



Tasty Breakfast Smoothie

This formula will work with just about any combination of fruit and juice. Apple juice is a nice choice for its versatility but don't overlook some of the more interesting varieties available these days like cherry, apricot or papaya.

Ingredients

Makes: 1 serving

- 1 cup nonfat vanilla yogurt
- 1/4 cup fruit juice
- 1 1/2 cups (6 1/2 ounces) frozen fruit, such as blueberries, raspberries, pineapple or peaches

Preparation

1. Puree yogurt with fruit juice in a blender until smooth. With the motor running, add fruit through the hole in the lid and continue to puree until smooth.

Honeydew-Kiwifruit Smoothie

Makes: 3 servings

Ingredients

- 2 cups cubed honeydew
- 1 small Granny Smith apple, peeled, cored, and cut up
- 1 kiwifruit, peeled and cut up
- 2 - 3 tablespoons sugar
- 1 tablespoon lemon juice
- 1 cup ice cubes
- Honeydew and/or kiwifruit slices

Preparation

1. In a blender container, combine honeydew, apple, kiwifruit, sugar, and lime juice. Cover and blend until smooth.
2. Add ice cubes; cover and blend until cubes are crushed and mixture is slushy. Garnish with additional honeydew and/or kiwifruit slices, if desired

Looking for additional recipes? Contact Elizabeth at 718-598-0617



Peanut Butter & Banana Smoothie

Makes: 1 serving

Ingredients

- 10 ounces skim milk or plain soy milk
- 1 tablespoon natural peanut butter
- 1 medium banana

Preparation

1. In a blender, combine all ingredients and mix until smooth. Use 6 ice cubes for a thicker consistency.

Breakfast Berry Smoothie

Makes: 2 servings

Berries are bursting with nutrients and phytochemicals. This recipe blends three different berries. Triple the pleasure and triple the nutrition!

Ingredients:

- 3/4 cup sliced strawberries (fresh or frozen)
- 1/2 cup frozen blueberries (fresh can be used)
- 3/4 cup frozen raspberries, boysenberries, or blackberries (fresh can be used)
- 1 1/2 cup nonfat frozen vanilla yogurt or light vanilla ice cream
- 1/2 cup low-fat milk or soy milk (vanilla or plain)
- 1/4 cup pasteurized egg substitute

Preparation

1. Add all the ingredients to a blender or large food processor. Pulse or blend until combined.
2. Pour into 2 tall glasses and enjoy!

Chocolate Banana Wonder Smoothie - Tastes like a frozen dipped banana

Ingredients:

Makes 2 servings

- 1 cup plain nonfat yogurt
- 2 teaspoons peanut butter
- 2 teaspoons chocolate syrup
- 1 frozen banana
- 1/2 cup frozen milk cubes (about 4 cubes)

Preparation:

In a blender, mix together the first three ingredients. Add the frozen banana and pulse until chunky. Add milk cubes one at a time and pulse until smooth. You can make this a thicker smoothie by only using one or two of the milk cubes.

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Banana Oat Smoothie

Delicious banana smoothie recipe that makes a quick, healthy and yummy breakfast for teens.

Ingredients:

Makes: 1 serving

- 1 cup whole or 2% milk
- 1 individual packet instant oatmeal; regular or original flavor
- 1 cup of citrus juice;
- 1 large banana; peeled and cut into 1-inch chunks

Preparation:

1. Place the first three ingredients into a blender.
2. Add half of the banana.
3. Pulse until the banana is chopped, and then puree for 30 seconds.
4. Add the other half of the banana.
5. Pulse until the banana is chopped, and then puree for 30 seconds to one minute, until the smoothie is smooth.