

Berry-Banana Smoothie

Estimated preparation time: 5 minutes

INGREDIENTS

- 3 cups skim milk
- 1½ cups low-fat vanilla yogurt
- 1½ cups thawed frozen or fresh blueberries (blackberries, strawberries, or raspberries also work great)
- 1 large banana

↳ Experiment with different types of fruits and vegetables in your smoothie. Always include a banana, because it does wonders for the texture.

PROCEDURE

Blend all ingredients until well combined. Depending on size of blender, you may need to make this in two batches.

Yield: 10 servings

NUTRITION INFORMATION

Serving size: 1/10 recipe

Per serving: 70 calories, ½ g total fat, 0 g saturated fat, 5 mg cholesterol, 12 g carbohydrates, <1 g fiber, 11 g sugars, 5 g protein, and 55 mg sodium

CACFP: Serve with ½ ounce whole grain crackers or pretzels.

Smoothies are like a meal in a cup, offering carbohydrates, protein, and a small amount of fat. Here are some smoothie recipes that are sure to please.

Mango Smoothie

Estimated preparation time: 5 minutes

INGREDIENTS

- 3 cups skim milk
- 1½ cups low-fat vanilla yogurt
- 1½ cups thawed frozen or fresh mango (peach also works great)
- 1 large banana

↳ Smoothies are a rich source of bone-building calcium. They are also a great way to encourage children to eat more fruits and vegetables.

PROCEDURE

Blend all ingredients until well combined. Depending on size of blender, you may need to make this in two batches.

Yield: 10 servings

NUTRITION INFORMATION

Serving size: 1/10 recipe

Per serving: 70 calories, ½ g total fat, 0 g saturated fat, 5 mg cholesterol, 13 g carbohydrate, <1 g fiber, 13 g sugars, 5 g protein, and 55 mg sodium

CACFP: Serve with ½ ounce whole grain crackers or pretzels.



Banana–Butternut Squash Smoothie

Estimated preparation time: 5 minutes

INGREDIENTS

- 3 cups skim milk
- 1½ cups low-fat vanilla yogurt
- 1½ cups cooked butternut squash
(make sure it has cooled first)
- 1 large banana
- 1½ teaspoon vanilla extract
- 1 teaspoon ground cinnamon

↳ **Add nut butters, tofu, wheat germ, or ground flax seed for a nutritional boost!**

PROCEDURE

Blend all ingredients until well combined. Depending on size of blender, you may need to make this in two batches.

Yield: 10 servings

NUTRITION INFORMATION

Serving size: ⅓ recipe

Per serving: 70 calories, ½ g total fat, 0 g saturated fat, 5 mg cholesterol, 13 g carbohydrates, 1 g fiber, 9 g sugars, 5 g protein, and 55 mg sodium

CACFP: Serve with ½ ounce whole grain crackers or pretzels.

Pineapple–Spinach Smoothie

Estimated preparation time: 5 minutes

This is a good beverage to serve to your experienced smoothie drinkers.

INGREDIENTS

- 3 cups skim milk
- 1½ cup low-fat plain yogurt
- 1 cup crushed pineapple (fresh or canned in water)
- 2 cups fresh baby spinach leaves
- 1 large banana

↳ **Smoothies became famous during the 1960s, along with juice bars, tofu, and granola!**

PROCEDURE

Blend all ingredients until well combined. Depending on size of blender, you may need to make this in two batches.

Yield: 10 servings

NUTRITION INFORMATION

Serving size: ⅓ recipe

Per serving: 60 calories, ½ g total fat, 0 g saturated fat, 5 mg cholesterol, 9 g carbohydrates, <1 g fiber, 8 g sugars, 5 g protein, and 65 mg sodium

CACFP: Serve with ½ ounce whole grain crackers or pretzels.