

In hot weather, smoothies are a great way to cool off! You can use this recipe as a great way to start. You can use frozen fruit instead of ice cubes. If you want a thicker smoothie but want to skip the dairy, you can add a frozen banana. You can also add a bit of spinach or kale to pack in more vitamins and minerals. Experiment with what you have on hand, and enjoy!



Create Your Own Smoothie

Cost/Serving: \$0.48

Yield: [1 serving] / Serving Size = 2 cups

Ingredients:

1 cup 100% juice (orange, grape, pineapple, or banana)
½ cup nonfat or low fat milk

Ice cubes **or**

¾ cup juice
½ cup low fat vanilla or plain yogurt
½ cup canned peaches or fresh fruit

Try different combinations with ingredients you have on hand. Some ingredient options include:

- Banana (fresh or frozen)
- Berries (fresh or frozen)
- Cinnamon
- Vanilla
- Non-dairy milk
- Peanut butter or other nut butter
- Spinach

Directions:

Blend all ingredients.

Options if you don't have a blender:

Put ingredients in a bowl and mix with an electric or a hand beater.
Put ingredients in a pitcher or a jar with a tight-fitting lid and shake

Notes:

Frozen fruit will make the smoothie thicker.

Nutrition Facts label shows information for 1 cup orange juice, ½ cup nonfat milk, and ice cubes.

For full nutrition facts, here is the link to the recipe:

<https://iframe.msuextension.org/NEP/default.cfm?getid=2314>