

smoothies 2



very berry smoothie

Makes 2 servings (each serving is about 1 cup)

1 cup (250 ml) milk

$\frac{3}{4}$ cup (175 ml) frozen strawberries

$\frac{3}{4}$ cup (175 ml) frozen raspberries

$\frac{1}{2}$ cup (125 ml) yogurt (strawberry, raspberry, vanilla or plain)

Combine all ingredients in a blender and mix until smooth.

Tip: Use fresh berries instead of frozen and add $\frac{1}{2}$ cup (125 ml) of ice.



mango mania

Makes 2 servings (each serving is about 1 cup)

1 cup (250 ml) frozen mango
(or 1 ripe mango, peeled and
pit removed)

½ cup (125 ml) milk

½ cup (125 ml) yogurt (vanilla or mango)

½ cup (125 ml) ice

Combine all ingredients in a
blender and mix until smooth.

Tip: Add a dash of
cinnamon or cardamom
spice if you like.



peanut butter banan-za

Makes 2 servings (each serving is about 1 cup)

½ cup (125 ml) milk

½ cup (125 ml) yogurt
(vanilla, coconut or plain)

1 frozen banana

1 tbsp (15 ml) peanut butter

½ tbsp (7 ml) chia seeds

Combine all ingredients in a
blender and mix until smooth.

Tip: Swap any nut
butter for peanut butter.
Example: almond butter,
sunflower seed butter.



banana berry bliss

Makes 2 servings (each serving is about 1 cup)

1 cup (250 ml) frozen mixed berries

½ cup (125 ml) milk

½ cup (125 ml) yogurt (flavoured or plain)

1 frozen banana

1 tsp (5 ml) pure vanilla extract

Combine all ingredients in a blender and mix until smooth.

Tip: Freeze your bananas when they start to get brown spots. Peel, cut into chunks and freeze them in a plastic bag to use for smoothies.



tropical green smoothie

Makes 2 servings (each serving is about 1 cup)

½ cup (125 ml) milk

½ cup (125 ml) yogurt (plain)

½ cup (125 ml) fresh spinach or baby kale

½ cup (125 ml) frozen pineapple

¼ cup (60 ml) 100% orange juice or
100% tropical blend fruit juice

½ banana

Combine all ingredients in a
blender and mix until smooth.

Tip: Use the type of yogurt you
have in your fridge, or try different
types. Examples: Greek, Balkan, Skyr



blueberry blast

Makes 2 servings (each serving is about 1 cup)

½ cup (125 ml) milk

½ cup (125 ml) yogurt
(blueberry, vanilla or plain)

½ cup (125 ml) frozen blueberries

½ cup (125 ml) frozen pineapple

½ cup (125 ml) fresh spinach or baby kale

Combine all ingredients in a
blender and mix until smooth.

Tip: Frozen spinach or
frozen chopped kale can be
used instead of fresh spinach
or baby kale.



berry good smoothie bowl

Makes 2 servings (each serving is about 1 cup)

1 ½ cup (375 ml) frozen mixed berries

1 cup (250 ml) milk

3 tbsp (45 ml) Greek yogurt

Combine all ingredients in a blender and mix until smooth. Pour into two bowls and add your favourite toppings. Serve right away. Toppings: fresh fruit, chia seeds, coconut flakes, nuts, granola



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Tip: You can use any smoothie recipe to make a smoothie bowl. Make a smoothie, serve in a bowl and add toppings.