HEALTHY & DELICIOUS SMOOTHIES

**Pinã Colada Smoothie**
- ½ cup crushed pineapple, drained
- ½ teaspoon coconut extract
- ½ cup skim milk
- ½ cup orange juice
- 1 cup low-fat vanilla yogurt

Mix all ingredients together in blender… add ice and blend until desired thickness. For a thicker smoothie add more ice and less liquid.

**Nutrition info per serving**: 140 calories, 0 grams total fat, 27 grams carbohydrates, 1 gram fiber, 6 grams protein.

Serves 2.

**Reese into Pieces**
- 1 cup of crushed ice
- 1 cup of Skim Milk or Soy Milk
- ½ banana
- 1 cup of low fat vanilla yogurt
- 1 tbsp of peanut butter
- 2 tbsp of chocolate syrup

Mix all ingredients in blender! Enjoy!

Serves 3.

**Green Smoothie**
- 1 cup of crushed ice
- 1 cup of 100% apple juice
- 1 cup of low fat vanilla yogurt
- 1 banana
- 1 handful of spinach

Mix all ingredients in blender! Enjoy!

Serves 3.

**Beta Blast Smoothie**
- 1 cup of crushed ice
- 1 cup of Apricot Juice
- ½ cup of Frozen Papaya
- ½ cup of Frozen Mango
- ½ cup of Frozen Carrots
- 1 tbsp of honey

Mix all ingredients in blender! Enjoy!

Serves 3.

**Cheesecake in a Cup**
- 1 cup of crushed ice
- 1 cup of Skim Milk or Soy Milk
- 1 cup of low fat vanilla yogurt
- 1 cup of low fat ricotta cheese
- 1 cup of frozen mixed berries
- 4 packets of Splenda

Mix all ingredients in blender! Enjoy!

Serves 3.

**Pumpkin Smoothie**
- 1 cup skim milk*
- 1 medium banana
- ¼ cup solid pack pumpkin
- 1 dash cinnamon
- 2 tablespoons of maple syrup
- 4 ice cubes

Mix all ingredients together in blender—ENJOY!

*Vegan recipe swap skim milk with soy milk.

Serves 2.