

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.

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.

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.

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.