

Smoothies - 4 Ways

Servings: 2

Prep Time: 10 minutes

Materials Needed: Blender, measuring cups and spoons

Follow the base recipe below and choose 1 of the 4 options to complete.

Ingredients:

- 1 cup milk*
- 1/2 cup yogurt
- 1 fresh/frozen banana
- 2 ice cubes (skip if using frozen fruit)

Directions:

1. Add base ingredients to a blender.

**Any kind of milk! Fresh dairy milk, non dairy milk or powdered milk can all be used.*

Option 1: PB&J Smoothie



Ingredients:

- 1 cup fresh or frozen strawberries
- 2 tablespoons creamy peanut butter (or other nut butter)

Directions:

2. Add strawberries and peanut butter to blender.
3. If smoothie is too thick, add more milk.

Source: <https://www.chopchopfamily.org/recipe/peanut-butter-and-jelly-smoothie/>

Option 2: Pumpkin Pie Smoothie



Ingredients:

- 1/4 cup canned pumpkin
- Dash of cinnamon and nutmeg
- 1/2 teaspoon vanilla (optional)

Directions:

2. Add pumpkin, cinnamon and vanilla to blender.
3. If smoothie is too thick, add more milk.

Source: <https://www.chopchopfamily.org/recipe/pumpkin-pie-smoothie/>

Option 3: Tropical Smoothie



Ingredients:

- 1 orange or two mandarin oranges, peeled
- 1/2 cup fresh, frozen or canned pineapple chunks
- 1 tablespoon nut butter

Directions:

2. Add oranges, pineapple and nut butter to blender.
3. If smoothie is too thick, add more milk.

Option 4: Green Smoothie



Ingredients:

- 1 cup fresh or frozen kale or spinach
- 1 apple, chopped
- 1 cup frozen mixed berries (any frozen fruit will work)

Directions:

2. Add kale or spinach, apple and berries to blender.
3. If smoothie is too thick, add more milk.

Notes:

