

Popeye Smoothie

Captain CREATE Recipes to Try at Home

INGREDIENTS

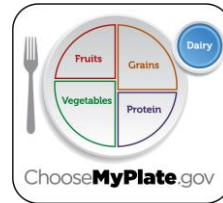
- 6-8 ounces fat free or low fat yogurt, any flavor
- ½ cup skim milk
- ½ fresh or frozen banana
- ½ cup fresh or frozen fruit, any type
- 1 cup packed fresh spinach

DIRECTIONS

Combine all ingredients in blender and blend until smooth.

Source: Utah State University, Food \$ense, Create Better Health Curriculum

This material was funded by USDA's Supplemental 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 <https://www.usu.edu/equity/non-discrimination>.



EXTENSION 
UtahStateUniversity.

Pumpkin Pie Smoothie

Captain CREATE Recipes to Try at Home

INGREDIENTS

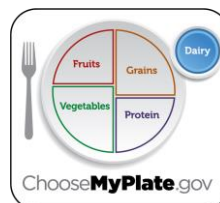
- 2 bananas, cut into chunks and frozen
- ½ cup cooked pumpkin, frozen
- 2 cups low-fat or fat free milk or vanilla yogurt
- ¾ tsp pumpkin pie spice
- 2 tsp maple syrup, optional

DIRECTIONS

Combine all ingredients in blender and blend until smooth.

Source: Utah State University, Food \$ense

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Make 4-6 servings

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