

Dairy Farmers
of Manitoba



Smoothies...

made with milk!



Treat yourself to quick nutritious blender drinks

Refresh yourself with these thirst-quenching blender drinks—recipes easy enough for kids to blend on their own!

These recipes will help you get some of your Food Guide Servings from three of the four food groups, as recommended in Canada's Food Guide, 2007.

Please refer to the following symbols to find out the number of Food Guide Servings provided by each recipe in a specific food group:



Vegetables
& Fruit



Milk &
Alternatives



Meat &
Alternatives



Some recipes call for milk ice cubes, which boost the calcium content without diluting the taste. Make these ahead of time so that you can enjoy a smoothie at a moment's notice.

To make milk ice cubes:

- 1** Fill an ice cube tray with milk (about 1 to 1 ½ cups for the whole tray).
- 2** Freeze 3 hours or until solid.
- 3** If cubes are difficult to release from tray, thaw slightly at room temperature or dip tray in large pan of hot water.
- 4** To crack cubes, place cubes in heavy-duty plastic bag; seal bag. Crush with mallet or rolling pin. If you have an electric blender with a strong motor, crushing the cubes may not be necessary.
- 5** Use in blended dairy drinks instead of ice cubes made with water. Extra cubes can be stored in a plastic zipper bag.

According to the Canadian Community Health Survey (2004), Vegetables and Fruit and Milk and Alternatives are the two most under-consumed food groups in Canada's Food Guide. Smoothies are a great way to increase your consumption of both of these food groups.



Wake and Shake

Ingredients:

¼ cup frozen blueberries	50 mL
¼ cup frozen strawberries	50 mL
¾ cup yogurt (plain or flavoured)	175 mL
1 cup milk	250 mL
1 tablespoon ground flax	15 mL

Instructions:

Blend all ingredients until smooth.

Makes about 2 cups

Each cup provides:



1/2



1

Apricot Lassi

Ingredients:

1 cup buttermilk or yogurt	250 mL
1 cup apricot nectar	250 mL
1 or 2 ice cubes	1 or 2
½ teaspoon nutmeg	2 mL

Instructions:

1. Combine ingredients.
2. Blend until smooth and frothy.

Makes about 2 cups

Each cup provides:



1



1/2



Blueberry Peach Smoothie

Ingredients:

1 cup milk	250 mL
2 cups frozen sliced peaches	500 mL
1 cup frozen blueberries	250 mL
1 cup peach yogurt	250 mL

Instructions:

1. In a blender or food processor, puree together milk, peaches, blueberries and yogurt until smooth.
2. Pour into tall glasses. Serve immediately.

Makes 5 cups

Each cup provides:



1



1/2

Very Berry Smoothie

Ingredients:

1 cup milk	250 mL
1 cup frozen strawberries	250 mL
1 cup frozen raspberries	250 mL
1 cup vanilla yogurt	250 mL

Instructions:

1. In a blender or food processor, puree together milk, strawberries, raspberries and yogurt until smooth.
2. Pour into tall glasses. Serve immediately.

Makes 4 cups

Each cup provides:



1



1/2

For an additional 15 g of high quality protein, add 1/3 cup (75 mL) powdered milk to any smoothie.



Frosty Apple

Ingredients:

1 cup milk	250 mL
1½ cup chilled, unsweetened applesauce	375 mL
2 scoops vanilla frozen yogurt	2 scoops
¼ teaspoon vanilla extract	1 mL

Instructions:

Blend all ingredients until smooth.

Makes about 3 cups

Each cup provides:



1



1/2

Kiwi Lemon Breeze

Ingredients:

1 cup sliced kiwi	250 mL
1 cup milk	250 mL
2 scoops lemon sherbet	2 scoops
1 teaspoon lemon juice	5 mL

Instructions:

Blend all ingredients until smooth.

