

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

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|-------------------|-----|---------------|------|-------------|------|---------|-------|--------------------|------|
| 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 |