

June 2018 Nutrition Newsletter



Tis' the season for smoothies

Smoothies are both delicious and versatile, and summertime is the perfect season for this nutrient dense and delicious treat. Using seasonal produce, quality juices without added sugar, Greek yogurt, soy milk, and any ingredients you love, crafting the flavors everyone will love is as easy as a day at the beach!

Make it fresh, fast, frozen, & easy

- Making a **fresh** smoothie is easy. Seasonal ingredients like berries blended with your milk of choice, and pantry staples like seeds or nuts, make a quick breakfast option when your fridge is running low.
- Prepare ingredients in the blender bowl the night before, store in the refrigerator, and in the morning it's as **fast** as buzz & go
- **Freeze** your favorite smoothie recipe in popsicle molds for an icy afternoon treat
- Keep it **easy** by using foods you already use —no need for expensive protein powders when you already have Greek yogurt in the fridge!

For more information, please contact the dietitian:
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Smoothie Recipes

Simply add all ingredients to a blender bowl, then puree until smooth

Green Smoothie

makes 3, 8oz smoothies

- **1/2 cup** plain, non fat, Greek Yogurt
- **4 oz** fresh or frozen mango
- **1.5oz** avocado (*about 1/4 avocado*)
- **1/2 each** banana
- **1/2 cup** fresh baby spinach (*or other greens you have on hand*)
- **8 fl oz** no sugar added apple juice

8 fl oz smoothie • Calories 130 • Total fat 2.5g • Sat fat 0g • Trans fat 0g
Cholest <5mg • Sodium 35mg • Total carb 23g • Fiber 2g • Sugars 17g • Protein 4g

Tropical Smoothie

makes 3, 8oz smoothies

- **1/2 cup** plain, non fat, Greek Yogurt
- **1 whole** banana
- **6 oz** fresh or frozen mango
- **6 fl oz** papaya nectar
- **6 fl oz** plain unsweetened soymilk

8 fl oz smoothie • Calories 140 • Total fat 1.5g • Sat fat 0g • Trans fat 0g
Cholest <5mg • Sodium 45mg • Total carb 26g • Fiber 3g • Sugars 16g • Protein 8g

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