



Build-A-Meal: Smoothies

This serves 2 adults. If you are feeding children, there may be leftovers.



MAKE MEALS AND
SNACKS SIMPLE

OPTIONAL THICKENER

Up to 2 cups

Yogurt, plain or
flavored

Ice cubes

Frozen yogurt,
low-fat

Silken tofu

*
Use yogurt
or tofu for
a creamier
smoothie.



FRUITS

2 cups: Fresh, frozen, or canned

Apples

Bananas

Blueberries

Mango

Melon

Oranges

Peaches

Pears

Raspberries

Strawberries

*
Save money
by using
WIC approved
foods.



OPTIONAL FLAVORINGS

Choose any

Peanut butter

Cinnamon, ground

Coconut flakes, unsweetened

Lemon, lime, or orange zest

Maple syrup

Vanilla extract

Honey

*
Never serve
honey to
children
under the age
of one.

LIQUID

2 cups

100% fruit juice

Low-fat milk

Soy milk

Almond milk

Oat milk

FOOD PREP INSTRUCTIONS

FRESH FRUIT

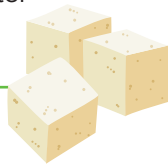
- ✓ Wash and chop
- ✓ Peel if necessary



If using:

TOFU

- ✓ Drain to remove water
- ✓ Cube or crumble



*
If using
frozen fruit,
use less or
no ice.

*
Freeze slices
of fruit before
it goes bad.
Use them in
smoothies.



RECIPE INSTRUCTIONS

Blend fruit, liquid, thickener, and optional flavorings.



SMOOTHIE RECIPES

SCAN HERE TO FIND MORE RECIPES



- 1 Log into [wichealth.org](https://www.wichealth.org).
- 2 Select **Get Started** in the *Health eKitchen Meal Planner*.
- 3 Select the **Recipes** tab and search **Smoothies**.

MIXED FRUIT YOGURT SMOOTHIE

- 2 cups mixed berries, frozen
- 2 cups low-fat milk
- 1 cup low-fat Greek yogurt

Add to a blender and blend until smooth.

TROPICAL SMOOTHIE

- 2 cups mango, frozen
- 2 cups low-fat yogurt
- 1 cup pineapple juice
- 1 cup ice

Add to a blender and blend until smooth.

BANANA AND PEANUT BUTTER SMOOTHIE

- 2 cups bananas
- 2 cups low-fat milk
- ½ cup ice
- ¼ cup peanut butter

Add to a blender and blend until smooth.

MAKE MEALS AND SNACKS SIMPLE

Take This Lesson to Learn:

- How to make a smoothie.
- Ways to use veggies and fruit in smoothies before they go bad.
- Tips to make a creamier smoothie.

To Get Started:

SCAN



— OR —

- Visit [wichealth.org](https://www.wichealth.org)
- Choose **Sign up** and enter your information
- Select **Begin**
- Choose the category: **Planning Simple Meals And Snacks**
- Choose the lesson: **Make Meals and Snacks Simple**

