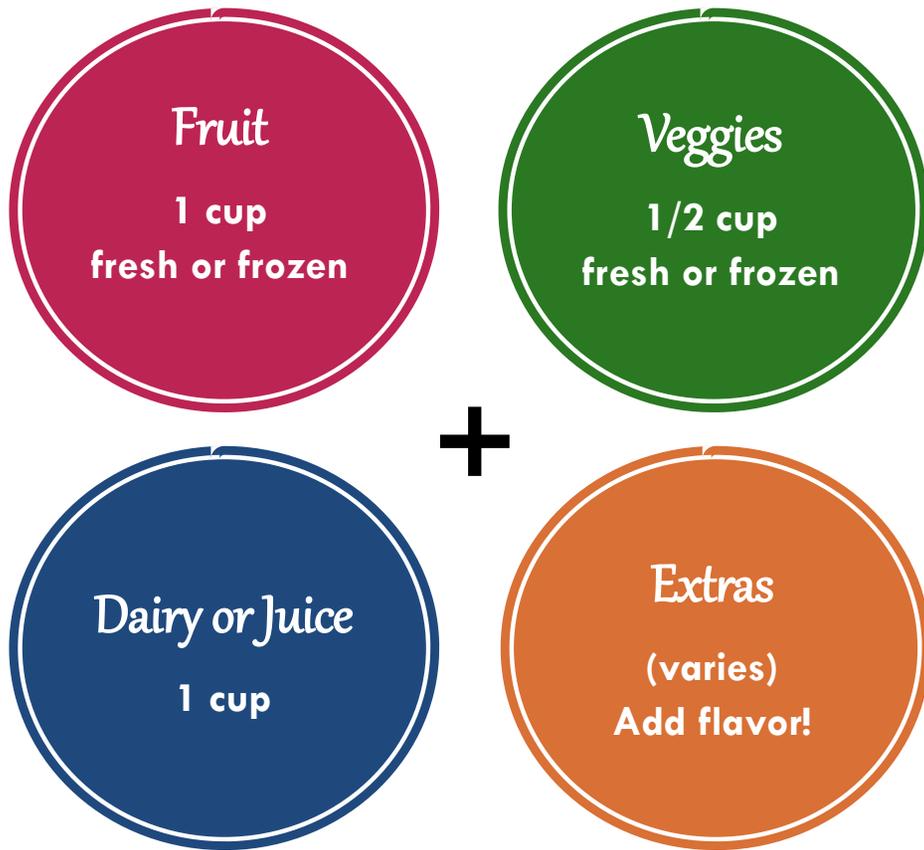
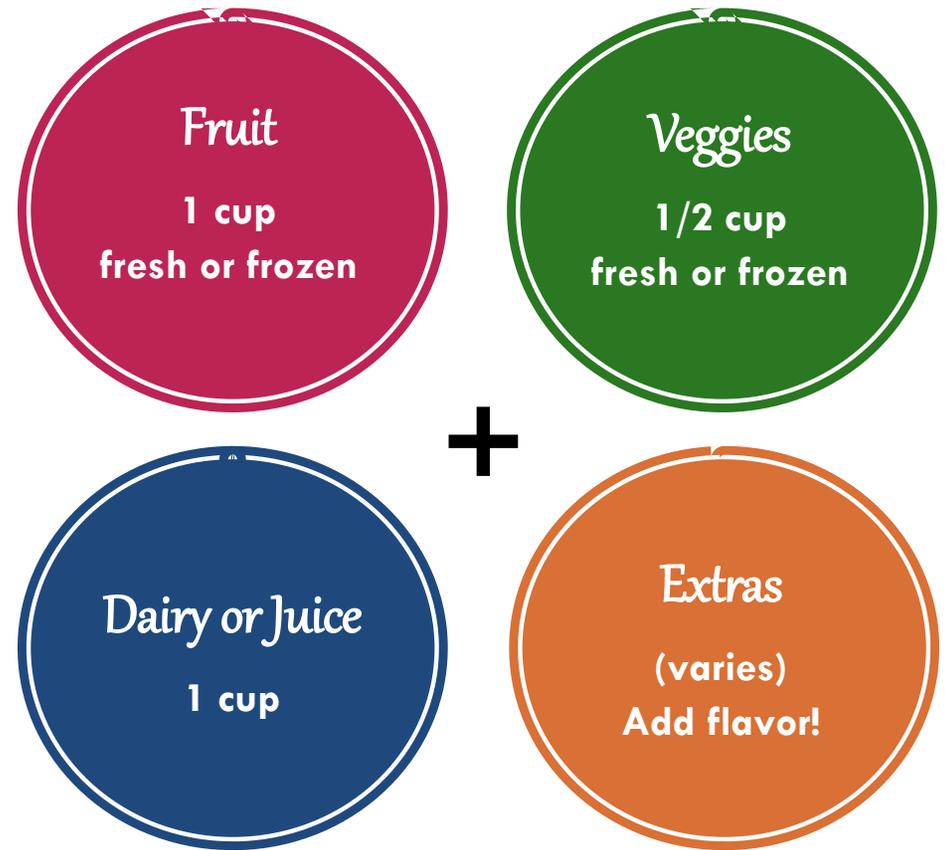




Basic Smoothie Recipe



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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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Get Creative!

Fruit	Veggie	Dairy or Juice	Extra
Canned pears	Spinach or kale	Orange juice	Frozen banana
Canned peaches	Frozen carrots	Milk of choice	Banana
Blueberries	Kale	Pineapple juice	Banana
Strawberries or Raspberries	Canned beets	Vanilla yogurt	Pineapple juice
Banana	Canned pumpkin or canned yams	Vanilla yogurt or vanilla soy milk	Pumpkin pie spice or Cinnamon
Banana	Silken tofu	Vanilla yogurt or vanilla soy milk	Peanut Butter
Canned pears or applesauce	Spinach	Orange juice	Cranberry sauce
Dried cherries (soak in water for 15 min)	Cocoa powder	Vanilla yogurt or vanilla soy milk	Banana

Place all ingredients in a blender and blend.
Taste and adjust ingredients to your liking!
Tip: Add a few ice cubes for a colder smoothie.

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