

Basic Fruit Smoothie Recipe

Guest Author - Jennifer Murray (modified by Joanna 2008)

While there are hundreds of ways to make a fruit smoothie, with varying tastes and textures, here are the basics:

First, chopped fruit (one type of fruit or several) is the smoothie's fruit base. Great fruits to use are bananas, berries (including strawberries and blackberries), pineapples, mangos, and/or kiwi. Frozen fruit works great, too!

Second, add an ingredient to the smoothie as a thickener. Good choices include low-fat yogurt, low-fat frozen yogurt, or a cup of ice. How much of these ingredients you will use depends on how thick you want your smoothie to be.

Third, you will need a liquid so everything will blend smoothly. You can add skim milk, soy milk, almond milk or even water (some smoothie makers use flavored water). Start with 1/4 cup and then add more if needed.

An extra option to enhance flavor is to add cinnamon or vanilla extract.

A good rule of thumb for the ingredient measurements is to make your smoothie with 1 part fruit, 1 part liquid, and 2 parts thick base. For example: for 1 smoothie (a little over 1 cup), you would use 1/4 cup fruit, 1/4 cup liquid, and 1/2 cup thickener. But these measurements are not set in stone. The great thing about smoothies is you can experiment to get exactly what you want!

Directions

Put all ingredients in a blender and blend until smooth. Serve immediately or refrigerate. You may want to serve in a chilled glass if serving immediately.

Tips

A lot of people choose to add nutritional supplements to their smoothies, such as wheat germ, Vitamin C powder or ground flaxseed. Also, if you want extra protein, add soy or whey protein powder.