

Smoothies that Satisfy

June 16, 2022



Objectives

- Discuss the benefits of smoothies
- Learn about healthy smoothie ingredients and why they are healthy choices
- Receive a handout with recipes

Smoothie Add Ins

- **Nuts or nut butter** - fiber, protein, healthy fats, iron, magnesium
- **Avocado** - healthy fats
- **Seeds** - ground flax, chia seeds, hemp hearts (1-2 teaspoons per smoothie)
- **Quick Oatmeal** - whole grains, complex slow digesting carbs
- **Extra Protein** - protein powders, nut butter or nuts, yogurt, tofu, kefir

Smoothie Recipe Chunky Monkey

- **Ingredients:** 1 frozen banana, 1 cup vanilla plant-based milk or low-fat milk, 1 tablespoon cocoa powder, 1 tablespoon peanut butter, drizzle of honey, 4 - 5 ice cubes
- **Directions:** Combine all ingredients in a blender. Blend until smooth.

Key Take Aways

Benefits of Smoothies

- **Nutrient dense:** increases vitamin, mineral, and fiber intake
- **Quick and easy:** can be made in minutes
- **Cost efficient:** fresh, frozen, canned fruits and veggies all work
- **Hydration:** many F/V high in water content; and liquid is added to smoothies
- **Versatile:** made with many different combination of ingredients
- **Increase fruit and veggie intake:** get closer to the 3.5 cup minimum daily fruit/veg recommendation

Common Smoothie Ingredients

- **Milk/Milk Alternative**
 - Choose low-fat/no added sugars
 - Adds calcium/vitamin D
 - Soy milk and cow's milk have a similar nutrient content, other plant based milks can be low in protein and carbohydrate
- **Fruits and Veggies**
 - Fresh, frozen and canned
 - Try different colors and combinations for variety in vitamins/minerals
 - If canned or frozen, choose fruits with no added sugar
- **Healthy Fats**
 - Nut butters, avocado, chia or flax seeds