**A Collection of Smoothie Recipes**

**All Fruit Smoothie**

* + 1 ripe Bartlett [pear](http://www.fruitsandveggiesmorematters.org/?page_id=187), peeled, cored and cut into chunks
  + 1/2 cup green seedless grapes
  + 1 small ripe [banana](http://www.fruitsandveggiesmorematters.org/?page_id=172)
  + 2 teaspoons honey
  + 1/4 cup cranberry juice cocktail
  + 5 ice cubes

**Peanut Butter & Banana Smoothie**

* + 10 ounces of skim milk or plain soy milk
  + 1 tablespoon natural peanut butter
  + 1 medium banana

**Strawberry Banana Smoothie**

* + 4 cups sliced fresh [strawberries](http://www.fruitsandveggiesmorematters.org/?page_id=193)
  + 1 medium banana, sliced
  + 1 6-ounce carton vanilla low-fat yogurt
  + 1 cup ice cubes

**Green Blast Smoothie**

* + 4 cups packaged fresh baby [spinach](http://www.fruitsandveggiesmorematters.org/?page_id=216) leaves
  + 2 cups seedless green grapes
  + 1 medium banana, cut up
  + 3/4 cup seeded, chopped [green sweet pepper](http://www.fruitsandveggiesmorematters.org/?page_id=198)
  + 1/2 cup unsweetened [apple](http://www.fruitsandveggiesmorematters.org/?page_id=167) juice

**Banana Kale Smoothie**

* + 1/2 cup skim milk
  + 1 cup nonfat vanilla Greek yogurt
  + 1 large kale leaf, torn into pieces and without thick pieces of the rib (about 1/2 cup)
  + 1 ripe banana
  + Approximately 4 to 6 cubes (smaller ice cubes work better)

**Breakfast Smoothie**

* + 8 ounces (1 cup) nonfat plain yogurt
  + 1 cup 1% low fat or nonfat milk
  + 1 - 3/4 cup fresh or frozen strawberries (whole and hulled)
  + 1 fresh peach, peeled and sliced, or ¾ cup frozen peach slices
  + 2 teaspoon vanilla extract (no additional sweetener needed unless desired)
  + 2 tablespoons chopped walnuts
  + 2 whole strawberries (optional)

Note: Place the first 5 ingredients in a blender. Purée mixture for 15-20 seconds, and pour into two tall glasses. Top each with 1 tablespoon of chopped nuts, and garnish glass with strawberry, if you desire.

**Peach-Raspberry Smoothie**

* + 1 cup unsweetened frozen raspberries
  + 3/4 cup 100% orange juice (if you use frozen juice, don't forget to dilute first)
  + 1/2 cup fruit-flavored, low-fat yogurt (try peach)

**Variations:**

* Frozen strawberries, blueberries, mixed berries, mango, or peaches
* Pineapple juice, orange-tangerine juice, and other 100 percent juice blends
* Different yogurt flavors

Note: This recipe is extremely versatile and can serve as a master recipe for many flavors of smoothies. To quickly vary the type of juice, keep on hand different types of 6 oz. (equals 3/4 cup) cans of fruit juice. Try pineapple juice for a change.

Recipes courtesy allrecipes.com, Jennifer Egeland, RD LD, Dietitian and Natural Food Buyer Hen House Markets, Alice Henneman, MS RDN, Dietitian Extension, CDC.GOV,