

# Healthy Eating

By Alice Henneman, MS, RD, Extension Educator

Lancaster County

444 Cherrycreek Road, Suite A / Lincoln, NE 68528 / (402) 441-7180

<http://lancaster.unl.edu/food>

## Peach-Raspberry Smoothie

*Serves 1*

Three common ingredients, unlimited variations and full of healthy fruits and calcium-rich yogurt! This smoothie recipe, courtesy of the National Cancer Institute, may become a favorite.

- 1 cup un-sweetened, frozen raspberries
- 3/4 cup 100% orange juice (if you use frozen juice, don't forget to dilute first)
- 1/2 cup fruit-flavored, low-fat yogurt (try peach)

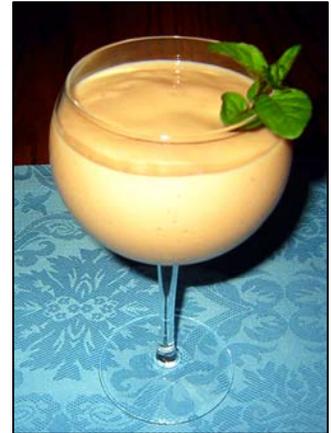
**Directions:** Blend all ingredients well in blender, and drink!

### Variations:

- Frozen strawberries, blueberries, mixed berries, mango, or peaches
- Pineapple juice, orange-tangerine juice, and other 100 percent juice blends
- Different yogurt flavors

### Smoothie Tips:

- Using frozen fruit helps thicken beverages without diluting the flavor. To freeze fruit, such as fresh berries, wash the fruit thoroughly under running tap water, pat dry with clean paper towels and freeze in a single layer on a rimmed cookie sheet. Transfer to a freezer bag when frozen. Pour out as needed. NOTE: Use smaller pieces of fruit, such as berries or sliced pieces of larger fruits or your blender may be unable to process them.
- Whether using fresh or frozen fruit, use fruit at its peak of ripeness to capture the most natural sweetness for smoothies and shakes. Add up to one teaspoon of sweetener (sugar or honey) or the equivalent in sweetening power of a no calorie sweetener if fruit is at less than peak ripeness for the following recipes.
- Most smoothies and shakes should be consumed immediately. They may change color if they are allowed to stand for very long.
- If you have a larger blender jar that is fairly wide at the bottom, you may find it harder to blend single-serving smoothies. A blender jar forces food up against the blender walls where it is then redirected back on the blades and blended until the desired consistency. A blender that is wider at the bottom will send smaller volumes of food out toward the sides rather than up and then down toward the center and the blades.



**Know how. Know now.**