

How to make a smoothie

Why Make Smoothies?

Made the right way, smoothies can be packed with nutrients, yet low in fat, sodium, and added sugar. They are a great way to fuel up quickly and they travel well, which in turn makes them fantastic meals for people on the go. When in doubt, whirr up a smoothie!

How to Make a Smoothie

1. Select your ingredients and place them in a blender or food processor.
2. Whirr, pour, and enjoy!

Step One: Ingredients

Smoothies lend themselves to a wide range of flavor options. Each ingredient brings something new to the table...

- Bananas provide a creamy texture.
- Frozen fruit cools the drink and makes it thick and icy without diluting flavor.
- Skim milk, fortified soymilk, and nonfat yogurt all contribute protein and calcium.
- Ground flaxseed adds fiber and omega-3 fatty acids.
- Spices like cinnamon and nutmeg add flavor and zest!
- Kale and spinach add more nutrients.



Try some of the ingredient combinations below, or mix and match for a totally unique smoothie...

- Combine one cup fresh strawberries with 1/2 cup nonfat light vanilla yogurt. Add 1/2 cup of skim milk, 3 tablespoons of ground flax seeds, and 1/2 teaspoon of cinnamon.
- Try mixing 1 part water to 1 part orange juice. Add unsweetened nonfat Greek yogurt and one cup of frozen (unsweetened!) fruit.
- For a real energy boost, combine 1/2 cup of orange juice with 1/2 cup of nonfat milk or fortified soy milk. Mix in half a sliced banana, 1/4 cup of blueberries, and 1/8 cup wheat germ.

Step Two: Whirr, Pour, Enjoy

Once all your ingredients are in the blender/food processor, simply turn it on and blend until smooth.

- If the mix is too chunky to blend, try adding more liquid -- start a little at a time.
- If the mix is too loose, add half a banana.

Serving suggestions:

- If you're rushing out the door, pour your smoothie into a travel mug or a cup with a lid and straw.
- Smoothies look especially elegant in tall, thin glasses.
- Top your smoothie with a sprinkling of fresh fruit or a dusting of cinnamon.
- Smoothies make great replacements for ice cream or sweet cravings. Consider that the average smoothie is just 100 calories per cup while ice cream can be more than 300 calories per cup!