

Make Your Own Fruit Smoothies



5 min

Prep + Cook Time

**Choose one ingredient from each column below to make one smoothie.
Add to blender. Blend until thick and smooth.**

FRUIT

choose: ½–1 cup fresh or frozen

- ☐ Bananas
- ☐ Strawberries
- ☐ Raspberries
- ☐ Blueberries
- ☐ Peaches
- ☐ Pineapple

FLAVORINGS

optional

- ☐ Ground cinnamon (½ teaspoon)
- ☐ Vanilla extract or flavor (½ teaspoon)
- ☐ Zest from lemon, lime or orange (½ teaspoon)
- ☐ Coconut flakes, unsweetened (½ cup)
- ☐ Honey or maple syrup (1 Tablespoon)

THICKENER

choose: ½ cup

- ☐ Ice
- ☐ Low-fat or nonfat yogurt (plain or frozen)
- ☐ Peanut butter
- ☐ Leafy greens (spinach or kale)

LIQUID

choose: ½–1 cup

- ☐ Apple juice, 100% juice
- ☐ Orange juice, 100% juice
- ☐ Low-fat or nonfat milk
- ☐ Soy milk, plain or flavored
- ☐ Almond milk

EASY AS ONE, TWO, THREE!



Fruit

+



Liquid

+



Ice

=



Fruit Smoothie

CHEF'S TIPS

- Use milk or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruit that are about to go bad. Use them later in your smoothies.



TRY THESE COMBOS!

- **VERY BERRY:** ½ cup mixture strawberry, blueberry and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 teaspoon honey + ¼ cup ice
- **BANANA-HONEY:** ½ cup sliced, frozen banana + ¼ cup apple juice + ¼ cup nonfat milk + ¼ cup plain yogurt + 1 teaspoon honey
- **TRIPLE - C BLASTER:** ½ cup mixture of mango and papaya + ½ cup orange juice + ¼ cup nonfat vanilla yogurt + 1 teaspoon honey + ¼ cup ice
- **TROPICAL SUNRISE:** ½ cup mixture of banana and mango + ½ cup low-fat milk + ½ teaspoon coconut flakes + ¼ cup nonfat yogurt + ¼ cup ice