

Breakfast Smoothie

Serves: 2 | Serving Size: 10 ounces

Ingredients

- 8 oz (1 cup) nonfat plain yogurt
- 1 cup 1% low fat or nonfat milk
- 2 teaspoons vanilla extract
- 1 $\frac{3}{4}$ cup whole fresh or frozen strawberries, hulled
- 1 fresh peach, peeled and sliced, or $\frac{3}{4}$ cup frozen peach slices (see Note)
- 2 tablespoons chopped walnuts
- 2 whole strawberries (optional)

Directions

1. Place first 5 ingredients in a blender, purée mixture for 15 to 20 seconds.
2. Pour into two tall glasses and top each with 1 tablespoon of chopped nuts.
3. Garnish glass with strawberry, if desired.



Notes:

- If you prefer a thicker smoothie, replace the peach with 1 small, sliced banana.
- The vanilla in this recipe adds sweetness, making any additional sweetener unnecessary.

Nutritional Information for individual food recipe: Calories 210, Fat 6 g, Saturated Fat 1 g, Cholesterol 10 mg, Sodium 135 mg, Protein 12 g, Carbohydrates 29 g

Source: Recipe courtesy of 3-A-Day of Dairy (www.3aday.org) and provided by Jennifer Meyer, RD, LMNT, Director of Nutrition Education, American Dairy Association, and Dairy Council of Nebraska.

Creamy Strawberry Chia Seed Smoothie

Prep Time: 10 minutes

Ingredients

- 1 cup frozen strawberries
- 1 medium banana
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 1 cup almond milk, unsweetened
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 tablespoon chia seeds



Instructions

1. Place all ingredients in a blender and blend until smooth!
2. Let sit for 2-3 minutes to allow chia seeds to expand. Serve cold or chill until ready to serve.

Nutrition Facts: Serving Size: $\frac{1}{2}$ of mixture Calories 159, Sugar 14 gm, Sodium 102 mg, Fat 3g, Carbohydrates 24g, Fiber 5g, Protein 9g

Recipe adapted from fitfoodiefinds.com, 2020

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