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## Smoothies are Good for You

### What are Smoothies?

Smoothies are a nutritious way to receive vitamins and minerals by blending fruits, vegetables, dairy products, and grains together for a healthy drink that can be consumed anytime of the day.

### Difference between juicing and blending

Juicing is the process of extracting the juice (natural fluid) from fruits and vegetables for consumption. Blending is the process of mixing fruits and vegetables together for consumption. The major difference is that juicing does not allow for the fiber to be consumed, whereas blending does.



### Benefits of smoothies

- Simple to make
- Provide protein
- Keep you hydrated
- Aid muscle growth
- Provide vitamins & minerals
- Delicious way to have a meal or snack
- Help control blood sugar levels
- Boost weight loss efforts

### Tips to making smoothies:

1. Choose your favorite fruit(s) and/or vegetable(s) (fresh or frozen is best)
2. Add water (regular or coconut), fruit juice, or milk (cow, almond, soy, your choice)
3. Add protein powder or grains (oatmeal, chia seed, flax seeds, etc.) to boost energy and thickness of smoothie
4. Blend together and enjoy



**Recipe:** Kale Smoothie with Pineapple and Banana, adapted from [www.realsimple.com](http://www.realsimple.com)

Serves 2 (Per serving: 253 calories, 13 g fat, 0 mg cholesterol, 38 mg sodium, 5 g protein, 36 g carbohydrates, 18 g sugar, 5 g fiber, 3 mg iron, 119 mg calcium)

**Ingredients:**

½ cup coconut milk

½ cup water

2 cups stemmed and chopped kale or spinach

1½ cups chopped pineapple (about ¼ medium pineapple)

1 ripe banana, chopped

**Directions:** Combine the coconut milk, ½ cup water, the kale, pineapple, and banana in a blender. Puree until smooth, about 1 minute, adding more water to reach the desired consistency.