

## Healthy Smoothies

Recipes make 1-2 servings and can be refrigerated for 1 day.

### Basic Fruit Smoothie

1 ½ cup low fat milk  
1 cup low fat vanilla yogurt, Stoneyfield is best  
½ cup frozen berries (raspberries, blueberries, strawberries)  
1 small banana  
Process in a blender, serve immediately.

### Simple Banana Smoothie

1 banana, frozen  
1/4 teaspoon vanilla extract  
2 tsp honey  
1 cup low fat milk  
Process in a blender, serve immediately.

### Chocolate Banana Smoothie

2 bananas, frozen  
1 scoop chocolate whey powder  
a shake of ground cinnamon  
1 ½ cups of any kind of milk  
as many ice cubes as you want  
Combine all ingredients in the blender.

### Low-Carb Strawberry Smoothie

1 cup frozen strawberries  
1/4 cup soft tofu  
1 cup low fat milk  
1 scoop of low-carb vanilla whey powder  
Process in a blender, serve immediately.

### Carrot Smoothie

1 cup vanilla yogurt  
1/2 cup finely grated carrots  
1/2 cup cold carrot juice  
1/2 cup soft silken tofu  
2 Tablespoons orange juice concentrate  
Place carrots, carrot juice and tofu to blender and pulse for a few seconds. Add the yogurt and orange juice. Blend to the desired consistency.

### Blueberry/Spinach Smoothie

1 cup frozen blueberries  
½ frozen ripe banana  
½ cup plain low-fat yogurt  
½ cup 100% grape or pomegranate juice  
1 cup baby spinach leaves  
Process in a blender, serve immediately.

### Green Smoothie

2 cups firmly-packed fresh kale or spinach  
1 cup frozen unsweetened pineapple chunks  
1-1/2 cups pineapple-coconut juice or plain pineapple juice  
1/2 cup low-fat vanilla yogurt  
Process in a blender, serve immediately.

### Healthy Smoothie Additions

#### To Add Protein

Soft tofu  
Whey or soy protein powder, vanilla, chocolate, or plain  
Low fat milk  
Low fat yogurt, plain, or flavored (no high fructose corn syrup)  
Cottage Cheese  
Ground Flax Seed  
Slivered Almonds

#### To Add Fiber

Ground Flax Seed  
1 Tbs Oatmeal, dried or cooked (plain only)  
Assorted fresh and frozen fruit, leave skins on when possible for added fiber (raspberries, blackberries, apple, whole oranges, pears)  
Carrots, raw sliced beets  
Cooked sweet potato  
Kale or spinach

#### Sweeteners

Agave Nectar  
Honey  
Ripe banana  
Sugar free fruit juices