Makes about 2½ cups (2 portions)

Each portion provides:



1



1/2



Milk is the most common food source of vitamin D. Flavoured milk counts too!

Lemon Pick-Me-Up

(Adapted from Washington State Dairy Council)

Ingredients:

6 milk ice cubes, cracked	6
2 cups plain yogurt	500 mL
2 tablespoons granulated sugar	30 mL
1 teaspoon fresh lemon juice	5 mL
½ teaspoon finely grated lemon zest for garnish (optional)	2 mL

Instructions:

1. Make milk ice cubes ahead of time.
2. Blend all ingredients until smooth.
3. Spoon into serving glass and garnish with lemon zest, if desired.

Makes about 2½ cups (2 portions)

Each portion provides:



1

Variation: Blueberry-Lemon Lift

Add ½ cup fresh or frozen blueberries for gorgeous colour and texture.

Each portion provides:



1/2



1

Peach Paradise

Ingredients:

1 cup milk	250 mL
1 cup peaches	250 mL
1 tablespoon maple syrup	15 mL
¾ cup vanilla yogurt	175 mL

Instructions:

Blend all ingredients until smooth.

Makes about 3 cups (2 portions)

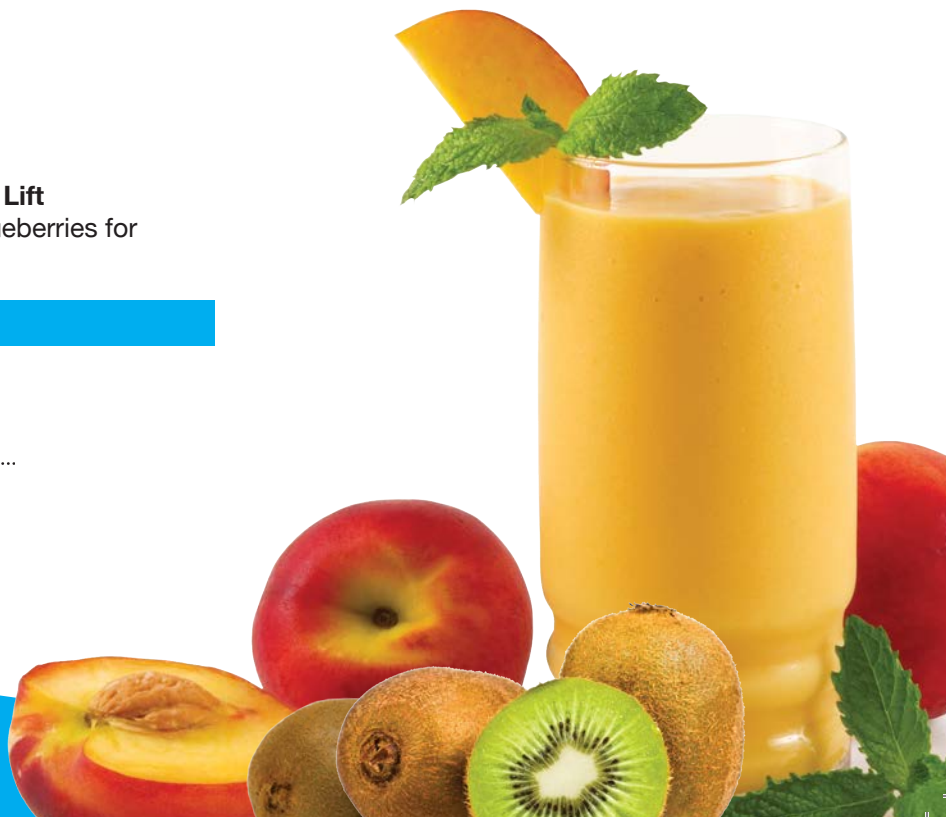
Each portion provides:



1



1



Choco-berry Smoothie

Ingredients:

2 cups chocolate milk	500 mL
2 cups strawberry yogurt	500 mL
1 cup frozen strawberries	250 mL

Instructions:

Blend all ingredients until smooth.

