

Create Your Own Smoothie or Shake

Instructions: Mix and match the ingredients below to create your own recipe. There is no right way to make a smoothie or shake. Combine and blend whatever sounds good to you!

Choose “unsalted” if you’re concerned about sodium.
 Choose “unsweetened” if you’re concerned about added sugars.



Smoothie/Shake Base

Milk	Yogurt	Lactose-free Milk	Flavored Yogurt	Kefir
Pudding	Ice Cream	Frozen Yogurt	Resource® Breeze supplement	Greek Yogurt
Oat Milk	Soy Milk	Almond Milk	100% Fruit Juice	Flavored Greek Yogurt
Soy Yogurt	Ice Milk	Almond Yogurt	Tofu (Soft or Silken)	
Any oral nutrition supplement: Boost®, Ensure®, Resource® 2.0, Mighty Shake®, Magic Cup®, a generic brand formula or other liquid supplement				

Fruits and Vegetables (Fresh, Frozen, Freeze Dried and/or Canned)

Cranberries	Cherries	Blueberries	Apples
Banana Chips	Banana	Mango	Dates
Goji Berries	Pineapple	Apricots	Strawberries
Grapes (try freezing them!)	Cantaloupe	Pear	Peaches
Raisins	Nectarines	Kiwi	Guava
Raspberries	Papaya	Plums	Prunes
Honeydew melon	Blackberries	Figs	Pomegranate
Mandarin Oranges	Oranges	Kumquat	Clementine
Blood Orange	Tangerine	Persimmon	Watermelon
Pureed Sweet Potato	Pureed pumpkin	Avocado	Spinach
Cucumbers	Carrots	Kale	Beets
		Squash	Wheat Grass



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Additions for Texture, Flavor, Calories, Seasoning and Fun

Almonds	Peanut Butter	Nonfat Dry Milk Powder		Cinnamon
Ginger	Oats	Corn Oil	Canola Oil	Nutmeg
Honey	Wheat Germ	Ensure® Powder		Chia Seeds
Tahini	Hemp Seeds	Ground Flaxseed		Oat Bran
Cocoa Powder	Nutella	Almond Extract		Coconut
Cardamom	Chocolate Sauce	Vanilla Extract		Stevia
Agave Nectar	Caramel Sauce	Whey Protein Powder		Flaxseed Oil
Seaweed	Quinoa	Pumpkin Seeds		Cacao Nibs
Mint Ice	Mint Extract	Sunflower Seeds		Walnuts
Soda Water	Vegetable Oil	Almond Butter		Coffee
Carnation Breakfast Essentials® powder mix				Espresso

* **Bolded items are high in protein**



Sample Smoothie and Shake Blends

Strawberry-Banana Smoothie: yogurt, banana, orange juice, frozen strawberries

Orange Creamsicle: yogurt, orange (peeled), vanilla extract, frozen orange 100% juice concentrate

Peachy Keen: milk, yogurt, frozen peaches, strawberries, powdered ginger, add some whey protein powder as a protein boost

Red Raspberry: frozen raspberries, beets, cranberry juice, yogurt

Peanut Butter Dream: ripe banana, milk, creamy peanut butter

Tropical Blend: yogurt, Boost®, pineapple, mango, banana

Morning Joe: Milk, yogurt, instant coffee grounds, banana, ground flax seeds, dates (pitted and roughly chopped) topped with toasted coconut



Thanksgiving Pumpkin Pie: almond milk, pumpkin puree, cinnamon, apple (cored), dried cranberries, 1 tsp honey (optional)