

Smoothie Recipes

Create your own flavour combination!

Place all ingredients in a blender and blend until smooth. If too thick, use skim milk to thin the smoothie.

Add 2-4 tablespoons of skim milk powder to a recipe for an added bonus of 115-225 mg calcium and 20-40 IU vitamin D. You won't taste it is there!

Basic Recipe

Makes 2 servings

1/2 cup low-fat or skim milk
 1 cup low-fat yogurt (vanilla-flavoured adds a nice touch)
 2 cups (or to taste) of fresh or frozen berries
 1 fruit

Each serving: 220 Calories
 (approximately) 210 mg calcium
 25 IU vitamin D (when using yogurt not fortified with vitamin D)
 65 IU vitamin D (when using yogurt that is fortified with vitamin D)

Combinations – Try adding a little maple syrup, sugar or honey, if you prefer it sweeter, or add fruit juice for a thinner drink.

Banana Strawberry

1/2 banana, sliced
 1 cup fresh or frozen strawberries
 1/2 cup low-fat yogurt
 1/4 cup low-fat or skim milk

Makes 1 serving.

Mango Peach

1 ripe mango, cut into chunks
 1 cup fresh or canned peach slices
 1 cup low-fat yogurt
 1/2 cup low-fat or skim milk

Makes 2 servings.

Mango Banana Berry

1 ripe mango, cut into chunks
 1 banana, sliced
 1 cup fresh or frozen berries
 1 cup low-fat yogurt
 1/2 cup low-fat or skim milk

Makes 2 servings.

Banana Blueberry

1 banana, sliced
 1 cup fresh or frozen blueberries
 1 cup vanilla yogurt
 1/2 cup low-fat or skim milk

Makes 2 servings