

Create Your Own Smoothie

Select ingredients - place in a blender - mix - pour - enjoy!!

(Refrigerate any leftovers. If a blender is not available, use a re-sealable bag and crushed ice.)

<p style="text-align: center;">Fruit</p> <p style="text-align: center;">Fresh, frozen, or canned in juice (pick 1-3 fruits to equal about 1 cup)</p>	<p style="text-align: center;">Milk & Yogurt</p> <p style="text-align: center;">Select nonfat or lowfat (about 1 cup)</p>	<p style="text-align: center;">Extras</p> <p style="text-align: center;">Add to flavor or thicken (small amounts)</p>
bananas pineapples mangoes strawberries kiwi cantaloupes blueberries nectarines tangerines applesauce peaches raspberries cherries oranges apples papayas apricots honey dew melons fruit cocktail	milk chocolate milk yogurt (plain or flavored) buttermilk evaporated skim milk buttermilk nonfat dry milk soy milk (non-dairy option)	ice cubes honey fruit nectar maple syrup fruit juice vanilla frozen yogurt (lowfat or nonfat) part-skim ricotta cheese instant pudding mix silken tofu nuts peanut butter nutmeg cinnamon

Name your original smoothie. For example: Anthony's Amazing Apple Surprise or Maria's Mango Mania!

Ideas to get you started.

1 cup frozen berries
 1 cup vanilla yogurt
 1 cup grape juice

1 mango peeled and chopped
 3/4 cup milk
 1/4 cup vanilla yogurt
 3/4 teaspoon vanilla
 3 ice cubes

1 cup fruit cocktail (canned & chilled)
 1 cup milk
 1/4 cup dry milk
 3 ice cubes
 a dash of cinnamon

Vegetable Master Mix

1 small zucchini or cucumbers
1 bell pepper, green or red
1 - 2 stalks of celery

1 - 2 carrots
1 small onion
1 small yellow squash

1. Chop vegetables into about ½-inch pieces. Chop only the amount you will use within about 3 days. Store remaining uncut vegetables to chop later in the week.
2. Combine chopped vegetables and store in sealable bag in the refrigerator. Use within 3 to 4 days.
3. Use ½ to 1 cup of the mix in the following ways. Makes about 8 portions.

Breakfast:

- Cook in a little canola oil in a small pan and add scrambled eggs.
- Add to any type of quiche.
- Finely chop and mix with low fat soft cream cheese and salt and pepper. Spread on a bagel or toast.
- Cook in a little canola oil in a small pan with chopped potato, low fat breakfast sausage, and salsa.

Lunches and Dinners:

- Cook in a small pan or microwave. Add to soup, stew, sloppy joe mix, spaghetti sauce, or tacos.
- Add to any green salad or tuna, egg, or pasta salad.
- Add to other vegetables such as cabbage or broccoli for a stir fry. Add meat if desired.
- Cook in small pan or microwave and add rice, barley, another grain or pasta to make a pilaf.
- Make a cool wrap with hummus, vegetables, lettuce, tomato, avocado, and sunflower seeds in a tortilla.

Vary the vegetables based on what you like and what is in season!

Wyoming SNAP is a coalition of the University of Wyoming, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health. For more information visit: www.fns.usda.gov/oane/SNAP/Wyoming.htm or call 307-766-5375.

