

Basic Smoothie Recipe

Smoothies make a delicious snack and drink choice that includes 2 food groups.

- 2 medium fruit of your choice
 - E.g., banana and ½ cup blueberries
 - E.g., ½ cup strawberries and ½ cup mandarin oranges
- 1 (175 mL) container of yogurt
 - vanilla works well with a lot of flavours
- ¾ cup skim, 1%, or 2% milk or soy beverage
 - add more if you prefer a thinner drink

Put all the ingredients in a blender and mix well.
Makes about 2 child sized servings.



Other Additions

- To add protein and calcium, add ½ to 1 tbsp skim powder.
- To add protein and fat, add peanut butter. Try replacing 1 fruit with 1/8 cup of peanut butter and add a banana or replace both fruits with 1/8 cup of peanut butter and add chocolate syrup to vanilla yogurt and milk.
- To add fibre, add ½ to 1 tbsp wheat bran, oat bran, oatmeal, or whole flaxseed.
- To add omega 3 fatty acids, add ½ to 1 tbsp ground flaxseed.

Other Tips

- When fruits are in season, try new flavours.
- In the winter when some fruits are not as flavourful or available, try frozen fruit or canned fruit.
- Check that canned fruit is canned in water or juice. If it is canned in syrup, that means extra sugar.

Banana Berry Shake (makes 2 servings)

1 banana
1 cup fresh or frozen berries
1 cup milk or fortified soy beverage
 $\frac{3}{4}$ cup yogurt

1. Using a blender, blend fruit with a small amount of yogurt.
2. Add remaining milk and yogurt. Blend until smooth.
3. Add extra milk if shake is too thick.



Mango Lassi (makes 2 servings)

1 ripe mango, peeled and chopped (or 1 cup frozen mango chunks)
 $\frac{1}{2}$ cup low-fat plain or vanilla yogurt
 $\frac{1}{2}$ cup milk
Liquid honey
 $\frac{1}{2}$ cup ice cubes

1. In blender, on high speed, blend mango, yogurt, milk, honey to taste and ice for 2 minutes or until smooth.

Tropical Smoothie (makes 2 servings)

2 cups vanilla yogurt
1 cup frozen mango
1 large banana, peeled
1 can undrained pineapple chunks in juice

1. Mix all ingredients together in a blender until smooth.