

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.



Peanut Butter Banana Smoothie

Ingredients:

- ¼ frozen banana
- ¼ cup chocolate milk
- ¼ cup skim milk
- ¼ cup vanilla Greek yogurt
- 1 tablespoon peanut butter powder (PB2)



Quick Avocado Smoothie

Ingredients:

Serves 2- Nutrition Facts per recipe

- 1 ½ cups almond milk
- 1 small avocado, peeled
- 1 small banana, frozen
- ¼ cup ice



Recipe from: Allrecipes

Quick Avocado Smoothie

Servings Per Recipe: 1
Calories: 555.3

	% Daily Value *
Protein: 6.5g	13 %
Carbohydrates: 68.2g	22 %
Dietary Fiber: 17.5g	70 %
Sugars: 40.2g	
Fat: 33.1g	51 %
Saturated Fat: 4.4g	22 %
Vitamin A Iu: 1024.2IU	21 %
Niacin Equivalents: 5.2mg	40 %
Vitamin B6: 0.9mg	56 %
Vitamin C: 29mg	48 %
Folate: 183.4mcg	46 %
Calcium: 298.7mg	30 %
Iron: 1.9mg	11 %



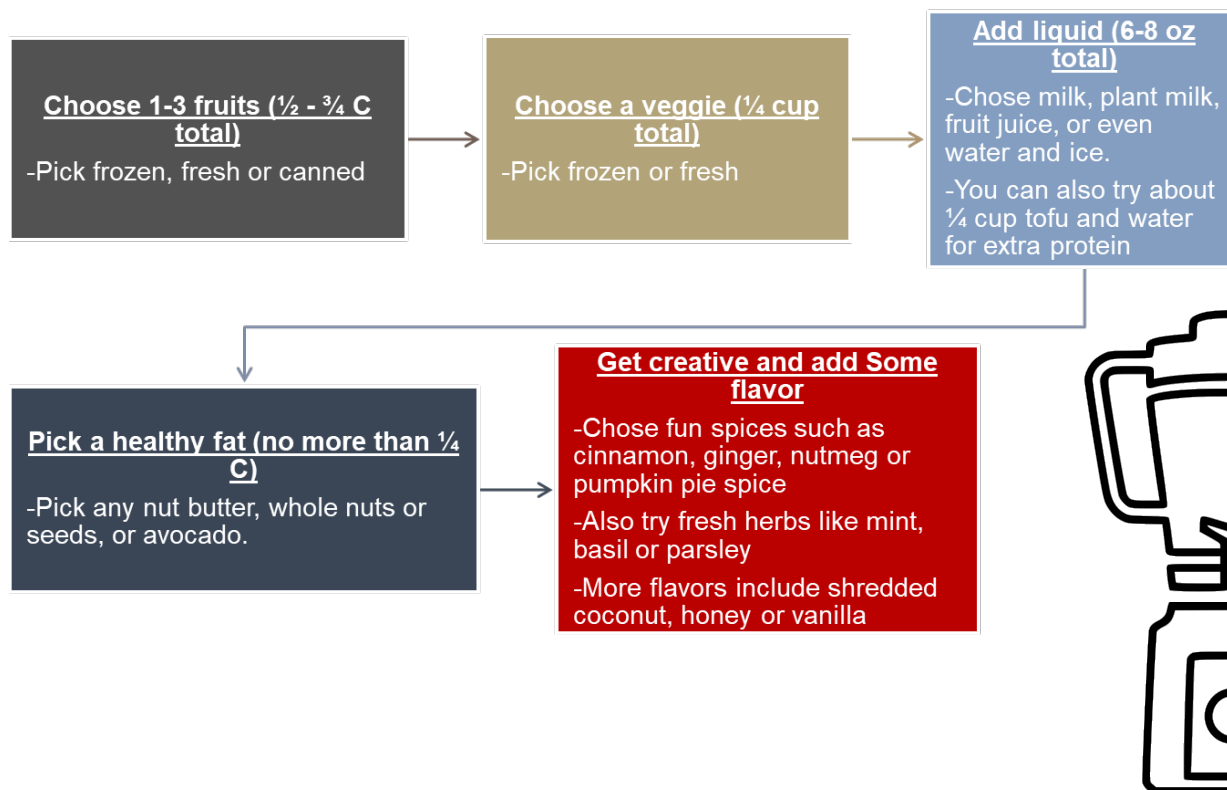
THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

fcs.osu.edu

FAMILY AND CONSUMER SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

Get creative and use these simple steps to come up with your own recipe!



Additional Smoothie Recipes:

- <https://tasty.co/recipe/sweet-potato-gingerbread-winter-smoothie>
- <https://tasty.co/recipe/apple-pie-winter-smoothie>