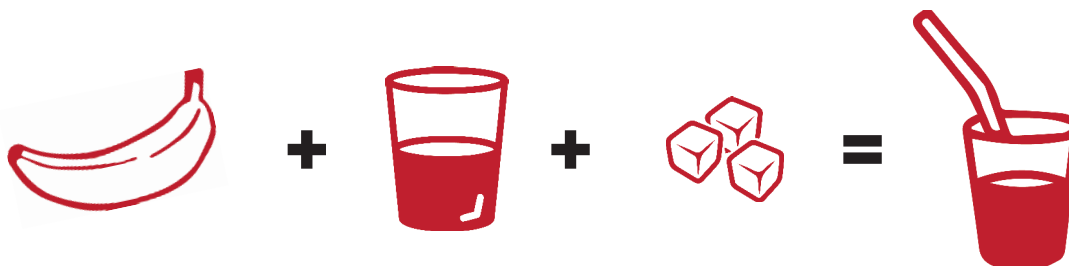


Fruit Smoothies

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



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

Fruit (½ -1 cup sliced or chopped per smoothie — fresh or frozen)	+	Liquid (½ to 1 cup per smoothie)	+	Optional Flavorings (up to ½ tsp per smoothie)	+	Thickener (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		Coconut flakes, unsweetened		Frozen low-fat or nonfat yogurt
Blueberries, whole		Low-fat or nonfat milk, plain or flavored		Honey or maple syrup		
Peach		Soy milk, plain or flavored				
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 Notes

- 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.