

# Super Smoothies

**Smoothies make great snacks or even a quick breakfast. You can pack a lot of nutrition in just one cup! They take only minutes to make and the different flavor possibilities are endless.**

**You always need the following base:**

1 cup vanilla yogurt\*

½ cup orange juice or apple juice (optional, can use milk, unsweetened vanilla almond milk or water)

½ large banana, fresh or frozen

**From there you can add any of the combinations below to your base to name just a few possibilities. But feel free to make up your own using your favorite fruits.**

<u>Green Monster</u> 1 cup packed fresh baby spinach, or 1-2 handfuls ½ avocado, with pit and skin removed 1 cup diced frozen mangos or pineapples ½ chopped, fresh apple with skins removed	<u>Pina Colada Power Smoothie</u> ½ cup canned lite coconut milk 1 cup frozen pineapple
<u>Mango Paradise</u> 1 cup frozen mangos	<u>Peachy Keen</u> ½ cup frozen peaches ½ cup raspberries
<u>Bursting Blueberry</u> 1 cup frozen wild blueberries	<u>Strawberry Banana</u> 1 cup frozen strawberries

**Directions:**

1. In blender or food processor, place in ingredients as listed in above order. Puree for 2-3 minutes, until all ingredients are pureed smooth and there are no large chunks remaining.
2. Serve right away. Remaining smoothie can be saved for about 24 hours, Smoothie can also be poured into popsicle molds and frozen.



**\*\*These recipes were written and developed by Shannon D'Aquila Haynes RD, CD-N.**