



Family & Consumer Sciences

*Cent\$ible Nutrition Program*

Helping Families Eat Better for Less

UNIVERSITY  
OF WYOMING  
Cooperative Extension Service

# Make A Great Smoothie!

Select ingredients - place in a blender - mix - pour - enjoy!!

(Refrigerate any leftovers. If a blender is not available, use a re-sealable bag and crushed ice.)

<b>Fruit</b> Fresh, frozen, or canned in juice (pick 1-3 fruits to equal about 1 cup)	<b>Milk &amp; Yogurt</b> Select <b>nonfat</b> or <b>lowfat</b> (about 1 cup)	<b>Extras</b> Add to flavor or thicken (small amounts)
bananas pineapples mangoes strawberries kiwifruits cantaloupes blueberries nectarines tangerines applesauce peaches raspberries cherries oranges apples papayas apricots honey dew melons fruit cocktail	milk chocolate milk yogurt (plain or flavored) buttermilk evaporated milk powdered milk soy milk (non-dairy option)	ice cubes honey fruit nectar maple syrup fruit juice vanilla flavoring frozen yogurt (lowfat or nonfat) part-skim ricotta cheese instant pudding mix silken tofu nuts peanut butter nutmeg cinnamon

## Three ideas to get you started. Combine the following:

1 cup fruit cocktail (canned & chilled)  
 1 cup milk\*  
 1/4 cup powdered milk  
 3 ice cubes  
 a dash of cinnamon

1 cup frozen berries  
 1 cup vanilla yogurt\*  
 1 cup grape juice

\*Select lowfat or nonfat milk and yogurt

1 peach peeled and chopped  
 3/4 cup milk\*  
 1/4 cup vanilla yogurt\*  
 3/4 teaspoon vanilla  
 3 ice cubes

Adapted from Wellness In The Rockies B.O.N.E.S. Lesson.

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, Dept. 3434, 1000 E. University Ave., Laramie, Wyoming 82071 3434.