

Smoothies



Smoothies can be a quick, easy, and healthy breakfast, snack, or dessert. When made with fruits and vegetables, they are a good source of many nutrients.

Getting Started

First, choose a smoothie base. There are many options. Each one will create a different taste and texture:

- Low-fat or fat-free milk
- Almond, rice, or soy milk
- 100% fruit juice
- Plain fat-free, low-fat, or Greek yogurt

Next, choose your favorite ingredients to add to the smoothie:

- Fresh fruits such as apples, bananas, berries, oranges, melon, peaches, and plums
- Frozen fruits (choose types with no sugar added)
- Vegetables such as beets, carrots, cooked sweet potato, and spinach
- Ground flaxseed or flaxseed oil (for a boost of heart-healthy omega-3 fats)
- Peanut butter or almond butter
- Rolled oats or cooked quinoa or rice
- Soy or whey protein powder
- Spices (like cinnamon)
- Vanilla extract
- Espresso or cocoa powder
- Crushed ice (to make your smoothie thicker or colder)

Fruit and milk contain natural sugars that will sweeten your smoothie. But if you want a little more sweetness, add no more than 1 of the following for each 8-fluid-ounce portion of smoothie:

- Agave syrup (1–2 teaspoons)
- Apple butter (1–2 tablespoons)
- Honey (1–2 teaspoons)
- Maple syrup (1–2 teaspoons)
- Unsweetened applesauce (¼ cup)

How to Make a Smoothie

1. Wash all fresh fruits and vegetables. Chop them into small pieces.
2. Measure out each ingredient according to the recipe you are using. Add the ingredients to the blender.
3. Blend until smooth.
4. Pour an 8-ounce portion of your finished smoothie into a serving glass or a to-go cup. Store the rest in a tightly covered container in the refrigerator.

Equipment

- Cutting board
- Paring knife or chef's knife
- Measuring cups and spoons
- Blender

Recipe Ideas

- **Berry-Spinach Smoothie:** Blend 2 cups fresh spinach leaves and ¾ cup reduced-fat or fat-free milk or almond milk. Add ½ cup fresh or frozen berries and 1 peeled banana and blend until smooth. Serves 2–3.
- **Mango-Peach Smoothie:** Combine 1 cup fresh or frozen mango, 1 cup fresh or frozen sliced peaches, 1 small banana, 1 cup yogurt, 1 tablespoon honey, and 1½ cups ice. Blend until smooth. Serves 2–3.
- **Chocolate–Peanut Butter Smoothie:** Combine 1 medium frozen banana, ¼ cup fat-free or low-fat milk, ¼ cup fat-free Greek yogurt, 1 tablespoon smooth peanut butter, and 1 tablespoon chocolate syrup. Blend until smooth. Serves 2–3.

