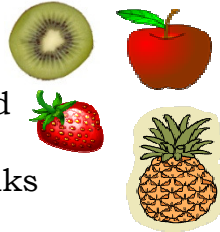


Aussie Smoothie

Ingredients:

- 1 Kiwi, peeled
- 1 Apple, peeled and cored
- ½ Cup Strawberries
- 1/3 Cup Pineapple Chunks
- 1/3 Cup Vanilla Yogurt
- 1/3 Cup Low Fat Milk
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Aussie Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	89
Total Fat	.67g
Saturated Fat	.31g
Trans Fat	---
Cholesterol	2.04mg
Sodium	24.70mg
Carbohydrate	20.32g
Dietary Fiber	1.62g
Protein	2.24g
Vitamin A	21.31 (RE)
Vitamin C	36.16mg
Calcium	74.83mg

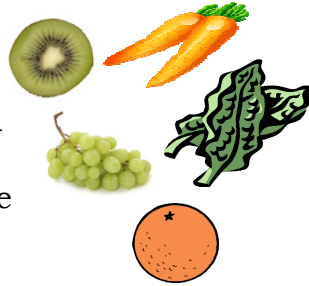
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Alfretta's Smoothie

Ingredients:

- 1 Kiwi, peeled
- ½ Cup Spinach, chopped
- 4 oz. Baby Carrots
- ½ Cup White Grape Juice
- ½ Cup Orange Juice
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Alfretta's Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	122
Total Fat	.62g
Saturated Fat	.07g
Trans Fat	---
Cholesterol	0 mg
Sodium	82.8mg
Carbohydrate	28.32g
Dietary Fiber	4.28g
Protein	2.71g
Vitamin A	1172 (RE)
Vitamin C	60.22mg
Calcium	94.98mg

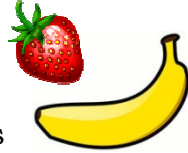
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Banana Strawberry Smoothie

Ingredients:

- 1 Banana
- 1½ Cups Frozen Strawberries
- 1 Cup Low Fat Milk
- ¾ Cup Vanilla Yogurt
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Banana Strawberry Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	133
Total Fat	.97g
Saturated Fat	.55g
Trans Fat	--
Cholesterol	3.67mg
Sodium	36.85mg
Carbohydrate	30.71g
Dietary Fiber	2.10g
Protein	3.25g
Vitamin A	43.87mg (RE)
Vitamin C	31.92mg
Calcium	101.68mg

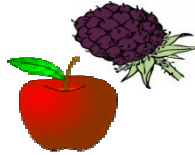
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Blackberry Blitz Smoothie

Ingredients:

- 1 Cup Frozen Blackberries
- 1 Cup Apple Cider
- 1 Cup Low Fat Vanilla Yogurt
- 1 Cup Frozen Vanilla Yogurt
- 1 oz. Ice (2 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 5 Servings.

Blackberry Blitz Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	148
Total Fat	1.67g
Saturated Fat	.96g
Trans Fat	-----
Cholesterol	5.30mg
Sodium	69.35mg
Carbohydrate	29.32g
Dietary Fiber	1.61g
Protein	5.06g
Vitamin A	13.49mg (RE)
Vitamin C	2.33mg
Calcium	169.78mg

For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Bugs Bunny Smoothie

Ingredients:

- 1 Banana
- 3 Baby Carrots
- 3 Grape Tomatoes
- ½ Cup Cranberry Juice
- 1 Cup White Grape Juice
- 1 Cup Low Fat Vanilla Yogurt
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Bugs Bunny Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	134
Total Fat	0.9g
Saturated Fat	0.5g
Trans Fat	--
Cholesterol	2.8mg
Sodium	50.7mg
Carbohydrate	29.3g
Dietary Fiber	1.3g
Protein	3.4g
Vitamin A	132.3mg (RE)
Vitamin C	17.9mg
Calcium	109.5mg

For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Green Smoothie

Ingredients:

- 1 Cup Fresh Spinach, Frozen
- 1 Cups Frozen Strawberries
- 2 Bananas
- 1 Cup Low Fat Vanilla Yogurt
- 1/8 Cup Honey



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice as desired. Blend for another 20 seconds, pour and serve!

Makes 6 Servings.

