

Create a Smoothie

1 Choose fruits or vegetables (fresh, frozen, or canned will work well)

FRUITS



Berries



Banana



Pineapple



Peach



Pears



Plum

Other Ideas

Cherry
Melon
Kiwi
Papaya
Orange

VEGETABLES



Chard



Kale



Green
Pepper



Avocado



Carrot



Cooked
Pumpkin

Other Ideas

Sweet Potato
Squash

2 Choose a liquid



Water



Milk



Fruit Juice

3

Choose extras



¼ to ½ cup
raw oats



1-2 TBS
peanut
butter



1-2 TBS
flax seed



1-2 TBS
chia seed



½ cup yogurt
or cottage
cheese



Ice

Other Ideas

Cinnamon

Nutmeg

Ginger

Vanilla

Almond Extract

4

Combine all ingredients in a blender and process until smooth

If you freeze your fruits and vegetables first, you won't need to use much ice



Extension
UtahStateUniversity.



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