

SMOOTHIE RECIPES



Enjoy a tasty beverage or smoothie!

These recipes are easy and taste great! Beverages & smoothies make a good snack or treat.

Try one with fruit to get lots of vitamins.

Fruits are rich in vitamin A and vitamin C. Frozen fruits often work well in smoothies. They are available year round and often go on sale.

Try one made with milk for extra calcium.

Getting enough calcium can be hard. Many of these smoothie recipes use milk or milk products like yogurt.

How about a smoothie for breakfast?

Do you skip breakfast? Why not make a smoothie? Smoothies do not take long to make and will help you start the day off right!

Know how. Know now.

Jogger's Nog

2 servings

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| 1 c. fruit juice, any variety | ½ c. fat-free vanilla |
| ½ c. fruit, any variety | ice cream or sherbet |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: Calories 180, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 60 mg (3% DV), Total Carbohydrate 42 g (7% DV), Dietary Fiber 0 g (0% DV), Sugars 28 g, Protein 3 g, Vitamin A 10%, Vitamin C 30%, Calcium 10%, Iron 2%.

Banana Milkshake

1 serving

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|-------------------|-------------------------|
| 1 banana, peeled | ¼ tsp. vanilla |
| 1 c. low-fat milk | 1 tsp. sugar (optional) |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: Calories 220, Total Fat 2.5 g (4% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 10 mg (4% DV), Sodium 105 mg (4% DV), Total Carbohydrate 41 g (14% DV), Dietary Fiber 4 g (16% DV), Sugars 33 g, Protein 9 g, Vitamin A 10%, Vitamin C 15%, Calcium 30%, Iron 2%.

Purple Cow

1 serving

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|-----------------------|------------------|
| ½ c. fat-free vanilla | ½ c. grape juice |
| ice cream | |

Place ice cream into an 8 ounce cup.
Pour grape juice over ice cream. Serve right away.

Nutrition Information per Serving: Calories 220, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 110 mg (5% DV), Total Carbohydrate 50 g (17% DV), Dietary Fiber 1 g (5% DV), Sugars 43 g, Protein 5 g, Vitamin A 15%, Vitamin C 35%, Calcium 15%, Iron 0%.

Berry Lemonade Slush

4 servings

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|--------------------------------------|------------------------------------|
| ⅓ c. lemonade flavor drink mix (dry) | 3 c. ice cubes |
| ½ c. water | 1 c. strawberries, fresh or frozen |

In a cup, mix together lemonade flavor drink mix and water.
Place ice cubes and strawberries in a blender. Pour drink mix into blender and process on high for 10 seconds. Stop blender and stir with a spoon. Blend an additional 5 seconds or until smooth. Serve right away.

Nutrition Information per Serving: Calories 70, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 10 mg (0% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 1 g (5% DV), Sugars 15 g, Protein 0 g, Vitamin A 0%, Vitamin C 50%, Calcium 0%, Iron 2%.

Orange Slushie

4 servings

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|---|----------------|
| 1 (6 oz.) can frozen orange juice concentrate | ½ c. water |
| | ½ tsp. vanilla |
| 1 c. low-fat milk | 4 ice cubes |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: Calories 90, Total Fat 0.5 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (1% DV), Sodium 30 mg (1% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 0 g (0% DV), Sugars 19 g, Protein 3 g, Vitamin A 6%, Vitamin C 100%, Calcium 8%, Iron 0%.

Cherry Almond Smoothie

1 serving

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|-----------------------|----------------------------|
| ¾ c. cherries, frozen | ¾ c. non-fat yogurt, plain |
| ¼ tsp. almond extract | 4 ice cubes |
| ½ T. sugar | |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: Calories 280, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (1% DV), Sodium 105 mg (4% DV), Total Carbohydrate 64 g (21% DV), Dietary Fiber 4 g (16% DV), Sugars 55 g, Protein 10 g, Vitamin A 20%, Vitamin C 20%, Calcium 25%, Iron 4%.

Choco-Nana Milk Mixer

4 servings

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|--|-----------------------------------|
| 3½ c. low-fat milk | 1 T. creamy peanut butter |
| 1 (3.9 oz.) pkg. instant chocolate pudding mix | 1 banana, peeled, cut into chunks |

Place all the ingredients in a blender and process on high for 1 minute or until smooth.

