

Super Smoothies

This recipe contains more than one type of fruit and is a good source of Vitamin C, which keeps gums and blood vessels healthy. Try many colors and kinds of fruit.

Ingredients:

Popeye Power Smoothie

1 cup **orange juice**
 1/2 cup **pineapple juice**
 1/2 cup **plain or vanilla yogurt**
 1 **banana**, peeled and sliced
 2 cups fresh **spinach leaves**
 Crushed ice

Peanut Power Drink

1/2 cup **peanut butter**
 3 1/2 cups **bananas** (or any other fresh or canned and drained fruit)
 1 1/4 cups **nonfat dry milk**
 2 cups cold **water**

Blueberry Tofu Smoothie

3/4 cup frozen **blueberries**
 1 ripe **banana**
 1 cup **vanilla soy milk**
 3 ounces **silken tofu**
 1/2 cup **orange juice**
 1 teaspoon **lime juice**

Directions:

1. Combine all ingredients for selected recipe in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2-3 hours.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	
Vitamin A 10%	Vitamin C 50%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Label for Popeye Power Smoothie

Source: Popeye Smoothie, Jenny Rudolph, OSU Extension Service, Washington County; Peanut Power, Janet Calvert and Caroline Cannon, OSU Extension Service, Multnomah County; Blueberry Tofu, Julie Beitzel, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.