

Smoothies

Hands-on - 5 min.

Serves 4

These nutrition-packed drinks are very dessert-like. Kids and adults alike love them for breakfast or a snack. *Smoothies* are especially good for an after-exercise pick-me-up. Use blueberries instead of strawberries for your kids and call them “Blue’s Clues” Smoothies. The *smoothies* can be made with yogurt, skim milk or soy milk, based on your personal nutrition goals.

Menu

Smoothie

1/2 Bagel or one Breakfast in a Cookie (page 9)

1 cup	skim milk, soy milk or nonfat plain yogurt
1 T	sugar
2 cups	frozen strawberries, unsweetened (roughly 1/2 of a 20 oz. bag)
1	(6 oz) banana (a ripe frozen one is especially good)
3 T	wheat germ and/or ground flax seed (opt)
3	ice cubes (if your strawberries aren't frozen)

Buzz together in a food processor or blender. This produces a thick, frozen consistency, perfect for eating with a spoon.

1/2 - 1 cup orange juice

Add fruit juice to attain the desired consistency, perfect for sipping through a straw. Serve with a bagel or a *Breakfast in a Cookie* for a complete meal or snack.

Nutrition information for 1¼ cup serving made with optional wheat germ and 1/2 cup orange juice

Calories	128	Fat	<1 g	Fiber	3 g	Sodium	30 mg	Total Carbohydrate	28 g
Calories from Fat	5%	Saturated Fat	0 g	Cholesterol	1 mg	Protein	5 g	Sugars	18 g