



OKLAHOMA COUNTY  
EXTENSION



Metropolitan  
LIBRARY SYSTEM

*Get Cooking:*  
**QUICK & EASY  
SMOOTHIES**



# *Today You Will Learn*

- Why smoothies are nutritious
- The importance of reading labels
- How to create a nutritious smoothie at home
- Good food safety practices



# *What is a smoothie?*

- A blended drink
  - Rich
  - Thick
  - Sweet





# *Common Ingredients*

- Whole or cut fruits
  - Fresh or frozen
- Fruit juice





# *Keep Produce Safe to Eat*

- Wash before preparing or eating
  - Under clean, running water
  - Rub briskly with hands to remove dirt & surface microbes
  - Dry after washing
- Separate from raw meat, poultry & seafood when shopping, preparing, storing





# Optional Ingredients

- Dairy products
  - Milk, yogurt, ice cream, non-fat dry milk
- Nuts, seeds, sunflower seeds, tahini, soft tofu, flax seeds





# *More Optional Ingredients*

- Sweetener
  - Sugar, honey
- Flavorings
- Ice cubes





# No raw, unpasteurized eggs

- Salmonella enteritidis
- When raw eggs are included use a pasteurized shell egg or egg substitute





# *Basic Recipe*

- 1/2 to 1 cup liquid
  - Milk, yogurt, juice
- 1 cup fruit
- Blend until smooth





# Smoothie Nutrition

- Use a low fat protein source
  - Low-fat, fat-free yogurt or milk are good choices





# Smoothie Nutrition

- Choose fresh or frozen fruit
- Use fruit juice or fruit juice concentrate





# *Choosing a Juice--terms*

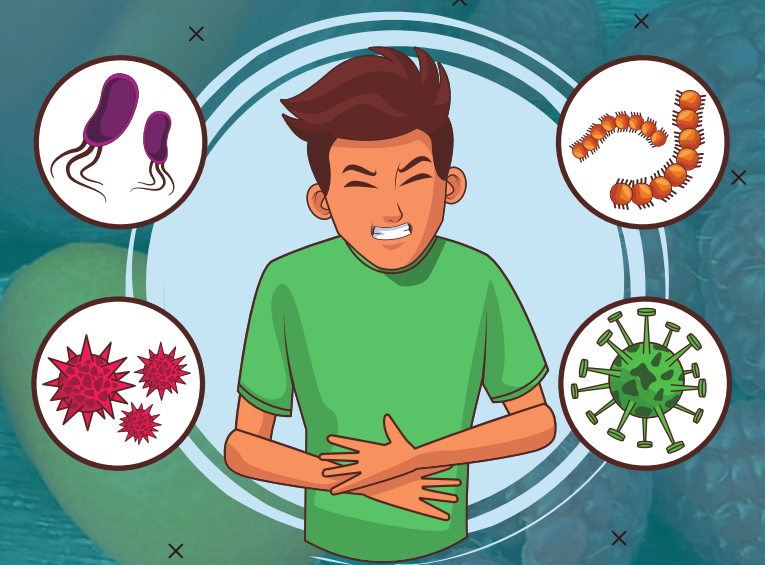
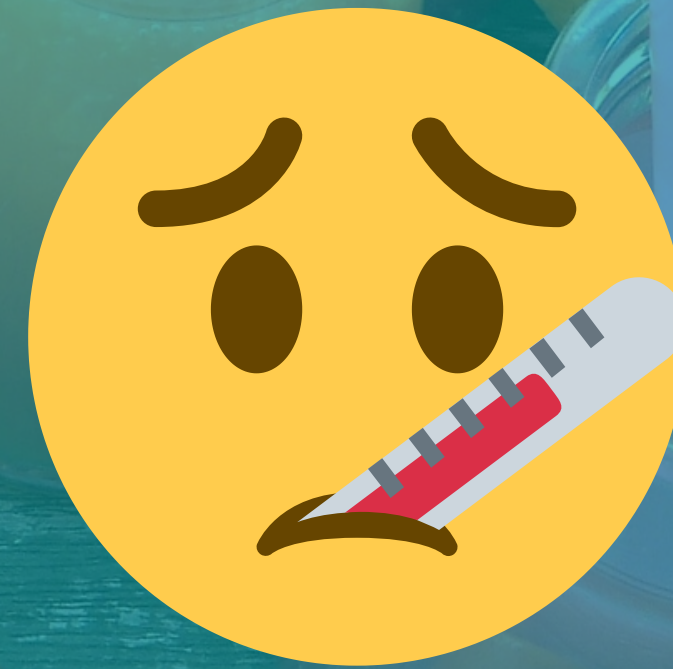
- Fruit juice
- Fruit drink, juice beverage, juice cocktail or "ade"
- Fresh
- Pasteurized





# Fresh Juice Warning

- Unpasteurized juice can be a source of
  - Salmonella
  - E.-coli 0157:H7





# *Warning Label*

## **WARNING:**

This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.



# Juice Tips

- Find the “percent juice”
- Citrus juices are best sources of
  - Vitamin C
  - Potassium
  - Folic acid
- Blends may be lower in vitamins





# Juice Tips

- Fortified with calcium
  - Should be more than just the calcium
- Read labels carefully
  - Check sugar content
  - Vitamin content

**100% JUICE**

<b>Nutrition Facts</b>	
1 servings per container	
Serving size 12 fl. oz. (355 mL)	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>165</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Total Sugars 33g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 3g	
Calcium 41mg 3%	Iron .5mg 3%
Potassium 675mg 14%	Vitamin C 108mg 120%
Thiamin .17mg 14%	Niacin 1.05mg 7%
Vitamin B6 .26mg 15%	Folate 57 µg 14%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, and iron.	
Percent Daily Values are based on a 2,000 calorie diet.	

**Ingredients:** Organic orange juice



# Juice Tips

- Check the sell-by date
- Keep refrigerated once opened & prepared
  - Slows microbial growth
  - Protects flavor
  - Less loss of vitamin C



# Basic Smoothie Recipes

- Into blender with tight-fitting lid:
  - 2 or 3 fruits, fresh or frozen
    - Add frozen fruits first
  - 1/2 cup juice
  - 1 cup yogurt, milk
  - Sweetener to taste
  - Flavor extras (optional)
- Blend about 1 minute



# *Suggested Fruits*

- 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



# *Protein Possibilities*

- Yogurt
- Milk
- Buttermilk
- Nonfat dry milk
- Cottage cheese
- Peanut butter
- Tofu
- Pasteurized egg substitute
  - No raw egg



# Smoothie Tips

- Use some frozen fruit
  - Makes it thick, slushy
  - Ice cubes water it down
  - Freeze your own to reduce cost & increase variety







*Thank you!*



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