

Try These Simple Smoothies at Home

Just toss the ingredients into your blender and go! If you have issues with blending, try cutting fruit into smaller pieces or letting frozen fruit sit on the counter or in the blender for a few moments before starting. Remember, these recipes are just the beginning. *Use the 6 steps below to come up with your own masterpiece.*



Berry Delight

Shannon Smith MFN, RD, LD, CDCES

Ingredients

- ✓ ¼ cup raspberries
- ✓ ½ cup strawberries
- ✓ ¼ cup blueberries
- ✓ ½ cup blueberry Greek yogurt
- ✓ ¾ cup Almond Milk
- ✓ 2 tablespoon oats
- ✓ 1 tablespoon flax seed

Nutrition Info:

Calories: 200 Protein: 8g
 Fat: 6g Fiber: 7g
 Carbohydrates: 30g



Key Lime Pie

Shannon Smith MFN, RD, LD, CDCES

Ingredients

- ✓ ½ cup coconut Bai
- ✓ 1 container Key Lime Greek Yogurt
- ✓ 2 tablespoons lime juice
- ✓ ¼ cup pineapple chunks
- ✓ ¼ banana
- ✓ 2 tablespoons oats
- ✓ Handful of Spinach

Nutrition Info:

Calories: 133 Protein: 13g
 Fat: 0g Fiber: 2g
 Carbohydrates: 21g



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Pina Colada

Shannon Smith MFN, RD, LD, CDCES

Ingredients

- ✓ 1 container Toasted Coconut Greek Yogurt
- ✓ ½ cup pineapple chunks
- ✓ ¼ clementine
- ✓ ½ coconut Bai
- ✓ ¼ cup skim milk
- ✓ 2 tablespoons oats
- ✓ 1 tablespoon ground flax seed

Nutrition Info:

Calories: 200

Fat: 6g

Carbohydrates: 30g

Protein: 8g

Fiber: 7g



Tropical Smoothie

Shannon Smith MFN, RD, LD, CDCES

Ingredients:

- 4 whole strawberries
- A few orange slices
- ¼ cup frozen pineapple chunks
- 2 tablespoons instant oats
- ½ cup skim milk
- A slice of tofu
- ¼ cup vanilla Greek yogurt



Heavenly Blueberry Smoothie

Recipe and photo adapted from [Allrecipes](#)

Ingredients

- ✓ 2/3 cup frozen blueberries
- ✓ 1/4 frozen banana
- ✓ 1/2 cup skim milk
- ✓ 1/4 cup tofu
- ✓ 1 tablespoon ground flax seed

Nutrition Info:

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|--------------------|--------------|
| Calories: 214 | Protein: 13g |
| Fat: 6g | Fiber: 5g |
| Carbohydrates: 31g | |



Summer Fruit Smoothie

Ingredients

- ✓ 1 cup frozen blueberries
- ✓ 1 cup frozen strawberries
- ✓ 6 ounce peach flavored yogurt
- ✓ 1 cup skim milk
- ✓ 2 tablespoons ground flax seed
- ✓ 1/2 cup ice

Nutrition Info:

Serving = 1 cup, serves 4

| | |
|--------------------|-------------|
| Calories: 144 | Protein: 5g |
| Fat: 5g | Fiber: 4g |
| Carbohydrates: 22g | |



Recipe and photo adapted from [Diabetes Food Hub](#)