



Get Cooking:

QUICK & EASY SMOOTHIES

Sunshine Smoothie

INGREDIENTS

- 1 banana, peeled and frozen
- ½ cup cubed mango (fresh or frozen)
- ½ cup cubed pineapple (fresh or frozen)
- ½ cup orange or pineapple juice
- ½ cup vanilla Greek yogurt
- ½ cup coconut water
- ½ teaspoon freshly squeezed lime juice
- 1 sprig fresh mint, finely chopped (optional)
- Toasted shredded coconut, for garnish
- Lime zest, for garnish

INSTRUCTIONS

Combine all ingredients in blender and blend until smooth. Sprinkle with toasted shredded coconut, if desired. Garnish with lime zest.

NUTRITION FACTS PER SERVING

Calories: 353 Protein: 13 g Carbohydrate: 78 g Fiber: 6 g Total Fat: 1 g
Saturated fat: 0 g Cholesterol: 6 mg Calcium: 52% DV Sodium: 73 mg

Green Monster Smoothie

INGREDIENTS

- 1 handful spinach, washed
- ¾ cup milk (skim, reduced or whole)
- ½ banana, peeled (fresh or frozen)
- ½ cup pineapple chunks (frozen)
- ½ cup frozen peaches
- Extra peach slices, for garnish (fresh, not frozen)
- Extra pineapple slices, for garnish (fresh, not frozen)

INSTRUCTIONS

Combine all ingredients in a high-powered blender and blend until smooth. Pour smoothie mixture into glasses and garnish with peach and pineapple slices, if desired. Nutrition information calculated with skim milk

NUTRITION FACTS PER SERVING

Calories: 195 Protein: 9 g Carbohydrate: 41 g Fiber: 5 g Total Fat: 0 g
Saturated fat: 0 g Cholesterol: 4 mg Calcium: 25% DV Sodium: 101 mg

PB&J Smoothie

INGREDIENTS

Peanut Butter Drizzle

- 1 tablespoon peanut butter
- 2 teaspoons maple syrup or honey

Smoothie

- ½ cup frozen riced cauliflower
- ½ cup frozen strawberries or raspberries
- ½ banana, peeled and frozen
- ¾ cup milk (skim, reduced or whole)
- 1½ teaspoon peanut butter
- ¼ avocado
- Extra banana slices, for garnish (fresh, not frozen)
- Extra strawberries, for garnish (fresh, not frozen)

INSTRUCTIONS

Peanut Butter Drizzle

Combine peanut butter and maple syrup or honey in a microwave safe bowl. Microwave for 10 seconds or until liquified. Stir mixture with spoon until smooth. Reserve to use as drizzle on smoothies.

Smoothie

Drizzle peanut butter syrup on sides of glass. Combine all other ingredients in a high-powered blender and blend until smooth. Pour smoothie mixture into glass and garnish with strawberry and banana slices. Drizzle more of the PB/honey mixture on fruit garnish, if desired. Nutrition information calculated with skim milk

NUTRITION FACTS PER SERVING

Calories: 440 Protein: 15 g Carbohydrate: 48 g Fiber: 12 g Total Fat: 18 g
Saturated fat: 3 g Cholesterol: 4 mg Calcium: 24% DV Sodium: 314 mg

Blues Buster Smoothie

INGREDIENTS

- ¾ cup (6 ounces) low-fat blueberry yogurt
- ½ cup apple juice
- 1/3 cup fresh or frozen blueberries
- 1/3 cup frozen sliced peaches
- 5 to 6 ice cubes

INSTRUCTIONS

Combine all ingredients in blender; blend until smooth. Amount of ice will vary depending on desired consistency. Pour into a glass and serve chilled.

NUTRITION FACTS PER SERVING

Calories: 233 Protein: 7 g Carbohydrate: 48 g Fiber: 2 g Total Fat: 2 g
Saturated fat: 1 g Cholesterol: 10 mg Calcium: 54% DV Sodium: 88 mg



Get Cooking: QUICK & EASY SMOOTHIES

Basic Smoothie Recipe



1/2 CUP TO 1 CUP LIQUID
(MILK, YOGURT, JUICE)



+

1 CUP FRUIT AND/OR
VEGETABLES



+

BLEND UNTIL SMOOTH

- CHOOSE LOW-FAT OR FAT-FREE MILK AND YOGURT FOR LESS CALORIES
- OPT FOR FRESH OR FROZEN FRUIT FOR MORE FIBER
- USE 100% FRUIT JUICE TO MAXIMIZE NUTRIENT INTAKE

Juice Tips

- Find the “percent juice”
- Citrus juices are best sources of
 - Vitamin C
 - Potassium
 - Folic acid
- Fancy juice blends may be lower in vitamins
- Look for fortified juices such as with calcium
- Read labels carefully and avoid added sugar options
- Check the sell-by date for juices as nutrients can be lost over time
- Keep refrigerated once opened & prepared as this:
 - Slows microbial growth
 - Protects flavor
 - Less loss of vitamin C

Suggested Fruit

- 1/2 banana
- 1 cup strawberries
- 1 cup blueberries
- 1 cup blackberries
- 1 cup raspberries
- 1 cup melon
- 3/4 cup pineapple
- 1 medium orange, peeled
- 1 kiwifruit
- 1 peach
- 1 nectarine

Ideas for Juice

- Orange
- Orange blends
- Apple
- Grapefruit
- Pineapple
- Cranberry & blends
- Tomato
- Strawberry-kiwi
- Grape (white or purple)
- Lemonade
- Passion fruit
- Berry blends
- Carrot

