



# Red Clay Cook-Off Family Style



## Sneaky Powerhouse Smoothie

### **Ingredients:**

- 1 overly ripe banana (frozen preferred) <sup>(1)</sup>
- ½ - ¾ cup mixed berries (frozen preferred) <sup>(2)</sup>
- ½ cup of leftover zucchini skins (from Tatianna & Mom-mom Myra's Zucchini Bread recipe) <sup>(3)</sup>
- 1 cup of spinach leaves (fresh or frozen) or 1 generous handful <sup>(4)</sup>
- 1 TBSP flax or chia seeds (optional) <sup>(5)</sup>
- ¾ cup low fat milk <sup>(6)</sup>
- ¾ cup vanilla or other flavored yogurt <sup>(7)</sup>

### **Directions:**

If using a high-speed blender, add the ingredients in the above order to your blender. The use of a high-speed blender will ensure a smooth consistency and pulverize all ingredients so that they are hidden! Blend until smooth — amount of time will vary depending on what speed blender you are using. If not using a high-speed blender, add liquid (milk) and hard frozen fruit and vegetables first (bananas, berries) and flax or chia seeds, blend until smooth. Add remaining ingredients and blend until smooth, about 2-3 minutes. The time it takes to blend depends on your blender and preference on texture. Pour your smoothie, garnish with fresh berries (optional) and ENJOY!! <sup>(8)</sup>

### **Cooking & Nutrition Tidbits:**

*You can hide all sorts of fruits & veggies in smoothies! Time to get sneaky with nutrition!*

1. The use of frozen bananas helps thicken the consistency to be more like sorbet. If not using frozen, add ~ ½ - ¾ cup of ice. Bananas are a great addition to a smoothie because they add sweetness that masks the flavor of the “hidden” veggies. The more ripe a banana is, the more sweet the flavor. If you have bananas that do not look “a-peeling” to eat when they are fresh, freeze them for smoothies to use later!
  2. Berries deliver a powerhouse of nutrients from antioxidants while adding a beautiful bright color to “hide” the taste and color of vegetables.
  3. Saving the skins from *Tatianna & Mom-mom Myra's Zucchini Bread* adds even more fiber and vitamin K to your smoothie!
  4. Use mild flavored greens such as Kale or Spinach. Use fresh or try freezing fresh spinach or kale when buying in bulk. The greens add so much nutrition to this powerhouse smoothie with a big antioxidant punch, along with vitamin C and K!
  5. Flax and chia seeds are a great source of heart healthy omega 3 fatty acids and fiber.
  6. Opt for low fat dairy products to save on saturated fat while loading up on calcium and protein.
  7. Trying to limit calories or sugar? Use unflavored yogurt or omit the yogurt all together.
  8. Ideally, you want to drink your smoothie as soon as possible! If your smoothie sits for too long, it will start to thicken or separate, and the color may change and become less bright and appealing.
- ◆ The options of sneaking fruit & veggies into smoothies are ENDLESS! Be adventurous and add different ingredients that pack a nutritious punch! Try adding frozen carrots or butternut squash to load up on Vitamin A or try beets & berries for a bright red powerhouse smoothie!
  - ◆ Want to add a little extra sweetness to your smoothie, replace ½ or all of the milk with your favorite 100% fruit juice.
  - ◆ Like peanut butter? Add a tbsp of peanut butter to the smoothie to add healthy fat and delicious flavor.
  - ◆ If you do not drink milk, try adding coconut or almond milk, coconut water or 100% fruit juice to your smoothie for a delicious and nutritious milk alternative.