milks
coconut oil	

Protein and Fiber

flax seeds	hemp hearts
chia seeds	sesame seeds
nut butters	plant based protein powder

Optional Add-ins

Cinnamon	raw cacao powder
royal jelly	pure vanilla extract
bee pollen	fresh spearmint
	maca powder