

create-a-smoothie



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.

STEP 3

Mix ingredients in the blender until smooth. Thin to desired consistency by adding milk.

STEP 4

Pour into a glass and enjoy!



Dairy farmers nourishing people and planet with world-class care.
www.WesternDairyAssociation.org

dairy

1 cup

- Milk
Fat-free or Low-fat
Flavored
Lactose-free
- Low-fat Frozen Yogurt
- Sherbet
- Kefir
- Yogurt
Plain
Vanilla
Fruit-flavored
Greek-style

fruit

1/2 to 1 cup total

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

- Bananas
- Berries
Blueberries
Raspberries
Strawberries
- Cherries, pitted
- Kiwi
- Mango
- Melons
Cantaloupe
Honeydew
- Papaya
- Peaches
- Pineapple

tasty treat 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.

extras

- Juice or frozen juice concentrate
Apple, Cranberry, Grape, Pomegranate, Orange, Passion Fruit
- Nuts
Almonds, Cashews, Walnuts
- Carrot
- Avocado
- Peanut or almond butter
- Honey
- Oats or oatmeal
- Ground flax seeds
- Fresh mint
- Vanilla
- Cinnamon
- Chocolate syrup

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