

# Create-a-Smoothie

## TASTY GREAT TIPS:

- ▶▶ If you don't use frozen fruit, be sure to add ice to the blender.
- ▶▶ Want it thick? Add chunks of fresh or frozen ripe banana.

**STEP 1:** Choose at least one item from Dairy and one item from Fruit. Add your choices to a blender.

**STEP 2:** Add Extras, to suit your taste. Put the cover on the blender.

### DAIRY:

▶ 1 cup

Milk:

- Fat-free or Lowfat
- Flavored
- Lactose-free

Yogurt:

- Plain
- Vanilla
- Fruit flavored

Kefir

Lowfat frozen yogurt

### FRUIT:

▶ ½ to 1 cup total

▶ Use fresh, frozen, canned, or a combination

▶ If you use fresh, wash and chop into bite-size pieces

Banana

Mango

Berries:

Melons:

Blueberries

Cantaloupe

Raspberries

Honeydew

Strawberries

Papaya

Cherries

Peaches

Kiwi

Pineapple

### EXTRAS:

Juice or frozen juice concentrate:

Grape, Apple, Orange, Cranberry

Nuts: Almonds, Cashews, Walnuts

Carrot

Avocado

Peanut butter

Honey

Oats or oatmeal

Ground flax seeds

Fresh mint

Vanilla

Cinnamon

Chocolate syrup



**STEP 3:** Mix ingredients in the blender until smooth. Thin to desired consistency by adding milk.

**STEP 4:** Pour into a glass and enjoy!

[www.westerndairyassociation.org](http://www.westerndairyassociation.org)

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