

Smoothies



Fruit Smoothies & Shakes

Strawberry Banana Smoothie

- 6 oz orange juice or skim milk
- 3-4 strawberries
- ½ banana
- ½ cup ice

Tropical Smoothie

- 6 oz orange juice or skim milk
- 3-4 pineapple chunks or ¼ cup
- ¼ cup mango
- ¼ cup strawberry
- ½ cup ice

Pineapple Spinach Smoothie

- 6 oz pineapple juice or orange juice
- 3-4 pineapple chunks
- ½ cup spinach
- ½ cup ice

Green Tropical Smoothie

- 6 oz orange juice or skim milk
- ¼ cup pineapple chunks
- ¼ cup mango
- ¼ cup spinach
- ¼ avocado
- ½ cup ice

Apple Cinnamon Smoothie

- 1 apple (sliced)
- 1 banana
- ¼ tsp. cinnamon
- ½ cup vanilla nonfat/low fat yogurt
- ½ cup milk
- ½ cup ice

Mocha Smoothie

- 1 cup iced coffee
- ½ banana
- 1 tbsp. peanut butter
- 2 scoops chocolate whey protein powder
- ½ cup ice

Berry Smoothie

- 6 oz orange juice or skim milk
- ¼ cup strawberries
- ¼ cup blueberries
- ¼ cup raspberries
- ½ cup ice

Smoothies



To Add Calories:

- Skip ice. Use frozen fruit to make it frosty
- 1 Tbsp. peanut butter
- ¼ avocado
- ½ tbsp. chocolate syrup
- 1 scoop ice cream
- Substitute milk/juice with whole milk or cream
- Add ½ cup Ensure or Pediasure
- 1 tbsp. oil (canola or olive)

To Add Fiber:

- 1 Tsp. chia seeds
- 1 Tbsp. flax seed
- ½ cup spinach
- ¼ pear

To Add Protein:

- 2 scoops whey protein (chocolate or vanilla)
- 1 tbsp. peanut butter, nut butter or seed butter
- ½ cup Greek yogurt
- 1-2 Tbsp nonfat dry milk powder