

# Spin-a-Smoothie

Milk

Yogurt

Vegetables

Fruit

Seeds

Flavour boosters

Which smoothie are you or your family in the mood for today? Spin the wheel until you find one that suits your taste. Blend the ingredients until smooth and enjoy!

## Green Mango Tango

Yield: 2½ cups (600 mL)



1 tsp  
(5 mL)  
fresh ginger,  
minced

2 tbsp  
(30 mL)  
hemp hearts

1 cup  
(250 mL)  
mango,  
fresh or  
frozen

1 cup  
(250 mL)  
Swiss chard,  
raw

1 cup  
(250 mL)  
mango  
yogurt

1 cup  
(250 mL)  
milk





## Always fresh, always local, always in season

When you buy 100% Canadian milk, you can count on a product that is high in quality, sustainable, nutritious, delicious and always fresh. Did you know that it takes a maximum of three days for milk to get to the grocery store once a cow is milked?

## Protein at every meal

Canada's Food Guide recommends having protein foods at every meal, filling one quarter of your plate. Protein is found in foods like milk, yogurt, cheese, nuts, seeds, beans, eggs, fish and lean meats. In addition to protein, milk products provide a unique set of nutrients such as calcium and vitamin D. These nutrients help build strong bones and teeth.

## Put the "smooth" in smoothie

Add bananas, avocados or cooked sweet potato to make your smoothies extra creamy and to get a nutrient boost.

## Simply delicious

Read the ingredient list on the milk carton and you'll see that it's short and simple: milk, vitamin D and vitamin A. All other nutrients are naturally occurring!

## A thirst quencher

Milk is a hydrating, healthy drink option recommended in *Canada's Food Guide*.

## About calcium

Did you know that the body doesn't absorb calcium from all foods in equal amounts? You would need to eat about 2½ cups of cooked broccoli or 8 cups of cooked spinach to get the same amount of calcium absorbed from 1 cup of milk.



Teach  
**Nutrition.ca**  
By Dairy Farmers of Canada's  
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