Green Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	134
Total Fat	.3g
Saturated Fat	.06g
Trans Fat	---
Cholesterol	----
Sodium	11mg
Carbohydrate	35g
Dietary Fiber	3g
Protein	1g
Vitamin A	75g mg (RE)
Vitamin C	41mg
Calcium	21mg

For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Green Blue Smoothie

Ingredients:

- 1 Cup Fresh Spinach, Frozen
- 1 Cups Frozen Blueberries
- 2 Bananas
- 1 Cup Low Fat Vanilla Yogurt
- 1/8 Cup Honey



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice as desired. Blend for another 20 seconds, pour and serve!

Makes 6 Servings.

Green Blue Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	158
Total Fat	1.32 g
Saturated Fat	.57g
Trans Fat	---
Cholesterol	2.83 mg
Sodium	84.59mg
Carbohydrate	33.30g
Dietary Fiber	4.34g
Protein	5.62g
Vitamin A	386.97g mg (RE)
Vitamin C	7.53mg
Calcium	178.58mg

For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Harvest Apple Smoothie

Ingredients:

- 1 Banana
- 1 Cup Frozen Blueberries
- 2 Cups Chopped Apples
- 1 Cup Apple Juice
- 1 Cup Apple Cider
- ½ Cup Water
- 1 tsp. Honey
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 8 Servings.

Harvest Apple Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	97
Total Fat	.31g
Saturated Fat	.06g
Trans Fat	--
Cholesterol	--
Sodium	6.00mg
Carbohydrate	24.06g
Dietary Fiber	1.66g
Protein	.51g
Vitamin A	8.83mg (RE)
Vitamin C	37.58mg
Calcium	13.49mg

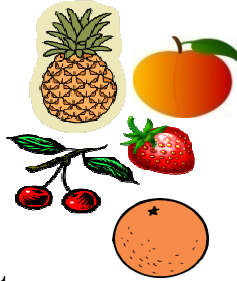
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Hawaiian Splash Smoothie

Ingredients:

- ¾ Cup Canned Pineapples
- ½ Cup Canned Peaches
- ¾ Cup Frozen Cherries
- ½ Cup Frozen Strawberries
- ¼ Cup Orange Juice
- ¾ Cup Frozen Vanilla Yogurt
- 1/8 Cup Water
- 1 oz. Ice (2 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 6 Servings.

Hawaiian Splash Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	173
Total Fat	.98g
Saturated Fat	.58
Trans Fat	-----
Cholesterol	2.84mg
Sodium	38.82mg
Carbohydrate	40.89g
Dietary Fiber	1.80g
Protein	3.32g
Vitamin A	72.01mg (RE)
Vitamin C	25.53mg
Calcium	91.69mg

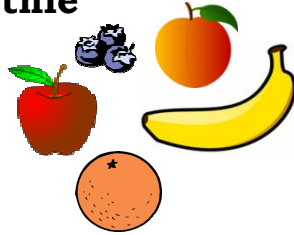
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Juicy Fruit Smoothie

Ingredients:

- $\frac{3}{4}$ Banana
- $\frac{3}{4}$ Cup Blueberries
- $\frac{3}{4}$ Cup Peaches
- $\frac{1}{2}$ Cup Applesauce
- $\frac{1}{2}$ Cup Orange Juice
- $\frac{3}{4}$ Cup Low Fat Milk
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Juicy Fruit Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	92
Total Fat	.72g
Saturated Fat	.35g
Trans Fat	--
Cholesterol	2.31mg
Sodium	21.42mg
Carbohydrate	16.16g
Dietary Fiber	1.44g
Protein	2.21g
Vitamin A	47.75mg (RE)
Vitamin C	21.43mg
Calcium	64.62mg

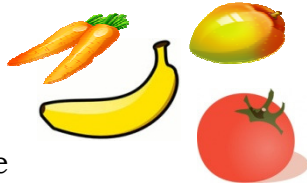
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Mango Anna Smoothie

Ingredients:

- 1 Banana
- 3 Baby Carrots
- 3 Grape Tomatoes
- 1 Cup Mango Juice
- 1 Cup Vanilla Yogurt
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Mango Anna Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	188
Total Fat	1.09g
Saturated Fat	1.14g
Trans Fat	--
Cholesterol	5mg
Sodium	67mg
Carbohydrate	43g
Dietary Fiber	1.74g
Protein	5g
Vitamin A	28mg (RE)
Vitamin C	32mg
Calcium	135mg

