

Layer Up for the Smoothest Smoothie

Get a perfect blend every time by layering ingredients in this order. If you're using a personal blender cup, reverse the order since you'll be inverting the container onto the motor base.

START HERE

8. ICE

After blending for 1 to 2 minutes, check your smoothie's consistency. Does it need frost or froth? If so, toss in a few ice cubes and blend until you can't hear them banging around. Adding them from the get go will just water things down.

7. POWDERS

Start blending the first six layers. Once the contents are free flowing, remove the lid stopper and add any protein powder, fiber, collagen, or such. Powders are less likely to clump or stick to the jar if you add them while the blender is running.

6. FROZEN FOOD

Load these heavy ingredients on top to press the lower layers into the blades. Limit your frozen fruits and veggies to one cup, because any mixture that's too cold can form a dreaded air pocket over the blades—interrupting blending and forcing you to tamp down the ingredients.

5. FRESH FRUITS & VEGGIES

Non-stringy produce liquefies quickly. Add a layer of one to two cups to buffer the soft foods from the frozen ingredients, which will clump together in a stubborn iceberg if they get wet.

4. SOFT FOODS

Add yogurt, tofu, or nut butter next. You can go up to a half-cup with the yogurt and tofu before throwing off your recipe—too much yogurt or silken tofu can make for a watery smoothie.

3. NUTS & SEEDS

These hard ingredients also require ample playtime with the blades to get thoroughly pulverized. Try to limit them to an ounce, or a couple of tablespoons (we're not making nut butter here).

2. LEAFY GREENS & HERBS

To avoid a strawful of stringy fibers, you want to give your greens a head start. Layer them near the blades so they have more time to get thoroughly liquefied. Toss in a handful or so, depending on how green you like your smoothie.

1. LIQUIDS

First pour in the milk, water, cold brew, or whatever you're using as the base of your smoothie. With the blades submerged in liquid, the blender creates a vortex that pulls solids down into them. The blender jar also doubles as a measuring cup.

