



# Smoothies

adapted from WikiHow.com

Smoothies are a delicious, fast snack or meal that definitely belongs in your Eating Local repertoire. There are endless options, but the two things that are required are the blender and something frozen.

- 1 cup fruit: berries, banana, peaches (frozen is best)
- 1 cup liquid: milk, or milk substitute, yogurt, or fruit juice
- ¼ - 1 cup veggies: spinach or other mild greens, grated beet, carrot
- 1 tsp flavoring (optional) honey, sugar, cinnamon, vanilla, salt, cayenne, nutella ... etc.
- 4-5 ice cubes – only needed if you did not have frozen fruit

Place all ingredients into a blender and process until smooth. Pour into tall glasses and serve immediately.



# Recipe Name Goes Here

Additional Recipe Directions Go Here If Needed