

# SUPER SATISFYING SUMMER SMOOTHIES



Stay cool and satisfy your taste buds all summer!

Fitting in the recommended nine servings of fruits and vegetables each day can feel like an impossible task. But, blend a few into an ice-cold smoothie and suddenly eating healthier is easy to imagine.

Convenient and portable, smoothies are an ideal fuel-on-the-go for breakfasts, snacks, or desserts. And, they couldn't be easier to make—just wash, chop, and combine ingredients and then blend until smooth. You can adjust the consistency by adding more or less ice.

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**Strawberries are the  
only fruit with seeds on  
the outside.**

These delicious healthy smoothie recipes make it easy to eat healthy with fruit, veggies, yogurt, and other nutritious ingredients.

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**Farmer's market special**—2 handfuls of baby spinach, 1 apple, 1 banana, 1 cup of yogurt, 5 strawberries and, 1/2 orange.

**Berry tropical**—1 cup low-fat milk (or milk alternative), 1/4 cup frozen blueberries, 1/4 cup frozen pineapple, 1 scoop vanilla protein powder.

**Apple pie in a glass**—5 raw almonds, 1 red apple, 1 banana, 3/4 cup non-fat Greek yogurt, 1/2 cup unsweetened almond milk, and 1/4 teaspoon cinnamon.

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**There are over 600  
varieties of oranges.**  
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**Green machine**—*Start with the fruit and add in greens to taste:* 1 lemon, 1/2 cup chopped parsley, 1 rib of celery, 2 big handfuls of spinach, 1 small piece of peeled ginger, 1 medium cucumber, 2 apples, 1 cup ice cubes.

**Detox delight**—*Blend in this order:* 1 cup green grapes, 1 peeled orange, 1/2 Bartlett pear with seeds removed, 1 banana, 1 cup kale, 1/2 cup water, 2 cups ice cubes.

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Bananas have no fat, cholesterol or sodium.

The U.S. FDA now allows the banana industry to make official claims for the fruit's ability to reduce the risk of high blood pressure.

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**Orange dreamsicle**—1 peeled orange, 1/4 cup fat-free half-and-half or fat-free plain yogurt, 2 tablespoons frozen orange juice concentrate, 1/4 teaspoon vanilla extract, and 1/2 cup ice cubes.

**Mango mania**—1 cup chopped ripe mango, 1/2 cup low-fat milk, 1/4 cup plain low-fat yogurt, 1 tablespoon honey, and 1/2 cup ice cubes.

*For an additional protein boost, you can add one to two scoops of a protein powder to any of these recipes. The three basic building blocks of smoothies are liquids, fruits & vegetables, and ice.*

