

# Fast, High-Energy Smoothies and Shakes

Lite Berry Smoothie (1/2 milk; 1 fruit)	<ul style="list-style-type: none"> <li>½ cup skim milk</li> <li>1 teaspoon sugar</li> <li>1 cup fresh or frozen unsweetened strawberries or other berries</li> <li>½ cup ice cubes</li> </ul>	<b>Cal Cho Pro Fat</b> 103 20g 5g <1g
Basic Smooth Smoothie (3 fruits)	<ul style="list-style-type: none"> <li>1 frozen banana</li> <li>6 ounces orange juice/calcium or other juice or nectar</li> <li>½ cup frozen peaches, raspberries, blueberries, or strawberries</li> <li>½ cup ice</li> </ul>	<b>Cal Cho Pro Fat</b> 220 54g 1g <1g
Tropical Smoothie (1 grain; 2 fruits)	<ul style="list-style-type: none"> <li>1 cup fresh or canned pineapple (in juice)</li> <li>½ cup pineapple or coconut sorbet or frozen yogurt</li> <li>½ cup ice cubes</li> <li>½ fresh mango, peeled and chopped in pieces</li> </ul>	<b>Cal Cho Pro Fat</b> 220 52g 4g <1g
Orange-Peach Smoothie (1 milk; 2 fruits)	<ul style="list-style-type: none"> <li>1 cup orange juice (or any juice)</li> <li>1 cup nonfat, sugar-free plain or vanilla yogurt</li> <li>1 cup frozen peaches (or any fruit)</li> <li>1 cup ice</li> </ul>	<b>Cal Cho Pro Fat</b> 230 48g 10g <1g
Strawberry Banana Smoothie (1 milk; 2 fruits)	<ul style="list-style-type: none"> <li>1 cup lite strawberry yogurt</li> <li>½ cup fresh or frozen unsweetened strawberries</li> <li>1 medium banana, frozen or sliced fresh</li> <li>½ cup ice</li> </ul>	<b>Cal Cho Pro Fat</b> 236 50g 10g <1g
Purple Zoom (1 milk; 2 fruits)	<ul style="list-style-type: none"> <li>6 ounces concord grape juice</li> <li>½ cup frozen blueberries</li> <li>½ cup lite vanilla yogurt or kefir</li> <li>2 T. wheat germ</li> <li>½ cup ice</li> </ul>	<b>Cal Cho Pro Fat</b> 260 52g 9g 2g
Banana Energy Shake (2 (1 milk; 2 grains; 1 fruit)	<ul style="list-style-type: none"> <li>1 cup skim milk or soy milk</li> <li>1 packet vanilla Carnation Instant Breakfast (CIB)</li> <li>1 frozen banana</li> <li>½ cup ice cubes</li> </ul>	<b>Cal Cho Pro Fat</b> 320 65g 16g 1g
Chocolate PB Shake (1 milk; 3 grains; ½ oz. pro; 1 fat)	<ul style="list-style-type: none"> <li>1 cup ice milk or lowfat frozen yogurt</li> <li>¼ cup skim milk or soy milk</li> <li>2 T. chocolate syrup</li> <li>1 T. peanut butter</li> <li>½ cup ice cubes</li> </ul>	<b>Cal Cho Pro Fat</b> 465 65g 22g 15g

## Smoothie Tips:

1. Use a blender or a good hand blender (i.e. I use the Braun Multiquick Hand Blender; other good brands include Hamilton Beach and Cuisinart).
2. Add ice last, after the other ingredients are mixed in well.
3. If you need more calories use regular yogurt, 2% milk, more peanut butter, and sweetened frozen fruits instead of unsweetened varieties.
4. Smoothies can stay in the fridge for 24 hours.
5. Try these add-ins: (a) ¼ cup dry skim milk powder adds 110 cals, 11g protein, and nearly 400 mg calcium; (b) 2T wheat germ adds 50 cals, 4g of "good" fat, and extra iron; (c) 1T ground flaxseeds adds 30 cals and 2g of "good fat" + extra fiber; (d) 1T peanut butter adds 95 cals, 4g protein, and 8g of "good" fats, especially when it's a natural brand.