



Eating Well Favorite Smoothie Recipes

Good Green Tea Smoothie.....	2
Clean Breeze Smoothie	2
Pomegranate Berry Smoothie	3
Banana Spice Smoothie.....	3
Tofu Tropic Smoothie.....	4
“Get Your Orange” Flax Smoothie	4
Wake-Up Smoothie	5
Mango Lassi Smoothie	5
Citrus Berry Smoothie.....	6
Raspberry-Avocado Smoothie.....	6
Thermos-Ready Smoothie.....	7
Hawaiian Smoothie	7
Green Smoothie	8
Banana-Cocoa Soy Smoothie	8



Good Green Tea Smoothie

Makes: about 3½ cups, for 2 servings

Active time: 10 minutes **Total:** 10 minutes

Heart Health Diabetes Weight Loss Gluten Free

This green smoothie is packed with grapes, spinach, green tea and avocado. A touch of honey adds sweetness.

- 3 cups frozen white grapes
- 2 packed cups baby spinach
- 1½ cups strong brewed green tea
(see Tip), cooled
- 1 medium ripe avocado
- 2 teaspoons honey

Combine grapes, spinach, green tea, avocado and honey in a blender; blend until smooth. Serve immediately.

Per serving: 345 calories; 15 g fat (2 g sat, 10 g mono); 0 mg cholesterol; 56 g carbohydrate; 6 g added sugars; 5 g protein; 9 g fiber; 36 mg sodium; 1,110 mg potassium.

Nutrition bonus: Vitamin C (72% daily value), Vitamin A (63% dv), Folate (36% dv), Potassium (32% dv), Magnesium (18% dv).

Carbohydrate servings: 3½

Exchanges: 3 fruit, 1 vegetable, 1½ fat

Tip: To brew strong green tea, use twice the amount of tea (or two tea bags), but do not over steep. Green tea should be steeped for no longer than 3 minutes; over steeping will give the tea a bitter taste.

Clean Breeze Smoothie

Makes: about 3½ cups, for 2 servings

Active time: 10 minutes **Total:** 10 minutes

Heart Health Diabetes Weight Loss Gluten Free

This refreshing smoothie is made with cucumber and kiwi and gets a kick from ginger-flavored kombucha and fresh cilantro.

- 1 small cucumber, chopped
- 2 ripe kiwis, peeled
- 1 cup ginger-flavored kombucha
(see Tip)
- ½ cup low-fat plain Greek yogurt
- 2 tablespoons fresh cilantro leaves
- 6 ice cubes

Combine cucumber, kiwis, kombucha, yogurt, cilantro and ice cubes in blender; blend until smooth. Serve immediately.

Per serving: 116 calories; 2 g fat (1 g sat, 0 g mono); 4 mg cholesterol; 21 g carbohydrate; 1 g added sugars; 6 g protein; 3 g fiber; 32 mg sodium; 424 mg potassium.

Nutrition bonus: Vitamin C (101% daily value).

Carbohydrate servings: 1½

Exchanges: 1 fruit, 1 vegetable, ½ reduced-fat milk

Tip: Look for kombucha tea near other refrigerated teas in natural foods stores and well-stocked supermarkets. Kombucha is available in many different flavors—for this smoothie we like the taste of ginger kombucha the best.





Pomegranate Berry Smoothie

Makes: about 3½ cups, for 2 servings

Active time: 5 minutes **Total:** 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

This berry smoothie is made with pomegranate juice and packs lots of satisfaction from banana and cottage cheese.

- 2 cups frozen mixed berries
- 1 cup pomegranate juice
- 1 medium banana
- ½ cup nonfat cottage cheese
- ½ cup water

Combine mixed berries, pomegranate juice, banana, cottage cheese and water in a blender; blend until smooth. Serve immediately.

Per serving: 206 calories; 1 g fat (0 g sat, 0 g mono); 3 mg cholesterol; 49 g carbohydrate; 0 g added sugars; 6 g protein; 6 g fiber; 133 mg sodium; 625 mg potassium.

Nutrition bonus: Vitamin C (39% daily value), Potassium (18% dv).

Carbohydrate servings: 3

Exchanges: 3 fruit, ½ nonfat milk



Banana Spice Smoothie

Makes: about 4 cups, for 2 servings

Active time: 5 minutes **Total:** 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

This healthy banana smoothie is made with vanilla kefir and spiked with warming spices.

