

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>

Frosty

Serves 1

Have bananas that are ripening before you can use them? Slice and freeze extra bananas (see directions in notes below) in readiness to make this smoothie.

- 1 frozen banana
- 1/2 cup vanilla yogurt, fat-free or low-fat
- 1/2 cup orange juice or pineapple juice

Put all ingredients in a blender and mix well.



Alice's Notes

Freeze banana slices by slicing banana(s) and placing in a freezer bag. Spread slices so bananas freeze in a thin layer rather and freeze bag on its side so slices will break apart easily when placed in a blender. One large banana yields about 1 cup of banana slices and a smaller banana about 1/2 cup of slices. Don't worry about being exact — a little extra banana simply makes a thicker smoothie; add more milk, if desired, to thin the smoothie.

Smoothie Tips

- Using frozen fruit helps thicken beverages without diluting the flavor.
- 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.