

## Smoothie recipes for home



Smoothies can be used when your child needs more nutrition but may not want to eat a full meal. Sometimes drinking is easier than eating food. The recipes below give your child calories, protein, vitamins and minerals. You can also work with your child to make your own recipes. To make the smoothie recipes below, add all solid ingredients into the blender followed by the liquid ingredients. Blend until smooth, about 1 minute. These smoothies may not meet 100% of your child's nutrition needs. Your child's dietitian can help you decide how many smoothies your child should have each day.

<b>Peanut Butter Berry Smoothie</b> 1 cup milk 1/2 medium ripe banana 1 tablespoon peanut butter 1 cup frozen raspberries	<b>Peanut Butter Banana Smoothie</b> ½ cup milk ½ cup vanilla yogurt 2 tablespoons ground flaxseed 1 tablespoon peanut butter 1 frozen banana
<b>Berry Banana Smoothie</b> 1 frozen banana ½ cup orange juice 1 cup frozen strawberries 1 cup frozen blackberries 2 cups vanilla yogurt	<b>Breakfast Smoothie</b> ½ cup milk 1/8 teaspoon ground nutmeg 1 frozen sliced ripe banana ½ cup frozen pineapple 1 cup yogurt
<b>Sunshine Smoothie</b> ½ cup frozen mango ½ cup frozen peaches 1 frozen banana ½ cup vanilla yogurt ½ cup orange juice ½ cup milk dash of cinnamon	<b>Blueberry Power Smoothie</b> 1 cup frozen blueberries ¾ cup milk ½ cup semi-firm silken tofu ½ cup vanilla yogurt 1 tablespoon chia seeds
<b>Orange Banana Smoothie</b> 1 cup orange juice 1/2 cup vanilla Greek yogurt dash cinnamon 1 banana	<b>Chocolate Peanut Butter Smoothie</b> ½ cup milk 2 tablespoons chocolate syrup 2 tablespoons peanut butter 1 frozen banana 1 cup vanilla yogurt

# Create Your Own Smoothie Chart

**Directions:** Put a fruit and liquid in the blender. Then add any nutrition boosters, calorie boosters, and flavor boosters you want. You do not need to add boosters to the smoothie if you do not want to or you can add as many as you like. Blend until smooth.

Fruit	Add Liquid	Nutrition Boosters	Calorie Boosters	Flavor Boosters
<p><b>Choose 1 or more for 1-2 cups</b></p> <ul style="list-style-type: none"> <li>• Raspberries</li> <li>• Strawberries</li> <li>• Banana</li> <li>• Peaches</li> <li>• Pineapple</li> <li>• Blackberries</li> <li>• Apple</li> <li>• Cherries</li> <li>• Blueberries</li> <li>• Mango</li> <li>• Mixed fruit</li> </ul>	<p><b>About 1 cup</b></p> <ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Greek yogurt</li> <li>• Milk</li> <li>• Plant Based Milk               <ul style="list-style-type: none"> <li>◦ Soy</li> <li>◦ Coconut</li> <li>◦ Hemp</li> <li>◦ Almond</li> <li>◦ Oat</li> </ul> </li> <li>• Water</li> <li>• Kefir</li> <li>• 100% juice</li> </ul>	<p><b>1 Tablespoon</b></p> <ul style="list-style-type: none"> <li>• Wheat germ</li> <li>• Chia seeds</li> <li>• Flaxseed (ground)</li> </ul> <p><b>1 Handful</b></p> <ul style="list-style-type: none"> <li>• Spinach</li> <li>• Kale</li> </ul> <p><b>¼ - ½ cup</b></p> <ul style="list-style-type: none"> <li>• Avocado</li> <li>• Silken Tofu</li> </ul>	<p><b>1-2 Tablespoons</b></p> <ul style="list-style-type: none"> <li>• Nut butters               <ul style="list-style-type: none"> <li>◦ Peanut</li> <li>◦ Cashew</li> <li>◦ Almond</li> <li>◦ Sunflower seed</li> </ul> </li> <li>• Chocolate syrup</li> <li>• Heavy whipping cream</li> <li>• Coconut oil</li> <li>• Flaked Coconut</li> </ul> <p><b>¼ cup</b></p> <ul style="list-style-type: none"> <li>• Ice Cream</li> </ul> <p><b>½ - 1 package</b></p> <ul style="list-style-type: none"> <li>• Carnation Breakfast Essential Powder</li> </ul>	<p><b>½ teaspoon</b></p> <ul style="list-style-type: none"> <li>• Nutmeg</li> <li>• Ginger</li> <li>• Cinnamon</li> <li>• Honey</li> <li>• Ginger</li> </ul>

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**For other health and wellness information, check out this resource:**

<https://kidshealth.org/ChildrensWi/en/parents>

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**