- 2 ripe bananas
- 2 cups vanilla kefir (see Tip)
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground allspice
- 12 ice cubes

Combine kefir, bananas, cinnamon, nutmeg, allspice and ice cubes in a blender; blend until smooth. Serve immediately.

Per serving: 283 calories; 5 g fat (3 g sat, 0 g mono); 16 mg cholesterol; 56 g carbohydrate; 15 g added sugars; 10 g protein; 6 g fiber; 98 mg sodium; 427 mg potassium.

Nutrition bonus: Calcium (35% daily value), Vitamin C (18% dv).

Carbohydrate servings: 3½

Exchanges: 1½ fruit, 1 reduced-fat milk, 1 carbohydrate (other)

Tip: Kefir is a drinkable yogurt found in the dairy section of most supermarkets. It supplies a healthy amount of protein and calcium and good-for-you probiotics.



Tofu Tropic Smoothie

Makes: about 3½ cups, for 2 servings

Active time: 5 minutes **Total:** 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

Mango, pineapple and lime flavor this tropical smoothie. Silken tofu adds staying power.

- 2 cups diced frozen mango
- 1½ cups pineapple juice
- ¾ cup silken tofu
- ¼ cup lime juice
- 1 teaspoon freshly grated lime zest

Combine mango, pineapple juice, tofu, lime juice and lime zest in a blender; blend until smooth. Serve immediately.

Per serving: 254 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 6 g protein; 3 g fiber; 10 mg sodium; 714 mg potassium.

Nutrition bonus: Vitamin C (149% daily value), Vitamin A (37% dv), Folate (27% dv), Potassium (21% dv), Magnesium (17% dv).

Carbohydrate servings: 3½

Exchanges: 3 fruit, ½ medium-fat meat



“Get Your Orange” Flax Smoothie

Makes: about 3 cups for 2, 1½-cup servings

Active time: 5 minutes **Total:** 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

This bright orange smoothie gets its color from frozen peaches plus carrot and orange juice. Fresh ginger packs a flavorful punch.

- 2 cups frozen peach slices
- 1 cup carrot juice
- 1 cup orange juice
- 2 tablespoons ground flaxseed
- 1 tablespoon chopped fresh ginger

Combine peaches, carrot juice, orange juice, flaxseed and ginger in blender; blend until smooth. Serve immediately.

Per serving: 209 calories; 4 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 5 g protein; 6 g fiber; 38 mg sodium; 964 mg potassium.

Nutrition bonus: Vitamin A (467% daily value), Vitamin C (138% dv), Potassium (28% dv), Magnesium (20% dv).

Carbohydrate servings: 2½

Exchanges: 2 fruit, 1½ vegetable, 1 fat



Wake-Up Smoothie

Makes: 3 servings, 1 cup each

Active time: 5 minutes **Total:** 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

With a stash of berries in your freezer, you can jump-start your day with this nutritious, tasty smoothie in just minutes. It provides vitamin C, fiber, potassium and soy protein.

- 1/4 cups orange juice, preferably calcium-fortified**
- 1 banana**
- 1/4 cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries**

1/2 cup low-fat silken tofu or low-fat plain yogurt

1 tablespoon sugar

Combine orange juice, banana, berries, tofu (or yogurt) and sugar (or Splenda), if using, in a blender; cover and blend until creamy. Serve immediately.

Per serving: 139 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 19 mg sodium; 421 mg potassium.

Nutrition bonus: Vitamin C (111% daily value).

Carbohydrate servings: 2

Exchanges: 2 fruit, 1/2 low-fat milk



Mango Lassi Smoothie

Makes: 2 servings, 3/4 cup each

Active time: 10 minutes **Total:** 10 minutes

Heart Health Diabetes Weight Loss Gluten Free

A lassi is an Indian smoothie made with yogurt, sometimes offered as an aperitif or as a “side” to calm down a fiery meal. Thanks to a ripe mango and orange-flower water, this version is sweet and fragrant. It’s perfect for an afternoon refresher or an after-dinner treat.

- 1 cup chopped peeled mango**
- 1/3 cup peach sorbet**
- 1/2 cup nonfat vanilla yogurt**
- 1/4 cup orange juice**
- 1/8 teaspoon orange-flower water (optional, see Tip)**

Place ingredients in the order listed in a blender. Pulse twice to chop mango, stir well, then blend until smooth. Serve immediately.

