

# Fruit Smoothie

Serves 1-2

Recipe by Share Our Strength's Cooking Matters®

## Ingredients

- ½ cup -1cup sliced or chopped **fresh or frozen fruit** such as, bananas, strawberries, raspberries, blueberries, peach, mango, pineapple, etc.
- ½ cup -1cup **liquid** such as, 100% juice, milk, soymilk, almond milk, etc.
- ½ cup –1 cup **thickener** such as, plain yogurt, peanut butter, almond butter, avocado, silken tofu, ice, etc.
- ¼ -½ teaspoon **optional flavorings** such as, ground cinnamon, vanilla extract, orange, lemon, or lime zest, unsweetened shredded coconut, honey, maple syrup, etc.

Combine all ingredients in a blender. Blend until smooth.

**Very Berry Smoothie:** ½ cup mixture of strawberry, blueberry, and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 teaspoon honey + ¼ cup ice

**Banana Honey Smoothie:** ½ frozen banana + ¼ cup apple juice + ¼ cup milk + ¼ cup plain yogurt + 1 teaspoon honey

**Triple C-Blaster:** ½ cup mixture of mango and papaya + ½ cup orange juice + ¼ cup vanilla yogurt + 1 teaspoon honey + ¼ cup ice

**Tropical Smoothie:** ½ cup mixture of banana and mango + ½ cup milk + ½ teaspoon unsweetened coconut + ¼ cup plain or vanilla yogurt + ¼ cup ice

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