

Easy Eats // Create a Smoothie



With this delicious smoothie guide, you'll have no problem blending in with summer!

Blend in with Summer

Summer has officially started and the heat has definitely been invited to the party. With temperatures in the triple digits, hot summer days call for going to the pool, running through the sprinklers and eating refreshing treats.

Instead of going straight for the popsicles, consider making a delicious smoothie! Smoothies are a great way to enjoy a sweet treat in the summer heat while still being healthy. Since you can control the ingredients, you can make smoothies as healthy as you like!

With this smoothie guide, the possibilities are endless. The best part? You can make a delicious smoothie out of ingredients you already have in your kitchen.

But don't worry, if you don't have any fruit on hand, now is a wonderful time to find berries and other fruit on sale at your local grocery store. To enjoy your sweet savings all summer long, buy fruit in bulk and throw it in the freezer!

CREATE A SMOOTHIE

Create a delicious and nutritious smoothie from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each smoothie serves 1 adult.

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| 1 | <p>Choose produce (2-3 cups)</p> <ul style="list-style-type: none"> • Fruit: fresh, frozen, or canned such as strawberry, raspberry, blackberry, blueberry, cranberry, banana, pineapple, peach, pear, plum, cherry, melon, apple, kiwi, mango, papaya, orange, lemon, lime. • Vegetable: fresh spinach, chard, kale, green pepper, avocado, carrot, cooked, frozen, or canned pumpkin, squash, sweet potato, peas. |
| 2 | <p>Choose a liquid (½ to 1½ cups, depending on desired consistency)</p> <ul style="list-style-type: none"> • Water: inexpensive, easy, and calorie free. • Milk: dairy, soy, almond, rice, hemp, coconut, etc. • Fruit Juice: use sparingly for added flavor, and combine with water or milk. |
| 3 | <p>Choose extras (optional)</p> <ul style="list-style-type: none"> • ¼ to ½ cup raw oats • 1-2 tablespoons peanut butter • 1-2 tablespoons ground flax seed • 1-2 tablespoons chia seed • ½ diced avocado • ½ cup yogurt • cinnamon, nutmeg, vanilla • ice as needed |

DIRECTIONS:

Select a food from each category, or use your own favorites. Combine all ingredients in blender or food processor in order listed. Blend until smooth. HINT: You will need minimal to no ice if using mostly frozen produce. You will need more ice if using fresh, canned, or cooked produce. Do not overload blender, and chop any large pieces of fruit or vegetables for the best texture.

Click below for a printable version!
[Create a Smoothie](#)

Be Sneaky

Remember, if you can eat it, you can blend it. This means you can sneak all sorts of healthy stuff into your smoothies! Try adding a handful of spinach or kale to your next creation for an extra health boost. Your kids will love the sweet treat and you will love that they are drinking their greens. Being a magician has never tasted so good!

Try Me!

The Popeye Smoothie

6-8 ounces yogurt, any flavor
1/2 cup skim milk
1/2 frozen banana
1/2 cup frozen fruit
1 cup packed spinach

Combine all ingredients in blender and blend until smooth.

Yield: 1 big delicious smoothie
