



# Wellness IN the Home: Create A WINNING Smoothie



Select ingredients - place in a blender - mix - pour - enjoy!!

(Refrigerate any leftovers. If a blender is not available, use a re-sealable bag and crushed ice.)

Fruit		Milk & Yogurt	Extras	
Fresh, frozen, or canned in juice (pick 1-3 fruits to equal about 1 cup)		Select <b>nonfat</b> or <b>lowfat</b> (about 1 cup)	Add to flavor or thicken (small amounts)	
bananas	peaches	milk	ice cubes	silken tofu
pineapples	raspberries	chocolate milk	honey	nuts
mangoes	cherries	yogurt (plain or flavored)	fruit nectar	peanut butter
strawberries	oranges	buttermilk	maple syrup	nutmeg
kiwifruits	apples	evaporated milk	fruit juice	cinnamon
cantaloupes	papayas	powdered milk	vanilla flavoring	
blueberries	apricots	soy milk (non-dairy option)	frozen yogurt (lowfat or nonfat)	
nectarines	honey dew melons		part-skim ricotta cheese	
tangerines	fruit cocktail		instant pudding mix	
applesauce				

Name your original smoothie. For example: Anthony's Amazing Apple Surprise or Maria's Mango Mania!

Three ideas to get you started. Combine the following:

1 cup fruit cocktail (canned & chilled) 1 cup milk* 1/4 cup powdered milk 3 ice cubes a dash of cinnamon
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1 cup frozen berries 1 cup vanilla yogurt* 1 cup grape juice
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1 mango peeled and chopped 3/4 cup milk* 1/4 cup vanilla yogurt* 3/4 teaspoon vanilla 3 ice cubes
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\*Select lowfat or nonfat milk and yogurt