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.

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.

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.

NUTRITION

based upon 1 serving

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<tr>
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<td>Carbohydrate</td>
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<td>Protein</td>
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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

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ROGER RABBIT SMOOTHIE

Makes six 16 oz. servings

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