



# Fruit Smoothie



## Ingredients

$\frac{3}{4}$  cup *Silk Soymilk* (plain or vanilla) or almond, oat, rice or other soy milk  
1 cup fruit, fresh or frozen  
1 tablespoon ground flax  
1 fresh or frozen banana broken into a few pieces (optional)  
Agave nectar or stevia powder, if desired for added sweetness

## Directions

1. Pour milk in blender and add the cup of fruit.
2. If desired, add the banana also (add  $\frac{1}{2}$  cup more beverage if adding banana).
3. Add sweetener if desired, about 1T agave nectar or a pinch of stevia.
4. Blend until smooth.
5. Add the ground flax and blend again.
6. Add more beverage if the mixture is too thick.
7. Drink immediately and enjoy!

Recipe from Jane Sirignano

Per serving: 185 calories, 8g protein, 23g carbohydrates, 4.5g fiber, 14g sugars (in the fruit and added sugars in the soy milk), 6g fat, 0 cholesterol, 95mg sodium

## Variations

- Dairy alternative beverages come in a large variety. You can purchase sweetened or unsweetened ones.
- Banana, mixed berry, blueberry, mango, peach, pineapple, raspberry, strawberry, and tropical fruit make some of the best smoothies.
- Using one fruit at a time gives a distinct flavor. Two or more fruits will make a “mixed” flavor.
- Frozen fruit makes your smoothie frostier.
- You can make an apple smoothie. Apples have more water and will make your smoothie thinner. Be sure to take the seeds out of apples and the pits out of peaches.



# Sensational Smoothies

From CHIP Clinical Manager, Amy Lister, RD, PALM ~ Peoria, IL, CHIP Chapter



**Smoothies are popping up all over the place...at your favorite restaurant, the local coffee shop and even stores devoted entirely to smoothies! But you don't have to leave your home to get a good smoothie. Making your own is the best way to know what's in your smoothie so there will be no doubt about its nutritional value.**

Smoothies offer many health benefits:

- They're an easy way to increase fruits and vegetables in your diet
- They provide fiber, vitamins, minerals and enzymes important for a healthy diet.
- They're much healthier than high-fat ice cream, yet their creamy texture is similar to that of ice cream or a milkshake.

## MAKE YOUR OWN SMOOTHIE

FIRST, you need a traditional or immersion blender or food processor. Any of these will do – just use what ever appliance you have on hand. If you don't own a blender of the equivalent, consider purchasing an immersion blender. This nifty hand-held device is quite versatile and easy to clean.

NEXT, select your ingredients. This is the best part because you can choose what ever you like! Fruits are the most common choices, but you also can sneak in some vegetables (don't be scared!) like a few pieces of spinach or kale or even carrot juice. Fresh fruits offer such delicious sweet flavor that a small amount of vegetables won't be noticeable, and certainly will increase the nutritional content of your smoothie. Use just fruit/vegetables and ice, or frozen fruit and soymilk, or all of the above.

NOW you can add the additional ingredients, such as ground flax seed or wheat germ to boost the health power of your smoothie! A tablespoon or two of flaxseed provides fiber and essential fats. When you're ready to enjoy your smoothie, you even can sprinkle oats or granola on top to boost its insoluble fiber content.

Experiment with smoothies this summer season. This exotic papaya variety is a tasty one to cool you off – and make you fall in love with this refreshing summer treat.

## Papaya Smoothie

- 1 cup papaya, peeled, seeded and chopped
- 1 banana
- ½ cup light vanilla soymilk
- ¼ cup plain nonfat or vanilla yogurt (can use soy yogurt)
- ½ teaspoon fresh mint leaves
- 2 cups ice cubes

## Directions

1. Combine all ingredients in a blender or food processor
2. Cover and blend until smooth
3. Garnish with additional mint leaves and serve

Makes 2 large servings

Nutrition information per serving: 120 calories, 0g fat, 0g saturated fat, 35mg sodium, 29g carbohydrate, 4g fiber, 3g protein.