

Smoothies

Have extra bananas?
Make a smoothie. The sweet flavor
of a banana will make a great smoothie.

Banana Berry Smoothie

- 1 large ripe banana
- 1 cup frozen berries
- 1 cup skim milk

Place the banana, berries and milk
in a blender. Blend until smooth.

3 servings (6 ounce serving) – 82 calories, .3 gram fat,
4% calories from fat and 2 grams of fiber in a serving.

Pineapple Banana Smoothie

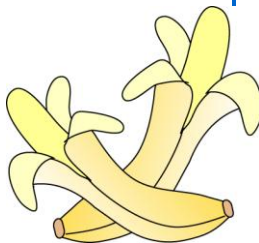
- 1 large ripe banana
- 1 cup chopped pineapple
- 1 cup vanilla low fat yogurt

Place the banana, pineapple and yogurt
in a blender. Blend until smooth.

3 servings (6 ounce serving) – 130 calories, 1 gram fat,
7% calories from fat and 1.6 grams of fiber in a serving.

Try a different flavor...

perk up your smoothies with
tasty mangos, papayas or kiwi.
Simply peel and
toss into your favorite
smoothie recipe.



Use fresh fruit to make smoothies
when peaches, pears, raspberries,
blueberries and melons are in season.



Pick berries this summer with your child.

Freeze berries:

1. Choose fully ripe, firm berries.
Rinse berries and remove stems.
2. Spread a single layer of berries
on a baking tray.
3. Place the tray of berries into the
freezer.
4. When berries are frozen, pack into
freezer bags. Place in the freezer.

Berries will be loose in the freezer bag
and can be poured from the bag as needed.

Freeze bananas:

1. Peel bananas and cut into large
chunks.
2. Pack the banana chunks in freezer
bags. Place in the freezer.

Frozen bananas improve the texture of
smoothies – they're thicker!

Smoothies are a great way
to use berries and bananas.

Keep bags of frozen blueberries, strawberries,
raspberries, blackberries and bananas
in your freezer –
ready to blend into a delicious snack.

