



# From the Food Bank Kitchen

## Smoothies

*On the run in the morning? Do you skip breakfast because you feel you don't have enough time? Need a light, healthy snack between meals? Easy, nutritious smoothies could be right for you. You can combine fruits or vegetables to add nutrients and fiber to your diet, or mix it up with protein sources like Greek or non-dairy yogurt, milk, or even peanut butter, to provide a nutritious boost. Check out the filling Breakfast Smoothie below!*

**Making a Smoothie:** Creating a delicious and nutritious smoothie can be simple. Add 2-3 cups fresh, canned or frozen fruits (such as berries, peaches, or mango), 1-1 ½ cups milk or juice, and about ½ cup regular yogurt (or Greek for added protein) and mix in a blender or food processor. Experiment with adding veggies which are low in calories and sugar, such as carrots, canned pumpkin, spinach, or kale. You can also add spices like vanilla, cinnamon, ginger, or nutmeg.

*TIP: To freeze your own fresh fruit, wash, pat dry and cut up fruit. Place on a cookie sheet in a single layer and freeze for an hour, then transfer to a freezer-safe bag.*

**Fast-food/Takeout Smoothies:** Many restaurants try to boost sales by offering a fast “healthy” smoothie that isn’t so healthy when you look at the numbers: Dunkin’ Donuts offers a large Strawberry Coolatta® which has 470 calories, 28 tsp of sugar, and no protein; McDonalds offers a large Mango Pineapple Smoothie with 340 calories, 18 teaspoons of sugar, and 4 grams protein. Panera Bread restaurants’ Mango Smoothie has 270 calories and 14 teaspoons worth of sugar. Store-bought smoothies often cost over \$3 each. Save some money and cut down your sugar intake by ordering a small size when out, or better yet — make a healthier smoothie at home with a combination of fresh, frozen or canned ingredients.

*TIP: To convert grams of sugar to teaspoons on a Nutrition Information page, divide the grams of sugar by 4.*

**Basic Smoothie Recipe:** Customize your perfect smoothie with this formula: ½ cup yogurt (any flavor), plus ½ cup juice, milk, or non-dairy alternative, plus ½ cup chopped fruit (like berries, peaches, mango, or melon). Frozen fruit is convenient and results in a thicker texture without using ice. You can also substitute coconut milk, soy or rice milk for regular milk, and use either regular, Greek, or soy or rice milk yogurt. Use plain or light yogurt to reduce grams of sugar. A half of a banana adds thickness and creaminess.

**No Blender at Home?** See next page for a delicious YOGURT BERRY PARFAIT recipe that combines yogurt and fruit for a healthy dessert or snack that appeals to all ages.

**More Recipes:** For some tasty smoothie recipes check out: <http://recipefinder.nal.usda.gov>. This website offers low cost recipes and nutrition information is provided. For lighter, lower calorie recipes go to [www.cookinglight.com](http://www.cookinglight.com).

## Smoothie Mania

Source: Sparkpeople recipes <http://recipes.sparkpeople.com>

### Very Berry Smoothie *From SparkPeople.com (4 servings)*

2 cups orange juice  
1 cup low-fat vanilla yogurt  
2 small ripe bananas (frozen thickens texture with no ice)  
1 cup berries (fresh or frozen)

Place all ingredients in a blender and blend for 10 seconds or until all ingredients are smooth.

*Calories 151, Fat 2 gm, Carbs 31 gm, Protein 5 gm*

*Tip: Try blending in 1 cup of baby spinach or kale leaves to the smoothie. You can see but not taste the greens!*

### Strawberry Oatmeal Breakfast Smoothie (2 servings)

1 cup unsweetened soy/rice/almond milk or 1% milk  
½ cup rolled oats (quick oats preferable)  
1 banana, broken into chunks (frozen optional)  
14 frozen strawberries; can substitute peaches for half  
½ tsp vanilla extract (optional)  
1½ tsp white sugar (optional)

Run oats through blender briefly under fine. Add banana, milk, and berries. Add vanilla and sugar if desired and blend until smooth. (Source: allrecipes.com)

*Calories 236, Fat 4 gm, Carbs 45 gm, Protein 8 gm*

### Skinny Green Tropical Smoothie (2 servings)

¾ cup light coconut milk  
6 oz fat free Greek yogurt  
¾ cup pineapple cubed (fresh or canned)  
1 ripe medium banana  
1 cup raw spinach  
2 Tbsp sweetened shredded coconut  
1 ¼ cup ice

Put everything into blender and blend until smooth.