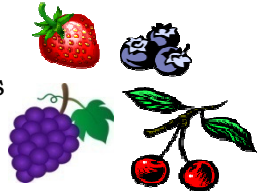
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Mixed Berry Smoothie

Ingredients:

- ¾ Cup Frozen Cherries
- ¾ Cup Frozen Blueberries
- ¾ Cup Strawberries
- ¾ Cup Grapes
- 1 Cup Low Fat Milk
- ¾ Cup Low Fat Yogurt
- ¾ Cup Frozen Vanilla Yogurt
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 6 Servings.

Mixed Berry Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	155
Total Fat	155g
Saturated Fat	.92
Trans Fat	-----
Cholesterol	5.46mg
Sodium	62.55mg
Carbohydrate	32.89g
Dietary Fiber	1.65g
Protein	4.93g
Vitamin A	55.02mg (RE)
Vitamin C	14.89mg
Calcium	161.65mg

For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Oats 'n Berries Smoothie

Ingredients:

- ½ Banana
- 1/3 Cup Blueberries
- 1/3 Cup Quick-cooking Oats, precooked
- 1/3 Cup Vanilla Yogurt
- ¼ Low Fat Milk
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Oat 'n Berries Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	54
Total Fat	.70g
Saturated Fat	.28g
Trans Fat	---
Cholesterol	1.65mg
Sodium	18.85mg
Carbohydrate	10.25g
Dietary Fiber	1.07g
Protein	2.11g
Vitamin A	11.21 (RE)
Vitamin C	1.75mg
Calcium	52.63mg

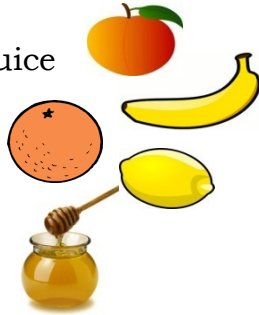
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Peachy Smoothie

Ingredients:

- 16 oz. can Peaches w/ Juice
- 1 Banana
- 1 Cup Orange Juice
- ¾ Cup Vanilla Yogurt
- 1 Cup Low Fat Milk
- ½ tsp. Lemon Juice
- ½ tsp. Honey
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 8 Servings.

Peachy Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	126
Total Fat	.71g
Saturated Fat	.44g
Trans Fat	--
Cholesterol	3.06mg
Sodium	38.47mg
Carbohydrate	28.60g
Dietary Fiber	.62g
Protein	3.02g
Vitamin A	34.65mg (RE)
Vitamin C	13.03mg
Calcium	94.99mg

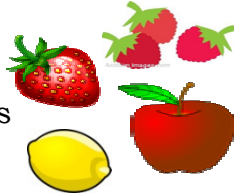
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Raspberry Blast Smoothie

Ingredients:

- 1 Cup Frozen Raspberries
- ½ Cup Frozen Strawberries
- 1 Cup Lemonade
- 1 Cup Apple Juice
- 1 Cup Frozen Vanilla Yogurt
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 5 Servings.

Raspberry Blast Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	169
Total Fat	109g
Saturated Fat	.62
Trans Fat	-----
Cholesterol	3.03mg
Sodium	38.97mg
Carbohydrate	38.97g
Dietary Fiber	2.78g
Protein	2.96g
Vitamin A	14.40mg (RE)
Vitamin C	38.89mg
Calcium	94.04mg

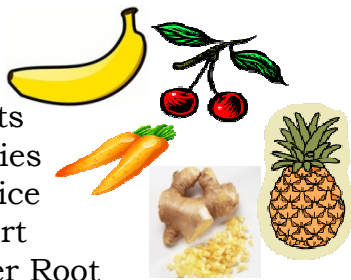
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Scarlet Sunrise Smoothie

Ingredients:

