



ANY DAY, ANY TIME Smoothies

Homemade smoothies are a super way to get kids and adults to boost their milk, fruit and vegetable servings. These recipes have extra nutrition built right in and all of them taste great!



Nutritional Information

PER SERVING	Be Green	Protein-Packed	Fibre-Boost
Calories	171cal	136cal	132cal
Protein	12g	8g	5g
Carbohydrates	23g	23g	23g
Fibre	3.8g	1.4g	3.4g
Fat	4g	2g	3g
Sodium	88mg	148mg	56mg
Calcium (%DV*)	22%	17%	15%
Magnesium (%DV*)	24%	–	–
Riboflavin (%DV*)	25%	19%	16%
Vitamin B12 (%DV*)	46%	35%	29%
Vitamin D (%DV*)	30%	29%	29%
Vitamin C (%DV*)	–	46%	–

*percentage of daily value

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PREP TIME: **5 min** YIELDS: **2-4 servings**

BE GREEN SMOOTHIE

INGREDIENTS:

2 cups (500 mL) milk
1 large green or red apple chopped
1 cup (250 mL) packed baby spinach
1 cup (250 mL) plain Greek or drained yogurt
¼ cup (60 mL) ground flax seeds
1 tbsp (15 mL) liquid honey or to taste
Ice cubes

PROTEIN-PACKED PEACH STRAWBERRY SMOOTHIE

INGREDIENTS:

2 cups (500 mL) milk
1 cup (250 mL) each frozen sliced peaches and strawberries
½ cup (125 mL) cottage cheese
2 tbsp (30 mL) liquid honey

FIBRE-BOOST BERRY SMOOTHIE

INGREDIENTS:

2 cups (500 mL) milk
1 cup (250 mL) frozen mixed berries
1 fresh pear chopped
2 tbsp (30 mL) ground flax seeds
1 tbsp (15 mL) pure maple syrup or liquid honey

PREPARATION

In a blender, combine milk, fruit and vegetables and other ingredients (as called for); purée until smooth. Pour into glasses (pour Be Green over ice); serve immediately.

TIPS

- When making smoothies, make sure all ingredients are cold and frozen ingredients are taken right from the freezer. Pulse the blender a few times to start with to chop up large pieces, then hold the power on for the best texture.
- Kids can help measure the ingredients and add them to the blender. Older kids can make these on their own. Chill travel cups in the freezer and pour in freshly-made smoothies for mornings on the run, or before-sports snacks.