

Healthy Eating: Drink to Your Health¹

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Shakes and smoothies are a great and tasty way to incorporate more fruits and nutrients into your diet. For the following recipes, blend all ingredients until smooth and creamy. If you use frozen fruit, no ice is needed. Otherwise, blend with a few ice cubes. Enjoy!

(Each recipe makes about 1–2 servings.)

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



Credit: UF/IFAS

Strawberry Shake

1 cup low-fat buttermilk
½ cup strawberries (fresh or frozen)
¼ cup cranberry juice
2 tablespoons wheat germ (optional)

Berry Banana Smoothie

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

Peachy Smoothie

1 cup low-fat vanilla yogurt
½ cup peaches, sliced and drained (fresh, frozen, or canned in juice)
¼ cup 100% orange juice
2 tablespoons wheat germ (optional)

Apple Pie Smoothie

1 cup low-fat vanilla yogurt
¼ cup 100% apple juice
½ apple, peeled and diced
¼ cup unsweetened applesauce
¼ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg

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Chocolate Banana Shake

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

Peanut Butter Banana Shake

1 cup low-fat milk
1 small banana (fresh or frozen)
1 tablespoon creamy peanut butter
½ teaspoon vanilla extract

Tropical Shake

1 cup low-fat buttermilk
½ cup mango, peeled and diced
½ cup pineapple (fresh or crushed canned)
½ teaspoon vanilla extract

Tip: Wheat germ will add many key nutrients such as B vitamins, vitamin E, folate, fiber, and protein to your shakes and smoothies.