



## Create a Summer Sensation Smoothie

Smoothies are easy to make and can be used as a meal replacement or for a refreshing, healthy snack on-the-run. The best part is that you can design your own smoothies at home, so they are both delicious and nutritious!

There is no one perfect recipe. Every smoothie you make can be personalized to the drinker. Use the suggested ingredients below to create a smoothie that is perfect for the moment.

### Directions

- 1) Decide which ingredients sound good to you. **Suggested amounts for one serving:** liquids = 1 cup; frozen ingredients = ½ cup; solid ingredients = ½ cup; other - as desired.
- 2) Choose a liquid and pour it into the blender first.
- 3) Add the remaining ingredients in any order.
- 4) Blend on high until thoroughly mixed. Add more liquid or frozen ingredients to get the desired consistency.
- 5) Serve in tall glasses and add a fun garnish.

### Liquid Ingredients

These will make your smoothie an appropriate consistency for drinking.

- Milk (fat-free or low-fat)
- Soy milk (calcium and vitamin D fortified)
- Juice (orange, apple, pear, pineapple, mango, cranberry, grape, papaya, or pomegranate - any kind will do!)
- Brewed coffee, tea, or herbal tea
- Water or sparkling water

### Frozen Ingredients

These will make your smoothie even more refreshing and give it a thicker consistency, especially the fruit!

- Frozen fruit (use commercially frozen fruit or freeze fresh fruit in bags)
- Crushed ice
- Low-fat frozen yogurt

### Solid Ingredients

These will provide the bulk of your smoothie. Be creative and add several items with complimentary flavors.

- Yogurt (low-fat, plain, or fruit flavored)
- Fresh fruit (berries, bananas, melons, pears, pineapple, papaya, mango, etc.) or canned fruit in light syrup
- Silken tofu (adds a creamy texture)
- Peanut or almond butter (go great with bananas and/or tofu)

### Other Ingredients

These add nutrients and flavors to make your smoothie tastier and healthier too.

- Ground flax seeds
- Wheat germ or oatmeal
- Non-fat dry milk or protein powder
- Cocoa powder or light chocolate syrup
- Cinnamon or other spices
- Shredded coconut
- Honey