

Create Your Own Smoothie

Makes 2 servings | **Fruit** • **Dairy**

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Select ingredients from the chart below and place in a blender with ice. If using fresh or canned fruit, add 1 - 2 cups of ice. Mix, pour, and enjoy. If a blender is not available, use a resealable plastic bag and crushed ice.

Fruit Fresh, frozen, or canned (About 1 cup)	Milk & Yogurt Select fat-free and low-fat options (About 1 cup)	Extras (Add to thicken, boost nutrients, and add flavor)
<ul style="list-style-type: none"> • Apples • Applesauce • Apricots • Bananas • Blueberries • Cantaloupe • Cherries • Fruit cocktail • Kiwis • Mangoes • Melon • Nectarines • Oranges • Papayas • Peaches • Pineapples • Raspberries • Strawberries • Tangerines 	<ul style="list-style-type: none"> • Almond milk • Chocolate milk • Coconut milk • Evaporated milk • Flavored milk • Low-fat or fat-free yogurt • Milk • Nonfat dry milk powder plus water • Soymilk 	<ul style="list-style-type: none"> • Avocado • Canned or cooked squash, peas, sweet potato, or pumpkin • Cinnamon • Flax seed • Fresh spinach, chard, or kale • Frozen yogurt • Fruit juice • Fruit nectar • Nutmeg • Nuts • Oats • Peanut Butter • Tofu • Vanilla extract



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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