

Super Smoothies

This recipe contains more than one type of fruit and is a good source of Vitamin C, which keeps gums and blood vessels healthy. Try many colors and kinds of fruit.

Ingredients:

Popeye Power Smoothie

1 cup **orange juice**
 1/2 cup **pineapple juice**
 1/2 cup **plain or vanilla yogurt**
 1 **banana**, peeled and sliced
 2 cups fresh **spinach leaves**
 Crushed ice

Peanut Power Drink

1/2 cup **peanut butter**
 3 1/2 cups **bananas** (or any other fresh or canned and drained fruit)
 1 1/4 cups **nonfat dry milk**
 2 cups cold **water**

Blueberry Tofu Smoothie

3/4 cup frozen **blueberries**
 1 ripe **banana**
 1 cup **vanilla soy milk**
 3 ounces **silken tofu**
 1/2 cup **orange juice**
 1 teaspoon **lime juice**

Directions:

1. Combine all ingredients for selected recipe in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2-3 hours.

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container 4			
Amount Per Serving			
Calories	100	Calories from Fat	5
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	40mg		2%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		4%
Sugars	17g		
Protein	2g		
Vitamin A	10%	Vitamin C	50%
Calcium	6%	Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Label for Popeye Power Smoothie

Source: Popeye Smoothie, Jenny Rudolph, OSU Extension Service, Washington County; Peanut Power, Janet Calvert and Caroline Cannon, OSU Extension Service, Multnomah County; Blueberry Tofu, Julie Beitzel, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.