

Shopping List: 3 Healthy Fresh Fruit Smoothies

Fresh Produce

3 bananas
1 cup blueberries
1 lime
6 medium strawberries
1 mango
1 cup pineapple chunks

Dairy

½ cup unsweetened coconut milk (or any type of milk that you prefer)
1 cup yogurt, plain or nonfat
¾ cup frozen vanilla yogurt

Pantry Staples

Add items to list if you don't already have them

¼ teaspoon almond extract
1 teaspoon vanilla extract

Banana-Blueberry Smoothie

This nutrient-packed smoothie is perfect for an on-the-go snack.

Makes 1 serving. 1 smoothie per serving.

Ready in 5 minutes.

Ingredients

1 banana

1 cup blueberries

½ cup unsweetened coconut milk (or any type of milk you prefer)

1 Tablespoon honey

1 Tablespoon lime juice

¼ teaspoon almond extract

1 cup ice

Directions

1. Add banana, blueberries, coconut milk (or any type of milk you prefer), honey, lime juice, almond extract, and ice to blender and blend.
2. Enjoy!

Nutrition information per serving: Calories 131, Total Fat 0.9g, Saturated Fat 0.5g, Carbohydrate 31g, Dietary Fiber 2.7g, Protein 3g, Sodium 30mg

Recipe Source: Jewish Family Service

Summer Breeze Smoothie

Here's a perfect low-fat thirst quencher.

Makes 3 servings. 1 cup per serving.

Ready in 5 minutes.

Ingredients

1 cup nonfat plain yogurt
6 medium strawberries
1 cup pineapple crushed, canned in juice
1 medium banana
1 teaspoon vanilla extract
4 ice cubes

Directions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Nutrition information per serving: Calories 121, Total Fat 0g, Saturated Fat 0g, Carbohydrate 24g, Dietary Fiber 2g, Protein 6g, Sodium 64mg

Recipe Source: National Heart, Lung, and Blood Institute (NIH)

Mango Smoothie

A refreshing breakfast of fruit, juice and frozen yogurt.

Makes 4 servings. 1 cup per serving.

Ready in 5 minutes.

Ingredients

1 mango, peeled, seeded and diced

1 large banana, peeled and sliced

1 cup pineapple chunks with juice (canned fruit with 100% natural fruit juice)

$\frac{3}{4}$ cup vanilla frozen yogurt

1 cup ice cubes

Directions

1. Mix all ingredients in a blender. Blend until the mixture has a creamy texture.
2. Serve in individual glasses.

Nutrition information per serving: Calories 151, Total Fat 1g, Saturated Fat 1g, Carbohydrate 35g, Dietary Fiber 2g, Protein 3g, Sodium 31mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)