

Smoothies

Great Tasting Fruit Milkshakes

Lexington-Fayette County Health Department

What are they?

A smoothie is a healthy milkshake and there are hundreds of variations. You just need to think about what flavors complement each other and what ingredients will give it the thickness you like. Smoothies are great for breakfast, lunch or snacks. Try the recipes on this page or come up with your own creation.

Basic Blending Instructions

All recipes on this sheet use the following directions: Put all ingredients in a blender and blend on highest speed for 30 seconds, or until smooth and creamy. Serve immediately.

Orange Banana Wake-up Call

The Classic Smoothie (Serves 2)

1 cup orange juice
1 banana
2 ice cubes or ½ cup crushed ice
½ cup vanilla yogurt

Follow Basic Blending Instructions.

Apple Strawberry Delight

(Serves 2)

2 cups apple juice
1 cup frozen strawberries

Follow Basic Blending Instructions.

Raspberry Peach Refresher

Light and Tangy (Serves 2)

½ cup frozen raspberries
½ cup frozen peaches
1 cup apple juice
(if using fresh fruit, add ½ cup crushed ice or 2 ice cubes)

Follow Basic Blending Instructions.

Chocolate Comfort

Creamy and delicious (Serves 2)

1 cup skim milk
1 banana
2 ice cubes or ½ cup of crushed ice
2 Tbsp chocolate syrup

Follow Basic Blending Instructions.



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The Fine Art of Making a Smoothie

After you've blended your work of smoothie art, pour a little in a glass, testing it for flavor and thickness. If the flavor isn't *magnifico*, add a little sweetener, more fruit or vanilla extract. If it's too thick, add some water, juice or milk. If it's too thin, add some thickeners from the list. Re-blend.



Choose One or Two From Each List and Make Your Own Smoothie Creation:

Liquid Base

Use ½ - 1 cup of any of the following:

- Yogurt (flavored or plain)
- 100% Fruit juice
- 1% or less Milk
- Water

Thickeners

- Ice Cubes (2)
- Crushed Ice (1/2 cup)
- Yogurt
- Frozen fruit
- Almonds (2 Tbsp)
- Frozen 100% Juice Concentrate

Fruit

Use ½ - 1 cup of any of the following:

- Bananas
- Blueberries
- Strawberries
- Raspberries
- Cherries
- Peaches

Flavors

- Vanilla or Almond extract
- Sugar
- Honey
- Instant coffee
- Cinnamon
- Chocolate syrup or Cocoa powder

Write the Recipe for Your Own Favorite Creation Here