

Smoothie Sailing

Slurping down a chilled concoction is one of the easiest ways to get more fruits and veggies at breakfast. For those mornings when you're feeling a bit uninspired or just too rushed to make your own, reach for a store-bought version that's ready at the push of a button or with the twist of a cap. These won our taste test and aren't chock-full of sugar or too high in calories compared to their competitors. **By Julekha Dash**

BEST DELIVERED-TO-YOUR-DOOR

Revive Superfoods Strawberry Zen Smoothie

130 cal, 6g fiber, 17g sugar (0g added), 3g protein
Blend up this strawberry-banana smoothie cup, filled with frozen fruits, veggies and seeds, with whatever liquid you like. Chia seeds, flaxseed, berries and even some zucchini get the fiber count up.



BEST YOGURT-BASED

Noosa Mixed Berry Fruit Smoothie

160 cal, 1g fiber, 19g sugar (11g added), 5g protein
Fans of full-fat dairy will enjoy the rich, velvety texture of this sweet-tart combo of blueberries, blackberries, strawberries and raspberries with a hint of honey.



BEST COULD-BE-DESSERT

Sweet Nothings Peanut Butter Spoonable Smoothie

120 cal, 2g fiber, 11g sugar (0g added), 3g protein
This combo of peanut butter and banana is so thick you need a spoon to eat it. Sweetened with dates, the frozen cups' ice-cream-like consistency makes them good contenders for a healthy p.m. treat.

BEST READY-TO-BLEND

Dole Boosted Blends Vita-C Smoothie

110 cal, 4g fiber, 17g sugar (0g added), 1g protein
Not just any old bag of frozen fruit, this option is dotted with "nutrient-boosted cubes" made from vitamin-C-packed acerola (a cherry-like berry native to the tropics) that pair well with the strawberries and pineapple

BEST SHELF-STABLE

Kellogg's Joyböl Granola Smoothie Bowl Superberries with Chia

240 cal, 4g fiber, 13g sugar (7g added), 11g protein
Just add cold water or milk and watch the oat- and

dried-fruit-filled package come to life. Soy and chia seeds amp up the protein content (and satisfaction!). Bonus: They don't require refrigeration so you can toss them in your bag to take anywhere.



BEST SMOOTHIE BOWL

Kind Frozen Smoothie Bowl Almond + Peach Kiwi Greens

350 cal, 3g fiber, 22g sugar (9g added), 8g protein
Almond butter and granola top this fruit and veggie concoction for a smoothie that mimics a parfait.



Scan with your phone's camera to make your own ready-to-blend smoothie kits.