

Bein' Creative! Fruit Smoothie

When it comes to smoothies, be willing to experiment with a variety of ingredients! Here's my basic outline of ingredients, but please, get in the kitchen, and create what works best for YOU!

1. Fruit: I start with frozen fruit because it serves as my "ice cubes" as well as my fruit. My favorite type are unsweetened fruit blends (berry blend, tropical fruit blend, etc.) found in the frozen section of most grocery stores. Add a fresh ripe banana.

2. Liquid: Any kind of 100% juice, milk or soy milk (milk also acts as a protein source.) If you need calories, use whole milk, half-and half, or ice cream!

3. Protein source: You may choose any or all of the following:

- Plain or vanilla yogurt – high in protein and calcium
- Silken Tofu - Tofu takes on the flavor of whatever it is with, so it will taste like fruit while adding protein and calcium.
- Protein powder: milk powder (inexpensive) or whey protein powder
- Peanut butter: 1-2 Tablespoons

4. Optionals: Add one tablespoon (1 T.)

- Flax seed or powder
- Wheat germ
- Honey or Stevia for sweetener if needed

Mix together and blend on highest speed for a minute.

If you are going through the effort, why not make a blender-full and freeze the leftovers.

Blender - Full Recipe makes about 5 cups:



- 2 cups frozen fruit
- 1 banana
- 1 cup plain yogurt or tofu
- 2 cups orange juice
- 1 scoop powdered milk or vanilla whey protein powder
- 1 tsp wheat germ
- 1 T. honey or 2 tsp. Stevia

Nutritional info: 1 cup: 120 calories, 6 g protein, 20 g carbs, and 0 g fat

Too thick? Add juice. Too thin? Add more fruit, yogurt or ice cream. Play with it! Whatever you do will probably be healthier than commercial smoothies which are heavy on the sugar.

**You always know the recipe came from My Coach Bev's Kitchen if you see the Grandma Kay Kitchen Gnome watching!*