Per serving: 163 calories; 0 g total fat (0 g sat, 0 g mono); 1 mg cholesterol; 37 g carbohydrate; 16 g added sugars; 4 g protein; 2 g fiber; 43 mg sodium; 340 mg potassium.

Nutrition bonus: Vitamin C (79% daily value), Vitamin A (21% dv).

Carbohydrate servings: 2 1/2

Exchanges: 2 1/2 fruit

Tip: Orange-flower water is a perfumy distillation of bitter-orange blossoms. Look for it at gourmet markets.



Citrus Berry Smoothie

Makes: 1 smoothie, about 2 cups

Active time: 5 minutes **Total:** 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants.

- 1¼ cups fresh berries
- ¾ cup low-fat plain yogurt
- ½ cup orange juice
- 2 tablespoons nonfat dry milk
- 1 tablespoon toasted wheat germ
- 1 tablespoon honey
- ½ teaspoon vanilla extract

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

Per serving: 376 calories; 4 g fat (2 g sat, 1 g mono); 13 mg cholesterol; 70 g carbohydrate; 17 g added sugars; 17 g protein; 5 g fiber; 180 mg sodium; 1,128 mg potassium.

Nutrition bonus: Vitamin C (225% daily value), Calcium (48% dv), Potassium (33% dv), Folate (30% dv), Magnesium (25% dv), Zinc (24% dv).

Carbohydrate servings: 4

Exchanges: 2 fruit, 1½ low-fat milk, 1 carbohydrate (other)

Raspberry-Avocado Smoothie

Makes: 2 servings

Active time: 5 minutes **Total:** 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

Avocado makes this sweet beverage extra creamy.

- 1 avocado, peeled and pitted
- ¾ cup orange juice
- ¾ cup raspberry juice
- ½ cup frozen raspberries (*not* thawed)

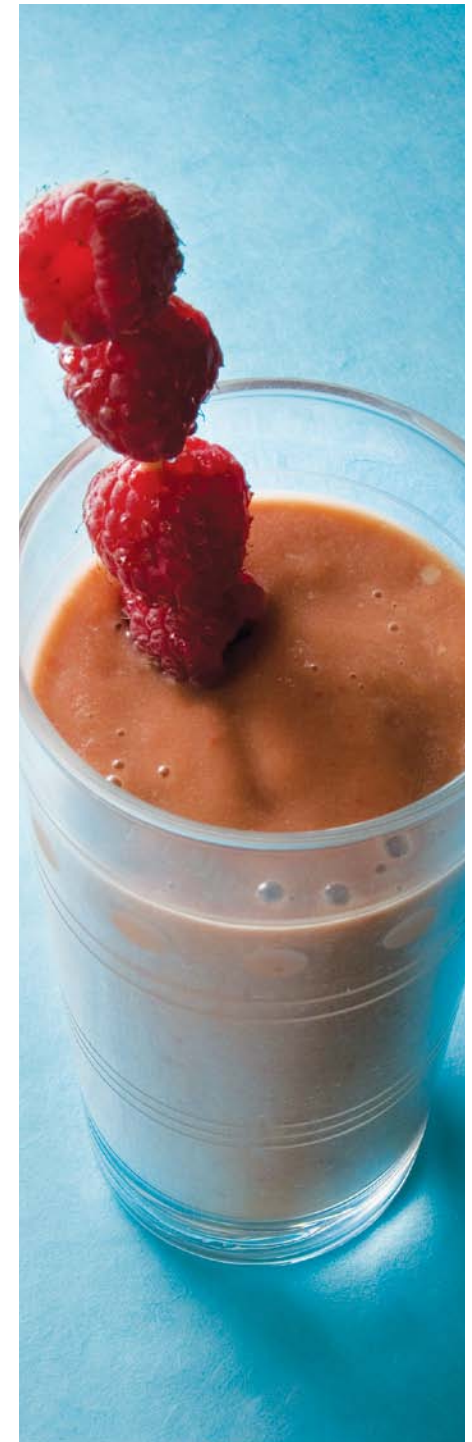
Puree avocado, orange juice, raspberry juice and raspberries in a blender until smooth.

Per serving: 218 calories; 11 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 2 g protein; 6 g fiber; 12 mg sodium; 531 mg potassium.

Nutrition bonus: Vitamin C (103% daily value), Folate (23% dv), Potassium (16% dv).