*Calories 228, Fat 8 gm, Carbs 30 gm, Protein 10 gm*

### Peanut Butter and Jelly Smoothie (1 serving)

1 Tbsp no-salt-added peanut butter  
1 tsp all-fruit strawberry preserves  
½ cup strawberries  
½ cup low-fat plain yogurt  
1 medium banana

Place all ingredients in a blender. Blend until well mixed.

*Calories 290, Fat 8 gm, Carbs 49 gm, Protein 11 gm*

**SEE REVERSE SIDE FOR MORE SMOOTHIE RECIPES→**

# More smoothie ideas...and a parfait recipe

## Anti-Stress Smoothie

4 servings

Source: [Best of the Best Smoothies](#)

- 2 c frozen blueberries
- 1 c low-fat 1% milk
- 1 c vanilla low-fat frozen yogurt\*
- 1 medium banana
- 1 Tbsp honey
- 4 to 6 ice cubes

Combine the blueberries, milk, yogurt, banana, honey and ice in blender. Process about 30 seconds to 1 minute or until mixture is frothy and ice is finely ground. Pour into 4 glasses. Garnish with whipped cream if desired. Serve immediately.

**Nutrition Facts per serving:** *Calories 200, Fat 3 gm, Sodium 60 mg, Carbs 38 gm, Fiber 2 gm, Sugars 28 gm, Protein 8 gm*  
*(If you substitute Breyers No Sugar Added vanilla frozen yogurt, reduce calories to 150, carbs to 29 gm, sugars to 20 gm, and protein to 5 gm)*

## Watermelon Smoothie

4 servings

Source: [Best of the Best Smoothies](#)

- 2 c watermelon, seeds removed and diced
- 1 c fat-free vanilla yogurt
- 1 c strawberries, frozen
- 1 c peach, apple or grape juice

Combine all ingredients in a blender and purée until smooth. Serve immediately.

**Nutrition Facts per serving:** *Calories 120, Fat 0 gm, Sodium 50 mg, Carbs 28 gm, Fiber 1 gm, Sugars 24 gm, Protein 4 gm*

## Bone Healthy Fruit & Prune Smoothie

4 servings Source: Diane Hayden Hixson, 2009

There is lots of flavor and bone-building nutrients in this recipe. Trop50 orange juice lowers the sugar content, but regular orange juice can also be used. Perfect for a breakfast “on the go” or an anytime treat.

- 1 c plain fat-free Greek yogurt
- 1 c canned pineapple tidbits, with juice
- 8 oz Trop50 calcium & vitamin D enriched orange juice (if using regular orange juice, sugar and calories will be higher)
- 1 large banana
- 3 oz pitted bite-sized prunes (dried plums)

One day ahead, freeze orange juice (OJ) in an ice cube tray. Combine all ingredients except the OJ in a blender and blend until smooth. Add frozen OJ cubes, blending until smooth, pulsing on and off. Serve immediately after blending while mixture still has a bubbly milkshake-like consistency. Store unused smoothie in fridge after preparing. Optional: add fresh or frozen berries if desired. Try blending in cinnamon, ginger, or vanilla extract for variety in flavor.

**Nutrition Facts per serving:** *Calories 160, Fat 0 gm, Sodium 30 mg, Carbs 34 gm, Fiber 3 gm, Sugars 21 gm, Protein 7 gm*

## Yogurt Berry Parfait

[\(no blender needed\)](#)

4 servings

- 2 c low-fat vanilla yogurt\*
- 1 c granola or other breakfast cereal you like
- 1 c fresh blueberries\*\*
- 1 c fresh strawberries\*\*

Prepare berries by rinsing in cold water and slicing strawberries. Line up 4 clear glass or plastic glasses.

Layer ingredients in the following order: **yogurt, strawberries, granola, yogurt, blueberries, granola.** (If you prefer, mix together the blueberries and strawberries so that each alternating fruit layer is blue and red). Eat with a spoon and enjoy!

\*To reduce calories to 180, carbs to 37 gm, and sugars to 16 gm, substitute light fat-free vanilla yogurt.

\*\* You can use frozen blueberries, strawberries, raspberries, or mango; they may be less expensive than fresh depending on the season. Just thaw at room temperature for 30-60 minutes before using. You can also use any fresh fruit you have on hand like bananas, peaches, or canned pineapple.

**Nutrition Facts per serving:** *Calories 240, Fat 3 gm, Saturated Fat 1 gm, Sodium 80 mg, Carbohydrate 49 gm, Fiber 4 gm, Sugars 29 gm, Protein 9 gm*