Create a Smoothie

# Create a healthy smoothie from simple foods. Just choose an item from each category. Then follow the directions. Use your imagination! Each meal serves 1 adult.

## Step 1: Choose 2-3 cups of produce from the following list:

1. Fresh, frozen, or canned fruit such as strawberry, raspberry, blackberry, blueberry, cranberry, banana, pineapple, peach, pear, plum, cherry, melon, apple, kiwi, mango, papaya, orange, lemon, or lime.
2. Fresh, frozen or canned vegetables such as spinach, chard, kale, green pepper, avocado, carrot, pumpkin, squash, sweet potato or peas.

## Step 2: Choose ½ to 1 ½ cups of liquid depending on desired consistency. Choose from the following list:

1. Water, which is easy and calorie free.
2. Milk such as dairy, soy, almond, rice, hemp, or coconut milk.
3. Fruit juice which should not be used very much. Use fruit juice for added flavor and combined with water or milk.

## Step 3: Choose extras from the following list (optional):

1. ¼ to ½ cup of raw oats
2. 1-2 tablespoons peanut butter
3. 1-2 tablespoons ground flax seed
4. 1-2 tablespoons chia seeds
5. ½ diced avocado
6. ½ cup yogurt
7. Cinnamon, nutmeg or vanilla
8. Ice as needed

## Step 4: Make the smoothie using the following directions:

1. Select a food from each section or use your own favorites.
2. Add all ingredients in a blender or food processor in the order listed.
3. Blend until smooth.

Tip 1: You won’t need a lot of ice if you are using mostly frozen produce. You will need more ice if you are using fresh, canned, or cooked produce.

Tip 2: Do not fill the blender up too much. Cut up any large pieces of fruit or vegetables to make it very smooth.

## Smoothie Recipes

### A pantry that is stocked with whole foods will help you create great tasting smoothies like these!

Popeye Smoothie

* 6-8 ounces of any flavor of yogurt
* ½ cup skim milk
* ½ fresh or frozen banana
* ½ cup fresh or frozen fruit
* 1 cup packed fresh spinach

Directions:

1. Combine all ingredients in blender and blend until smooth.

Yield: 1 big, delicious smoothie.

Note: Surprised to add spinach to a smoothie? Don’t worry, you won’t taste it at all, and it adds a lot of nutrients to the smoothie!

Mango Avocado Smoothie

* 1 fully ripened avocado, pitted and peeled
* 2 cups frozen mango or other frozen fruit (not thawed)
* 1 cup orange juice
* 1 cup water

Directions:

1. Add all ingredients into a blender and blend until smooth.

Yield: 2 large or 4 small smoothies.

Note: The avocado gives the smoothie a rich, smooth texture!

This material was funded by USDA’s Supplement Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU’s non-discrimination notice see [Notice of Non-Discrimination](https://www.usu.edu/equity/non-discrimination).

© Utah State University 2022