Makes about 5 cups

Each cup provides:



1/2



1

Mocha Milk Cooler

Ingredients:

1 cup chocolate milk	250 mL
1/2 cup vanilla yogurt	125 mL
1 tablespoon chocolate syrup	15 mL
1 teaspoon instant coffee	5 mL

Instructions:

1. Combine ingredients.
2. Blend until smooth and frothy.

Makes about 1 1/2 cups (1 portion)

Recipe provides:



1 1/2



Chocolate milk and other flavoured milks have the same nutrients as white milk.

Peanut Butter & Chocolate Shake

(Adapted from Washington State Dairy Council)

Ingredients:

12 milk ice cubes, cracked	12
1 cup milk	250 mL
2 tablespoons creamy peanut butter	30 mL
2 tablespoons chocolate syrup	30 mL

Instructions:

1. Make milk ice cubes ahead of time.
2. Blend all ingredients until smooth.

Makes about 2 cups

Each cup provides:

	
1	1/2

Iced Chai Latte

Ingredients:

4 tea bags (English Breakfast, orange pekoe, or any black tea)	
½ tsp cinnamon	2 mL
¼ tsp ground cloves	1 mL
¼ tsp nutmeg	1 mL
¼ tsp cardamom	1 mL
1 piece (1/2.5 cm) fresh ginger, peeled, thinly sliced	1 piece
2 cups boiling water	500 mL
¼ cup honey	60 mL
¼ cup milk, cold	250 mL
12 milk ice cubes, cracked	12
1 tsp vanilla	5 mL

Instructions:

1. Make milk ice cubes ahead of time.
2. Place tea bags, cinnamon, cloves, nutmeg, cardamom, and ginger in teapot.
3. Add boiling water. Stir gently. Let stand 15 minutes. Remove tea bags and ginger.
4. Stir in honey, milk and vanilla.
5. Add milk ice cubes.
6. Pour into blender and blend until frothy.
7. Pour into cups and top with whipped cream and a sprinkle of cinnamon if desired.

Makes about 4 cups

Each cup provides:



1/2



Yogurt Pops

Ingredients:

4 cups plain yogurt	1 L
12 oz unsweetened frozen orange juice concentrate, thawed	355 mL
12 paper cups (4–5 oz/125–150 mL size)	12
12 popsicle sticks	12

Instructions:

1. Mix yogurt and juice until smooth.
2. Ladle mixture into paper cups. Fill paper cups half full.
3. Put yogurt pops in the freezer.
4. When mixture is almost frozen, insert a popsicle stick.
5. Put back in the freezer until thoroughly frozen.
6. To eat, peel off the paper.

You can also use an ice cube tray instead of paper cups, or a popsicle container.

Makes about 12 popsicles

Each popsicle provides:



1



1/2

Make your own ice cream!

Ingredients:

½ cup chocolate milk	125 mL
4 tablespoons table salt	60 mL
2–3 trays ice cubes	2–3 trays
1 heavy duty resealable plastic sandwich bag	
1 large, heavy duty resealable plastic bag	

Instructions:

1. Fill the large bag half full of ice. Add the salt. Seal and shake the mix.
2. Pour chocolate milk into the sandwich bag. Seal.
3. Place the milk bag inside the ice bag and seal again carefully.
4. Shake until the mixture turns into ice cream, about 5 minutes.
5. Remove small bag from the ice bag and wipe off. Open carefully and enjoy!

Makes about ½ cup

Recipe provides:



1/2



Make it Together!

Making smoothies with kids is a great way to teach new skills, encourage them to try new foods, and to meet recommendations in Canada's Food Guide.

Vegetables and Fruit and Milk and Alternatives are the two most under-consumed food groups in Canada's Food Guide.

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For additional recipes and
nutrition information visit

milk.mb.ca

488.6455 / 1.800.567.1671