- 1 Banana
- ½ Cup Sliced Carrots
- 1 Cup Frozen Cherries
- 1 Cup Pineapple Juice
- ½ Cup Vanilla Yogurt
- 1 Tbsp. Fresh Ginger Root
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Scarlet Sunrise Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	97
Total Fat	.53g
Saturated Fat	.13g
Trans Fat	---
Cholesterol	.57mg
Sodium	30.08mg
Carbohydrate	22.86g
Dietary Fiber	2.14g
Protein	2.13g
Vitamin A	643.26 (RE)
Vitamin C	10.29mg
Calcium	62.40mg

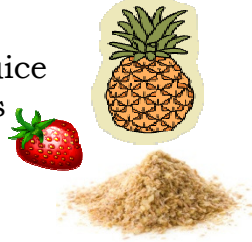
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Strawberry Pineapple Smoothie

Ingredients:

- ¾ Cup 100% Pineapple Juice
- 1 Cup Frozen Strawberries
- ½ Cup Vanilla Yogurt
- ¾ Cup Low Fat Milk
- 1 Tbsp. Wheat Germ
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Strawberry Pineapple Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	138
Total Fat	1.14g
Saturated Fat	.58g
Trans Fat	--
Cholesterol	3.82mg
Sodium	43.50mg
Carbohydrate	30.00g
Dietary Fiber	1.53g
Protein	3.98g
Vitamin A	32.72mg (RE)
Vitamin C	31.33mg
Calcium	123.35mg

For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Sugar on Snow Smoothie

Ingredients:

- ½ Banana
- 2 Cups Apples, peeled and chopped
- 2/3 Cup Apple Juice
- 1 Cup Lowfat Vanilla Yogurt
- 1 Tbsp. Maple Syrup
- 3 oz. Ice (4-5 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 6 Servings.

Sugar on Snow Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	180
Total Fat	.73g
Saturated Fat	.33g
Trans Fat	---
Cholesterol	1.9mg
Sodium	438mg
Carbohydrate	42.2g
Dietary Fiber	1.1g
Protein	2.2g
Vitamin A	3.12 (RE)
Vitamin C	11.8mg
Calcium	70.1mg

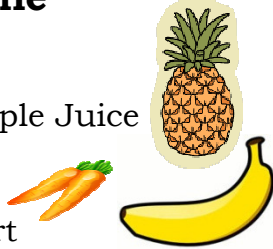
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Tropical Smoothie

Ingredients:

- 1 Cup 100% Pineapple Juice
- 1 Banana
- 3 Baby Carrots
- 1 Cup Vanilla Yogurt
- 2 oz. Ice (3-4 cubes)



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Tropical Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	197
Total Fat	1.69g
Saturated Fat	1.03g
Trans Fat	--
Cholesterol	5mg
Sodium	67mg
Carbohydrate	43g
Dietary Fiber	1.74g
Protein	5g
Vitamin A	28mg (RE)
Vitamin C	32mg
Calcium	135mg

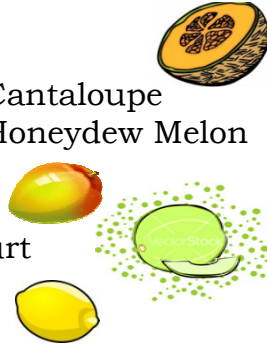
For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>



Winter White Smoothie

Ingredients:

- 1-¼ Cup Chopped Fresh Cantaloupe
- 1-¼ Cup Chopped Fresh Honeydew Melon
- 1 Cup 100% Mango Juice
- 1 Cup Vanilla Yogurt
- 1 Cup Frozen Vanilla Yogurt
- 1 oz. Ice (2 cubes)
- 1 tsp. Lemon Juice



Directions:

1. Measure all food ingredients and place them in the blender. Blend for 10-20 seconds, stir and check consistency. If it is too thick you may want to add a little water.
2. Add Ice. Blend for another 20 seconds, pour and serve!

Makes 4 Servings.

Winter White Smoothie

Nutritional Information

Serving Size: 8 oz. portion

Calories	174
Total Fat	1.41g
Saturated Fat	.87g
Trans Fat	--
Cholesterol	4.92mg
Sodium	112.69mg
Carbohydrate	36.90g
Dietary Fiber	.88g
Protein	5.93g
Vitamin A	236.51 (RE)
Vitamin C	49.08mg
Calcium	188.06mg

For more information about food labels and nutrition visit <http://www.choosemyplate.gov/>

