

BUILD YOUR OWN Smoothie

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 10 minutes



DAIRY



**1 cup
low-fat milk**



**1 cup unsweetened
fortified soy milk**



**1 cup low-fat
vanilla yogurt**

FRUIT



**½ cup
frozen fruit**



**½ banana,
sliced**



**½ cup fruit
canned in juice**

VEGETABLE



**1 cup fresh
leafy greens**



**½ cup no-salt added
canned sliced carrot**



**1 cooked beet,
peeled and diced**

EXTRA



**1 tablespoon
peanut butter**



**1 teaspoon
chia seeds**



**⅛ teaspoon
cinnamon**

Directions:

- Select a dairy, fruit, vegetable, and/or extra.
- Layer fruits, vegetables, and/or extras in a blender. Pour dairy over top. Blend until smooth.
- Makes 1 serving.
- As you become more familiar with the recipe, try adding or replacing with different dairy, fruits, vegetables, and extras for a different flavor and texture.

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