



MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

Super Smoothies & Shakes

Cool, refreshing and quick! Smoothies and shakes can be a healthy snack, light meal, or a great dessert. Here are some recipes to try.

Breakfast Smoothie

- 8 oz (1 cup) nonfat plain yogurt
- 1 cup fat free milk
- 1-3/4 cup whole fresh or frozen strawberries, hulled
- 1 fresh peach, peeled and sliced, or 3/4 cup frozen peach slices
- 2 teaspoons vanilla extract

Place all ingredients in a blender. Purée mixture for 15 to 20 seconds. Pour into glasses and garnish with a fresh strawberry if desired.

If you prefer a thicker smoothie, replace the peach with 1 small sliced banana.

Yield: 4 servings; serving size 1 cup (90 calories, 0 grams fat, 2 grams fiber, 12 grams sugar*, 65 mg sodium)

Peach-Raspberry Smoothie

- 1 cup unsweetened frozen raspberries
- 3/4 cup 100% orange juice (if you use frozen juice, don't forget to dilute first)
- 1/2 cup fruit-flavored, low-fat yogurt (try peach)

Blend all ingredients well in a blender, and serve.

Variations:

- Frozen strawberries, blueberries, mixed berries, mango, or peaches
- Pineapple juice, orange-tangerine juice, and other 100 percent juice blends
- Different yogurt flavors

Yield: 2 servings; serving size 1 cup (130 calories, .5 grams fat, 2 grams fiber, 21 grams sugar*, 45 mg sodium)

Peanut Butter Banana Breakfast Shake

- 2 cups fat free milk
- 1 cup frozen banana slices
- 2 tablespoons peanut butter
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

Combine all ingredients in a blender and blend until smooth and creamy. Serve.

Yield: 3 servings; serving size 1 cup (170 calories, 6 grams fat, 2 grams fiber, 15 grams sugar*, 130 mg sodium)

Notes: Freeze banana slices by slicing banana(s) and placing the slices in a single layer on a shallow metal pan (such as a cake pan) in the freezer. Freeze overnight for a smoothie in the morning or once frozen put in freezer bags to use later.

One large banana yields about 1 cup of banana slices and a smaller banana about 1/2 cup of slices; don't worry about being exact -- a little extra banana simply makes a thicker smoothie.



Just Peachy Smoothie

Frozen peach cubes (recipe below)
Non-fat or fat-free yogurt: vanilla or any flavor you would enjoy with peaches

To make frozen peach cubes

1 can (15 ounce) of peaches in a light syrup or juice (do not drain)
Dash of nutmeg or cinnamon
Puree the peaches in blender-- adding a dash of cinnamon or nutmeg until smooth. Taste.

Freeze the peach sauce in ice cube trays for about 2 hours or until frozen. Remove from tray and transfer cubes to a plastic freezer bag. Squeeze as much air out of the bag as possible. The quality of food declines faster when excess air is left in the package. Label the bag with the type of food and date frozen. Plan to use within 8 months.

To make smoothie

Place 16 ounces of low fat vanilla or peach yogurt in your blender. Add 6 or more frozen peach cubes, depending on size of cubes and how thick you want your smoothie. Blend until smooth.

Yield: 3 servings; serving size 1 cup (160 calories, 1.5 grams fat, 1 gram fiber, 25 grams sugar*, 95 mg sodium)

*See note on sugar on back



Tips for Smoothies

- Using frozen fruit helps thicken beverages without diluting the flavor. To freeze fruit, such as fresh berries, wash the fruit thoroughly under running tap water, pat dry with clean paper towels and freeze in a single layer on a rimmed cookie sheet. Transfer to a freezer bag when frozen. Pour out as needed. NOTE: Be sure to use smaller pieces of fruit, such as berries or sliced pieces of larger fruits or your blender may be unable to process them.
- When using fresh fruit, use fruit at its peak of ripeness to capture the most natural sweetness for smoothies and shakes. Add up to one teaspoon of sweetener (sugar or honey) or the equivalent in sweetening power of a no calorie sweetener if fruit is at less than peak ripeness for recipes.
- Most smoothies and shakes should be consumed immediately. They may change color or separate if they are allowed to stand for very long.
- If you have a larger blender jar that is fairly wide at the bottom, you may find it harder to blend single-serving smoothies. A blender jar forces food up against the blender walls where it is then redirected back on the blades and blended until the desired consistency. A blender that is wider at the bottom will send smaller volumes of food out toward the sides rather than up and then down toward the center and the blades. The new "smoothie" blenders on the market are narrow on the bottom.
- As a variation, make smaller smoothies and serve them as a dessert "drink."

Need help paying your grocery bill? Food Stamps can help!

Call (315) 894-9917 today.

Nutrition Outreach & Education Program
Catholic Charities of Herkimer County



To view past issues of "Make Your Food Dollars Count" newsletter on-line see:

<http://counties.cce.cornell.edu/herkimer/esnynewsletters.htm>

Nutrition Facts



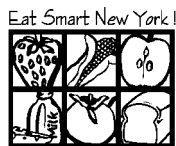
Smoothies and shakes can be a great source of calcium with milk and yogurt as main ingredients. Be sure to use low or non-fat choices to keep calories and fat lower.

*Sugar can appear to be high when looking at the nutritional content of smoothies, but it's important to remember where the sugar is coming from.....fruit, milk, and yogurt...all ingredients that add important nutrients. Compared to soda and flavored waters, smoothies are a great nutritional bargain.

However it is still important to remember portion control. Even large portions of a good thing can add extra calories that you may not need. So measure and enjoy your favorite smoothie. Also remember that a smoothie can be that "breakfast-on-the-run" or after school snack or even split and served as a dessert. Just keep the serving size reasonable.....1 cup works and is still filling and nutritious.

For more information on how much you need to eat for good health, go to [www. MyPyramid.gov](http://www.MyPyramid.gov) for your personal pyramid for servings and calories.

Free Nutrition Education Programs



Nutrition staff are available to help limited income families and individuals throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers.

Topics include:

- Stretching food dollars
- Preparing low cost, easy recipes and menus
- Eating healthy and staying active

Contact:

Cornell Cooperative Extension
5657 State Rt. 5
Herkimer, NY 13350
(315) 866-7920email:
herkimer@cornell.edu