

RECIPE IDEA

Make Your Own Smoothie

Cooking Skill Level:
Easy

Quick & Convenient
A great way to add greens!

Number of servings: 1-2 (~16 oz)	Total time: 5 minutes
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Ingredients:

- 1-2 cups fruit* of choice
- ½ large or 1 small banana*
- ½ cup plain yogurt (Greek preferred)
- ½ cup milk of choice
- 1-2 handful of greens*

*Note: can use from frozen.

Tip: Freeze extra fresh fruit at home to prevent food waste. If freezing fruit and bananas from fresh, cut into smaller pieces to easily blend.

Instructions:

Measure and add ingredients to blender and blend until smooth consistency. Pour into a serving cup and enjoy!

Smoothies tastes best fresh, but can be stored in the fridge to be enjoyed the next day.

Nutrition Facts: Per serving*		
Calories	306	% Daily Value
Protein	19g	
Carbohydrate	61g	20%
Fibre	8g	33%
Sugars	39g	
Fat	1g	2%
Sodium	133mg	6%

* Approximate amounts



Registered Dietitian
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Making Your Own Smoothie is Better!

Smoothies are an easy and nutritious way to pack in nutrients and fibre, and can be prepared for either a meal or a snack. It can often be prepared from whatever you have on hand, which makes it convenient and limits food waste. Toss in your over-ripen banana, a handful of spinach that's about to go bad, or use up that yogurt that's about to expire, fruit, milk, and you're good to go! These simple ingredients that are often readily can go a long way in the form of a delicious blended drink.

There's really no right or wrong way to make a smoothie, however here are a few tips to for making one that is packed with nutrients and also satisfying:

- **Start with frozen fruits.** To keep your smoothie chilled and creamy without getting watered down from ice, it's best to use frozen fruits, like frozen bananas. Ripe bananas are a great way to naturally sweeten the smoothie. Chop and freeze fresh fruit (freeze fruit before it spoils to prevent food waste!) in store-bought freezer bags to store and use up.
 - Fruit combinations are virtually endless in smoothies! It's a great way to experiment with new flavours and vibrant colours. Aim to **make the most of what's in season**. Stock up on berries in summer, then blend those with year-round fruits such as bananas or apples to create easy, tasty, and refreshing options.
- **Choose a liquid base.** Choose any type of milk for an extra creamy smoothie. Water or coconut water will work too, but both lack the protein cow's milk or soy milk provide. Other plant-based milks, such as almond or oat, will also lack the protein unless it's fortified. Aim to avoid fruit juices when possible, as juice adds unnecessary concentrated sugar.
- **Add vegetables for a dose of greens.** Fresh or frozen leafy greens such as spinach, kale, celery, beet greens or cucumbers are an easy way to sneak in greens and nutrients.
- **Protein add-ins.** Give your smoothie an extra boost with some protein. Greek yogurt, skim milk powder or protein powder will add additional nutrition that will help increase the satiety level of the smoothie. Additional protein is recommended if you're preparing the smoothie for a meal instead of a snack.
- **Consider adding healthy fats.** Healthy fats will add creaminess to the flavour and will also add to the satiety level of the smoothie. Fats such as spoonful of a nut butter, a slice of avocado or a variety of seeds such as hemp, chia or flax seeds are great sources of healthy fats.

Making your own smoothie can boost both the nutrition and flavour of your smoothie. It can help with your food budget too! Try it out and you won't regret it 😊



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