**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

**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: ⅛ 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.

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**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

**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: ⅛ recipe

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

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

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**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

**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: ¼ 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.

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

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**Pineapple-Spinach Smoothie**

**Estimated preparation time: 5 minutes**

**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

**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: ¼ 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.

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