

BUILD YOUR OWN Smoothie

Choose from your favorite ingredients and make it your own!

Prep Time: 5 minutes
Total Time: 10 minutes



DAIRY



1 cup
low-fat milk



1 cup unsweetened
fortified soymilk



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.



www.buylocalvirginia.org

**Eat Smart
Move More**

Virginia Cooperative Extension • Family Nutrition Program
www.eatSMARTmoveMoreva.org

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP - and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.*