

# smoothies 2



# very berry smoothie

Makes 2 servings (each serving is about 1 cup)

**1 cup** (250 ml) milk

**$\frac{3}{4}$  cup** (175 ml) frozen strawberries

**$\frac{3}{4}$  cup** (175 ml) frozen raspberries

**$\frac{1}{2}$  cup** (125 ml) yogurt (strawberry, raspberry, vanilla or plain)

Combine all ingredients in a blender and mix until smooth.

**Tip:** Use fresh berries instead of frozen and add  $\frac{1}{2}$  cup (125 ml) of ice.



# mango mania

Makes 2 servings (each serving is about 1 cup)

**1 cup** (250 ml) frozen mango  
(or 1 ripe mango, peeled and  
pit removed)

**½ cup** (125 ml) milk

**½ cup** (125 ml) yogurt (vanilla or mango)

**½ cup** (125 ml) ice

Combine all ingredients in a  
blender and mix until smooth.

**Tip:** Add a dash of  
cinnamon or cardamom  
spice if you like.



# peanut butter banan-za

Makes 2 servings (each serving is about 1 cup)

**½ cup** (125 ml) milk

**½ cup** (125 ml) yogurt  
(vanilla, coconut or plain)

**1** frozen banana

**1 tbsp** (15 ml) peanut butter

**½ tbsp** (7 ml) chia seeds

Combine all ingredients in a  
blender and mix until smooth.

**Tip:** Swap any nut  
butter for peanut butter.  
Example: almond butter,  
sunflower seed butter.



# banana berry bliss

Makes 2 servings (each serving is about 1 cup)

**1 cup** (250 ml) frozen mixed berries

**½ cup** (125 ml) milk

**½ cup** (125 ml) yogurt (flavoured or plain)

**1** frozen banana

**1 tsp** (5 ml) pure vanilla extract

Combine all ingredients in a blender and mix until smooth.

**Tip:** Freeze your bananas when they start to get brown spots. Peel, cut into chunks and freeze them in a plastic bag to use for smoothies.



# tropical green smoothie

Makes 2 servings (each serving is about 1 cup)

**½ cup** (125 ml) milk

**½ cup** (125 ml) yogurt (plain)

**½ cup** (125 ml) fresh spinach or baby kale

**½ cup** (125 ml) frozen pineapple

**¼ cup** (60 ml) 100% orange juice or  
100% tropical blend fruit juice

**½ banana**

Combine all ingredients in a  
blender and mix until smooth.

**Tip:** Use the type of yogurt you  
have in your fridge, or try different  
types. Examples: Greek, Balkan, Skyr





# blueberry blast

Makes 2 servings (each serving is about 1 cup)

**½ cup** (125 ml) milk

**½ cup** (125 ml) yogurt  
(blueberry, vanilla or plain)

**½ cup** (125 ml) frozen blueberries

**½ cup** (125 ml) frozen pineapple

**½ cup** (125 ml) fresh spinach or baby kale

Combine all ingredients in a  
blender and mix until smooth.

**Tip:** Frozen spinach or  
frozen chopped kale can be  
used instead of fresh spinach  
or baby kale.



# berry good smoothie bowl

Makes 2 servings (each serving is about 1 cup)

**1 ½ cup** (375 ml) frozen mixed berries

**1 cup** (250 ml) milk

**3 tbsp** (45 ml) Greek yogurt

Combine all ingredients in a blender and mix until smooth. Pour into two bowls and add your favourite toppings. Serve right away. Toppings: fresh fruit, chia seeds, coconut flakes, nuts, granola



DAIRY FARMERS OF CANADA  
BROUGHT TO YOU  
BY OUR DIETITIANS

**Tip:** You can use any smoothie recipe to make a smoothie bowl. Make a smoothie, serve in a bowl and add toppings.