



# Create a Smoothie

Create a delicious and nutritious smoothie from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each smoothie serves 1 adult.

- 1 Choose produce (2-3 cups)**
  - **Fruit:** fresh, frozen, or canned such as strawberry, raspberry, blackberry, blueberry, cranberry, banana, pineapple, peach, pear, plum, cherry, melon, apple, kiwi, mango, papaya, orange, lemon, lime.
  - **Vegetable:** fresh spinach, chard, kale, green pepper, avocado, carrot, cooked, frozen, or canned pumpkin, squash, sweet potato, peas.
- 2 Choose a liquid (½ to 1½ cups, depending on desired consistency)**
  - **Water:** inexpensive, easy, and calorie free.
  - **Milk:** dairy, soy, almond, rice, hemp, coconut, etc.
  - **Fruit Juice:** use sparingly for added flavor, and combine with water or milk.
- 3 Choose extras (optional)**
  - ¼ to ½ cup raw oats
  - 1-2 tablespoons peanut butter
  - 1-2 tablespoons ground flax seed
  - 1-2 tablespoons chia seed
  - ½ diced avocado
  - ½ cup yogurt
  - cinnamon, nutmeg, vanilla
  - ice as needed

**Directions**  
Select a food from each category, or use your own favorites. Combine all ingredients in blender or food processor in order listed. Blend until smooth. HINT: You will need minimal to no ice if using mostly frozen produce. You will need more ice if using fresh, canned, or cooked produce. Do not overload blender, and chop any large pieces of fruit or vegetables for the best texture.

# Smoothie Recipes

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

## POPEYE SMOOTHIE

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

Combine all ingredients in blender and blend until smooth.

*Yield: 1 big delicious smoothie*

*\*Surprised to see spinach in a smoothie? Don't worry, you won't taste it at all, and it really boosts the nutrition of this great 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

Combine all ingredients in blender and blend until smooth.

*Yield: 2 large or 4 small smoothies*

*\* The avocado gives the smoothie a rich, smooth texture!*

