

Healthy Eating for Elders: Drink to Your Health¹

Jennifer Hillan²



For the following shakes and smoothies, blend all ingredients until smooth and creamy. If you use frozen fruit, no ice is needed. Otherwise, blend with 2 ice cubes. Enjoy!



Tip: Peel ripe bananas, slice, and store in freezer up to 2 weeks.

Strawberry Shake

1 cup buttermilk
½ cup strawberries
(fresh or frozen)
¼ cup cranberry juice
2 tsp wheat germ



Chocolate Banana Shake

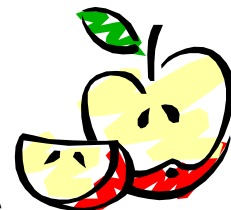
1 cup low-fat milk
1 banana (fresh or frozen)
3 tbsp powdered cocoa

Berry Banana Smoothie

1 cup low-fat plain yogurt
½ cup blueberries (fresh or frozen)
½ banana (fresh or frozen)
2 tsp wheat germ

Apple Pie Smoothie

1 cup low-fat vanilla yogurt
¼ cup apple juice
½ apple
¼ cup unsweetened applesauce
¼ tsp ground cinnamon
¼ tsp ground nutmeg



Peachy Smoothie

1 cup low-fat vanilla yogurt
½ cup sliced peaches
(fresh, frozen, or canned)
¼ cup orange juice
2 tsp wheat germ

Tropical Shake

1 cup buttermilk
½ mango
½ cup pineapple (fresh or
canned)
1 tsp vanilla extract



Peanut Butter Banana Shake

1 cup low-fat milk
1 banana (fresh or frozen)
1 tbsp creamy peanut butter
1 tsp vanilla extract

If you are lactose intolerant, substitute calcium-fortified soy or rice milk instead of cow's milk.

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