Serve at once or refrigerate for later use. Stir before serving.

Mixture thickens as it stands. Thin with additional milk, if desired.

Nutrition Information per Serving: Calories 230, Total Fat 4.5 g (7% DV), Saturated Fat 2 g (10% DV), Cholesterol 10 mg (4% DV), Sodium 470 mg (20% DV), Total Carbohydrate 40 g (13% DV), Dietary Fiber 2 g (9% DV), Sugars 33 g, Protein 9 g, Vitamin A 8%, Vitamin C 4%, Calcium 25%, Iron 4%.

Peaches and Cream Smoothie

2 servings

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|----------------------------|----------------|
| 2 c. peach slices, frozen* | 2 tsp. sugar |
| 1¾ c. low-fat milk | 1 tsp. vanilla |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

* Canned peach slices may be frozen individually on a baking sheet for use in this recipe.

Nutrition Information per Serving: Calories 330, Total Fat 2.5 g (4% DV), Saturated Fat 1.5 g (7% DV), Cholesterol 10 mg (4% DV), Sodium 110 mg (4% DV), Total Carbohydrate 69 g (23% DV), Dietary Fiber 4 g (16% DV), Sugars 65 g, Protein 9 g, Vitamin A 20%, Vitamin C 360%, Calcium 25%, Iron 6%.

Peanut Butter Banana Smoothie

1 serving

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|---------------------------|---------------------------|
| 1 small banana, peeled | 1 tsp. sugar or honey |
| 1 T. creamy peanut butter | 1 c. low-fat milk |
| | ½ tsp. vanilla (optional) |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: Calories 320, Total Fat 11 g (17% DV), Saturated Fat 3 g (16% DV), Cholesterol 10 mg (4% DV), Sodium 190 mg (8% DV), Total Carbohydrate 48 g (16% DV), Dietary Fiber 5 g (20% DV), Sugars 39 g, Protein 13 g, Vitamin A 10%, Vitamin C 15%, Calcium 30%, Iron 4%.

Awesome Smoothie

2 servings

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|----------------------------|----------------------|
| 2 T. ground flaxseed | 1½ c. blueberries or |
| 1 banana, peeled | strawberries, frozen |
| 1 c. low-fat yogurt, plain | 1 c. low-fat milk |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: Calories 310, Total Fat 7 g (10% DV), Saturated Fat 2 g (9% DV), Cholesterol 10 mg (4% DV), Sodium 140 mg (6% DV), Total Carbohydrate 54 g (18% DV), Dietary Fiber 7 g (30% DV), Sugars 43 g, Protein 13 g, Vitamin A 6%, Vitamin C 15%, Calcium 40%, Iron 8%.

Summer Breezes Smoothie

3 servings

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|---------------------------------|------------------|
| 1 c. low-fat yogurt, plain | 1 banana, peeled |
| 6 strawberries | 1 tsp. vanilla |
| 1 c. pineapple, canned in juice | 4 ice cubes |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: Calories 150, Total Fat 1.5 g (2% DV), Saturated Fat 1 g (4% DV), Cholesterol 5 mg (2% DV), Sodium 60 mg (2% DV), Total Carbohydrate 31 g (10% DV), Dietary Fiber 2 g (10% DV), Sugars 26 g, Protein 5 g, Vitamin A 2%, Vitamin C 35%, Calcium 15%, Iron 4%.

Strawberry-Apple Smoothie

3 servings

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|---------------------------------|--|
| 1 c. low-fat yogurt, strawberry | 1 apple, peeled, cored and cut into chunks |
| 1¼ c. strawberries, frozen | 1 T. sugar |
| | 1 c. ice cubes |

Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: Calories 140, Total Fat 1 g (1% DV), Saturated Fat 0.5 g (3% DV), Cholesterol 5 mg (2% DV), Sodium 50 mg (2% DV), Total Carbohydrate 32 g (11% DV), Dietary Fiber 3 g (11% DV), Sugars 25 g, Protein 4 g, Vitamin A 2%, Vitamin C 40%, Calcium 10%, Iron 4%.

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