

# Super Smoothies

***Ideal after a workout or as a snack/meal***

***Fruit & Nut Breakfast Smoothie***  
***530 calories***

¾ cup orange juice with calcium  
1 cup frozen mixed fruit (any kind)  
2 Tbsp chopped walnuts or almonds  
2 Tbsp non fat dry milk\*\*  
2 scoops vanilla frozen yogurt  
½ cup ice

***Strawberry Orange Smoothie***  
***550 calories***

1 cup frozen strawberries  
1 cup non fat strawberry yogurt  
2 Tbsp non fat dry milk\*\*  
1 Tbsp honey  
1 cup low fat milk  
1 cup orange juice

***Peanut Butter Chocolate Banana***  
***525 calories***

1 cup low fat milk  
1 packet Chocolate Carnation Instant Breakfast  
1 banana  
2 Tbsp peanut butter  
½ cup ice

***Frozen Apple Pie***  
***490 calories***

1 cup low fat milk  
¼ cup frozen apple juice concentrate  
1 cup vanilla frozen yogurt  
2 Tbsp non fat dry milk\*\*  
¼ tsp cinnamon

***Smoothie Problem Solver:***

- ★ Too thick? Add more juice or milk
- ★ Too thin? Add more fruit or ice
- ★ Too tart? Add honey
- ★ Too sweet? Add citrus juice
- ★ Instant Breakfast is a good calorie-booster for other servings of milk too.
- ★ Keep remainder of apple juice container sealed, in freezer, when not in use.

**\*\*MAY USE PROTEIN POWDER IN PLACE OF NONFAT DRY MILK**



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