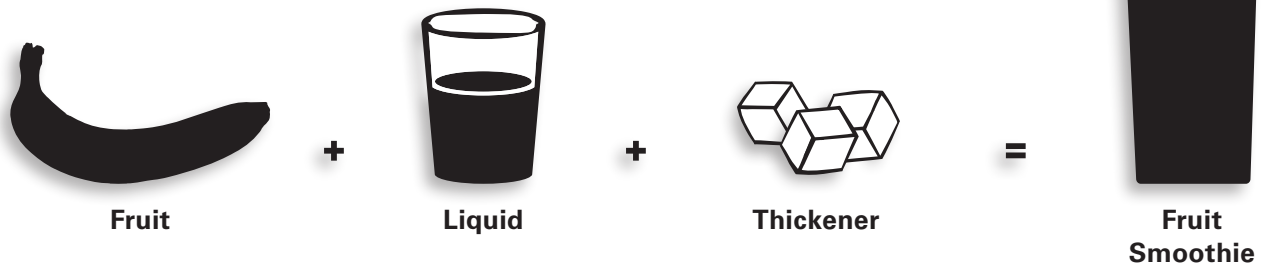


# Make Your Own Fruit Smoothies

Smoothies are easy, healthy, and can be made to your liking!



Add ingredients from each column to blender. Blend until thick and smooth.

| Fruit<br>(½ -1 cup sliced or chopped per smoothie – fresh or frozen) | + | Liquid<br>(½ to 1 cup per smoothie)       | + | Optional Flavorings<br>(up to ½ tsp per smoothie) | + | Thickener<br>(up to ½ cup per smoothie)    |
|--|---|---|---|---|---|--|
| Bananas  |   | Apple juice, 100% juice                   |   | Ground cinnamon                                   |   | Ice  |
| Strawberries   |   | Orange juice, 100% juice                  |   | Vanilla extract or flavor                         |   | Low-fat or nonfat yogurt (plain or frozen) |
| Raspberries, whole   |   | Cranberry juice, 100% juice               |   | Zest from lemon, lime, or orange                  |   | Frozen low-fat or nonfat yogurt            |
| Blueberries, whole   |   | Low-fat or nonfat milk, plain or flavored |   | Coconut flakes, unsweetened                       |   | Silken tofu                                |
| Peach  |   | Soy milk, plain or flavored               |   | Honey or maple syrup                              |   |  |
| Mango  |   | Almond milk                               |   |   |   |  |
| Pineapple  |   |   |   |   |   |  |

## Try these combos!

**Very Berry:** ½-cup mixture of strawberry, blueberry, and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 tsp honey + ¼ cup ice

**Banana-Honey:** ½ cup sliced, frozen banana + ¼ cup apple juice + ¼ cup nonfat milk + ¼ cup plain yogurt + 1 tsp honey

**Triple-C Blaster:** ½-cup mixture of mango and papaya + ½ cup orange juice + ¼ cup nonfat vanilla yogurt + 1 tsp honey + ¼ cup ice

**Tropical Sunrise:** ½-cup mixture of banana and mango + ½ cup low-fat milk + ½ tsp coconut flakes + ¼ cup nonfat yogurt + ¼ cup ice

## Chef's Tips:

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.