



YOGURT SMOOTHIE RECIPES

WHY SMOOTHIES?

- Yogurt counts as a protein alternative.
- Milk and yogurt make smoothies a simple way to get protein, calcium, and vitamins A and D.
- Smoothies are a portable, powerhouse drink! They combine grain, fruits, vegetables and dairy into a rich, creamy, nutrient-dense drinkable meal.
- Reduce waste by freezing single serving smoothies to be served on the lunch line or supper meals.
- Smoothies using milk and yogurt help students to feel full longer.
- Making smoothies helps with decreasing waste of uneaten fruits and vegetables.

HINTS

- Use your less than perfect fruits in smoothies- browned bananas work great!
- Smoothies can be made with or without blenders.
- Get students involved by having a smoothie recipe contest.
- Try adding Greek yogurt or cottage cheese for a protein boost!
- Use flavored milk to add variety.

SUPER GREEN SMOOTHIE

Makes six 16 oz. servings

Meal pattern: ½ cup fruit, 1 meat alternative, 1 milk, ¼ cup vegetable – subgroup dark green

- 1 ½ cups raw spinach
- 3 cups frozen pineapple chunks
- 3 cups low-fat vanilla yogurt
- 6 tsp honey
- 48 oz. fat-free milk

Blend spinach, pineapple and honey together. Add milk and yogurt and blend again.

NUTRITION

based upon 1 serving

Calories	297 kcal
Total fat	2 g
Saturated fat	1 g
Cholesterol	10 mg
Sodium	212 mg
Carbohydrate	56 g
Protein	14 g



ROGER RABBIT SMOOTHIE

Makes six 16 oz. servings

Meal pattern: ½ cup fruit, 1 meat alternative, 1 milk, ½ cup vegetable – subgroup orange/red

- 3 cups raw, grated carrots
- 3 cups pineapple chunks
- 1 tbsp ground ginger
- 3 cups low-fat vanilla yogurt
- 48 oz. fat-free milk
- 1 tbsp ground cinnamon

Blend carrots, pineapple, ginger and cinnamon together. Add milk and yogurt and blend again.



NUTRITION

based upon 1 serving

Calories	303 kcal
Total fat	2 g
Saturated fat	1 g
Cholesterol	10 mg
Sodium	244 mg
Carbohydrate	57 g
Protein	15 g



CHUNKY MONKEY SMOOTHIE

Makes six 16 oz. servings

Meal pattern: ½ cup fruit, 1 meat alternative, 1 milk

- 3 frozen bananas*
- 3 cups low-fat vanilla yogurt
- 48 oz. fat-free chocolate milk

Blend bananas, yogurt and chocolate milk together.

*Suggest using frozen bananas. Fresh can be used as well.



NUTRITION

based upon 1 serving

Calories	279 kcal
Total fat	2 g
Saturated fat	1 g
Cholesterol	10 mg
Sodium	321 mg
Carbohydrate	52 g
Protein	15 g