

Create Your Own 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 Fresh, frozen, or canned in juice (pick 1-3 fruits to equal about 1 cup) | | Milk & Yogurt Select nonfat or lowfat (about 1 cup) | Extras 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 |
| kiwi | apples | evaporated skim milk | fruit juice | cinnamon |
| cantaloupes | papayas | buttermilk | vanilla | |
| blueberries | apricots | nonfat dry milk | frozen yogurt (lowfat or nonfat) | |
| nectarines | honey dew melons | | part-skim ricotta cheese | |
| tangerines | fruit cocktail | soy milk (non-dairy option) | instant pudding mix | |
| applesauce | | | | |

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

Ideas to get you started.

1 cup frozen berries
1 cup vanilla yogurt
1 cup grape juice

1 mango peeled and chopped
3/4 cup milk
1/4 cup vanilla yogurt
3/4 teaspoon vanilla
3 ice cubes

1 cup fruit cocktail (canned & chilled)
1 cup milk
1/4 cup dry milk
3 ice cubes
a dash of cinnamon

Vegetable Master Mix

1 small zucchini or cucumbers
1 bell pepper, green or red
1 - 2 stalks of celery

1 - 2 carrots
1 small onion
1 small yellow squash

1. Chop vegetables into about ½-inch pieces. Chop only the amount you will use within about 3 days. Store remaining uncut vegetables to chop later in the week.
2. Combine chopped vegetables and store in sealable bag in the refrigerator. Use within 3 to 4 days.
3. Use ½ to 1 cup of the mix in the following ways. Makes about 8 portions.

Breakfast:

- Cook in a little canola oil in a small pan and add scrambled eggs.
- Add to any type of quiche.
- Finely chop and mix with low fat soft cream cheese and salt and pepper. Spread on a bagel or toast.
- Cook in a little canola oil in a small pan with chopped potato, low fat breakfast sausage, and salsa.

Lunches and Dinners:

- Cook in a small pan or microwave. Add to soup, stew, sloppy joe mix, spaghetti sauce, or tacos.
- Add to any green salad or tuna, egg, or pasta salad.
- Add to other vegetables such as cabbage or broccoli for a stir fry. Add meat if desired.
- Cook in small pan or microwave and add rice, barley, another grain or pasta to make a pilaf.
- Make a cool wrap with hummus, vegetables, lettuce, tomato, avocado, and sunflower seeds in a tortilla.

Vary the vegetables based on what you like and what is in season!