



Smoothies for a Change

Smoothies have become very popular. Some times we think of them as good snacks for children, but they can be delicious, nutritious snacks or light meals for adults.



Smoothies can contain nutrients and small amounts of fat and sugar if you choose ingredients carefully.

Smoothies are usually made with fruit and milk or yogurt. Sometimes something extra is added for flavor or to thicken the smoothie. There are an endless variety of ingredients that can be combined to make a different smoothie every day of the year.

Fruit: Use fresh, frozen or canned fruit. If you use frozen fruit choose those frozen with no added sugar.

Choose canned fruit in juice or light syrup. Frozen fruit will make the smoothie thicker. Use a combination of two or three fruits for a different flavor.

Milk or yogurt: For added nutritional value and no added fat choose fat free milk or yogurt. Yogurt or milk will add calcium and protein.

Extras: There are several things you can add for more flavor, cocoa powder, instant coffee, extracts and flavorings like vanilla, mint, or almond, and sugar-free drink mixes.


A smoothie with a couple of graham crackers can provide an easy to prepare, healthy, light meal.



Create-a-Smoothie

Select ingredients – place in a blender – mix – pour – enjoy!!

The possibilities are unlimited.

Fruit Fresh, frozen or canned in juice (Pick 1 to 3 fruits to equal about 1/3 cup)	Milk & Yogurt Select nonfat or lowfat (About 1/3 cup)	Extras Add to flavor or thicken (Small amounts) 
Bananas Peaches Pineapples Cherries Strawberries Kiwi Cantaloupe Apples Blueberries Oranges Applesauce Raspberries Honeydew Melon	Milk Chocolate milk Yogurt (plain or flavored) Buttermilk Evaporated milk Powdered milk Soy milk (non-dairy option)	Ice cubes Honey Crushed ice Nuts Fruit juice Nutmeg Maple syrup Cinnamon Peanut butter Instant coffee Instant Pudding Vanilla, almond, or Mint Flavoring Frozen Yogurt (lowfat or nonfat)

This recipe will make one serving. Refrigerate any leftovers.

My Favorite Smoothie

- 4 frozen strawberries
- 2 2-inch pieces frozen banana
- 3 ounces lowfat vanilla yogurt
- 2 small ice cubes
- 3 Tablespoons orange juice
- Dash of cinnamon

Serves one. Nutrition information:
 200 calories, 1.5 g fat, 10 mg cholesterol, 60 mg sodium,
 3 g fiber, 15% calcium and 90% vitamin C
 daily recommendation

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