

SMOOTHIE RECIPIES

STRAWBERRY SMOOTHIE

5 large strawberries
6 oz. light (reduced sugar) fat-free strawberry yogurt (frozen)
4 oz. Juice of your choice

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: about 70

PINE-ORANGE-BANANA SMOOTHIE

1 banana
6 oz. light (reduced sugar) fat-free peach yogurt (frozen)
(This is one container of Yoplait)
6 oz. Pineapple-Orange-Banana juice

Put all ingredients into blender. Blend until smoothie consistency is reached! If drink is too thick, add orange juice.

Nutritional Information:
Serves 2, per serving:
Fat: .5 g
Calories: about 143 (the banana is high in calories, about 105)

BLUEBERRY SMOOTHIE

6 oz. light (reduced sugar) fat-free blueberry yogurt, frozen
(This is one container of Yoplait)
1 cup blueberries, fresh
1 cup non-fat milk

Put all ingredients into blender. Blend until smoothie consistency is reached! 1/2 cup frozen blueberries may be added to make it thicker.

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: about 128

APRICOT-NECTARINE SMOOTHIE

1/2 nectarine
1 apricot
6 oz. light (reduced sugar) fat-free peach yogurt (frozen)
(This is one container of Yoplait)
4 oz. Juice of your choice

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: about 70

STRAWBERRY BANANA SMOOTHIE

1 banana
4 strawberries
1/2 cup skim milk
1/2 cup apple juice

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5 g
Calories: about 126 (the banana is high in calories, about 105)

CARROT SMOOTHIE

2 cups carrot juice
1/2 cup apple juice
6 oz. non-fat vanilla or plain yogurt, frozen
1 banana

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: .5 g
Calories: about 235

APPLE COCONUT SMOOTHIE

1/4 cup apple juice
1 pinch grated coconut or 1 T. coconut milk
1/2 banana
1/4 teaspoon fresh ginger root peeled
2 small ice cubes

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information:

Serves 1, per serving:

Fat: 0 g

Calories: about 100 (very rough estimate)

TANGY SUMMER BLEND SMOOTHIE

1 nectarine
6 oz. light (reduced sugar) fat-free peach yogurt, frozen
1 c. Pineapple-Orange-Guava juice

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information:

Serves 2, per serving:

Fat: 0 g

Calories: about 110

PAPAYA RASPBERRY SMOOTHIE

1 frozen banana, peeled
1/2 fresh papaya
10-12 raspberries (fresh or frozen)
1/2 cup water or fruit juice

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information:

Serves 2, per serving:

Fat: .5 g

Calories: about 130 (more with juice)

TROPICAL TOFU BERRY SMOOTHIE

1 cup light (reduced sugar) fat-free vanilla yogurt
1 cup skim milk
1 banana
3" cube of soft tofu
3/4 cup blueberries
1 cup strawberries

Put yogurt, milk, banana, tofu into blender and blend until smooth. Add berries and blend again until smoothie consistency is reached.

Nutritional Information:

Serves 2, per serving:

Fat: 3 grams

Calories: 290

MACHO POWER SHAKE

1 cup nonfat soy milk
1/2 cup orange juice
1 banana
1/2 cup cantaloupe
1 T. peanut butter or other nut butter of your choice
1/2 cup strawberries, fresh or unsweetened frozen

Put all ingredients into blender. Blend well until smoothie consistency is reached!

Nutritional Information:

Serves 2, per serving:

Fat: 5

Calories: 205

STRAWBERRY PINEAPPLE PARADISE

3/4 bag frozen unsweetened whole strawberries
4 cups pineapple juice
1 cup orange juice
1 1/2 cups lowfat vanilla yogurt, frozen

Put all ingredients into blender. Blend well, stopping to stir when necessary, until smoothie consistency is reached!

Nutritional Information: Serves 4, per serving: Fat: 6 Calories: 270

APRICOT MANGO SMOOTHIE

6 oz. light (reduced sugar) fat-free Apricot-Mango yogurt
1 cup. Sugar free lemonade
1/2 banana
5-6 canned apricot halves
Optional additives for increased nutrition

Put all ingredients into blender. Blend well until smoothie consistency is reached!

Nutritional Information:

Serves 2, per serving:

Fat: .5

Calories: 180

MELON MADNESS SMOOTHIE

1 cup of peach fat-free yogurt, frozen
1 cup skim milk
1/2 cup cantaloupe
1/2 cup honey dew melon
4 ice cubes
1/2 cup strawberries (or substitute with watermelon)

Put yogurt, milk, and strawberries into blender. Blend on high for about 30-45 seconds. Then add in cantaloupe, melon, and ice. Blend once again on high for 1 minute.

Nutritional Information:

Serves 2, per serving:

Fat: 0

Calories: 190

PINEAPPLE BERRY CRASH

1 cup orange juice
1/4 cup pineapple juice
2 pineapple rings
6 fresh strawberries
12-15 frozen raspberries
8-10 frozen boysenberries
12-15 frozen blueberries
3 oz. non-fat yogurt, any flavor
Ice (however much you prefer for consistency)

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information: Serves 1, per serving:

Fat: 0 g

Calories: about 185

PAPAYA NECTARINE SMOOTHIE

1 cup sugar-free lemonade
6 oz. fat free peach yogurt, frozen
1 nectarine, pitted and unpeeled
1 cup papaya, seeded and peeled

Put all ingredients into blender. Blend until smoothie consistency is reached!

Nutritional Information:
Serves 2, per serving:
Fat: 0 g
Calories: 120

*****Nutritional Additives*****

You can increase the nutritional value of your smoothies even more by adding optional high-fiber or high-energy ingredients. How this affects the taste varies but usually it will not taste much different. Here are a few suggestions,

1 T. Wheat Germ
1/4 c. uncooked oatmeal
1/4 c. Post 100% bran cereal
1 T. Protein powder
Milk substituted for part of juice/lemonade

*****Another Idea*****

Pour your favorite smoothie into a popsicle mold and freeze for a nutritious, cold treat for those hot summer days!!!