Carbohydrate servings: 2

Exchanges: 1½ fruit, 2 fat





Thermos-Ready Smoothie

Makes: 1 serving

Active time: 5 minutes **Total:** 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

A protein and fiber-rich drink to go.

- 1 cup frozen mixed berries (not thawed)**
- ½ banana**
- ½ cup apple juice**
- ¼ cup silken tofu**

Combine berries, banana, apple juice and tofu in a blender; blend until smooth.

Per serving: 276 calories; 3 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 6 g protein; 7 g fiber; 35 mg sodium; 589 mg potassium.

Nutrition bonus: Vitamin C (44% daily value), Potassium (17% dv).

Carbohydrate servings: 4

Exchanges: 4 fruit, ½ medium-fat meat

Hawaiian Smoothie

Makes: 2 servings, 1 cup each

Active time: 10 minutes **Total:** 10 minutes

Heart Health Diabetes Weight Loss Gluten Free

For the best taste and color, use a red-fleshed Hawaiian papaya for this exotic, lip-puckering taste of island summer. Papayas are loaded with papain, a digestive enzyme, so this smoothie is a good dessert to settle stomachs after a substantial meal.

- 1 cup chopped fresh pineapple**
- ½ cup chopped peeled papaya**
- ¼ cup guava nectar (see Tip)**
- 1 tablespoon lime juice**
- 1 teaspoon grenadine**
- ½ cup ice**

Place ingredients in the order listed in a blender. Pulse three times to chop the fruit, then blend until smooth. Serve immediately.

Per serving: 81 calories; 0 g total fat (0 g sat, 0 g mono); 0 mg cholesterol; 21 g carbohydrate; 1 g protein; 2 g fiber; 6 mg sodium; 201 mg potassium.

Nutrition bonus: Vitamin C (116% daily value).

Carbohydrate servings: 1½

Exchanges: 1½ fruit

Tips: Guava nectar is available in most markets, with the juices or in the Latin American section.





Green Smoothie

Makes: 2 servings, about 1¾ cups each

Active time: 10 minutes **Total:** 10 minutes

Heart Health Diabetes Weight Loss Gluten Free

Get your daily dose of dark leafy greens any time of day with this delicious green smoothie. Ground flaxseed adds omega-3s. Pour any extra into a freezer-pop mold and have it later as a frozen green smoothie pop.

- 2 ripe medium bananas**
- 1 ripe pear or apple, peeled if desired, chopped**
- 2 cups chopped kale leaves, tough stems removed (see Tip)**
- ½ cup cold orange juice**
- ½ cup cold water**
- 12 ice cubes**
- 1 tablespoon ground flaxseed**

Place bananas, pear (or apple), kale, orange juice, water, ice cubes and flaxseed in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

Per serving: 240 calories; 3 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 5 g protein; 8 g fiber; 38 mg sodium; 987 mg potassium.

Nutrition bonus: Vitamin A (210% daily value), Vitamin C (208% dv), Potassium (28% dv), Magnesium (21% dv), Folate (18% dv).

Carbohydrate servings: 3

Exchanges: 2½ fruit, 1 vegetable

Tip: Choose organic kale when possible. Nonorganic can have high pesticide residue.

Banana-Cocoa Soy Smoothie

Makes: 1 serving

Active time: 5 minutes **Total:** 1 hour (including freezing time)

Heart Health Diabetes Weight Loss Gluten Free

With plenty of protein from both tofu and soymilk, this banana-split-inspired breakfast smoothie will keep you satisfied until lunchtime.

- 1 banana**
- ½ cup silken tofu**
- ½ cup soymilk**
- 2 tablespoons unsweetened cocoa powder**
- 1 tablespoon honey**

Slice banana and freeze until firm. Blend tofu, soymilk, cocoa and honey in a blender until smooth. With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth.

Per serving: 342 calories; 8 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 61 g carbohydrate; 17 g added sugars; 16 g protein; 9 g fiber; 116 mg sodium; 742 mg potassium.

Nutrition bonus: Magnesium (30% daily value), Potassium (22% dv), Vitamin C (18% dv), Iron (15% dv).

Carbohydrate servings: 4

Exchanges: 1½ fruit, ½ reduced-fat milk, 1½ other carbohydrate, 1 medium-fat meat



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

Heart Health has limited saturated fat.

Diabetes is low in calories and meets limits for Carbohydrate Servings.

Weight Loss has reduced calories (and limited saturated fat).

Gluten Free does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)