Super Smoothies

Throw your favorite fruits and veggies in a blender for a vitamin-packed smoothie in minutes. Mix and match healthy add-ins for a convenient meal or snack option anytime. Cool off with these refreshing sips, or create your own recipe – the combinations are endless.

Power Up!

Boost your blend with these healthy add-ins. Don’t be afraid to experiment!

<table>
<thead>
<tr>
<th>Add-in</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>seeds</td>
<td>Try flax, chia, sunflower or poppy seeds for a dose of fiber and nutrients</td>
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<tr>
<td>butter</td>
<td>Almond, peanut, or coconut butter add heart-healthy fats to your drink</td>
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<tr>
<td>tofu</td>
<td>Use silken tofu for a punch of protein and calcium</td>
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<tr>
<td>avocado</td>
<td>Adds a smooth, creamy texture and healthy unsaturated fat</td>
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Recipes are a collaboration between Food & Nutrition Services and Well-U
Morning Glory Smoothie

Ingredients
- 1 cup almond milk, unsweetened
- ½ banana
- 1 cup fresh or frozen fruit
- 5 baby carrots
- 2 cups kale or spinach

Creamsicle Smoothie

Ingredients
- 1 cup cold pure coconut water, without added sugar or flavor
- 1 cup nonfat vanilla Greek yogurt
- 1 cup frozen or fresh mango chunks
- 3 tablespoons frozen orange juice concentrate
- 2 cups ice

Super Soy Smoothie

Ingredients
- 2.5 ounces soft or siken tofu
- 6-8 baby carrots
- ¾ cup fresh or frozen fruit
- ¾ cup soy milk
- ¾ cup orange juice
- 1 tablespoon wheat bran
- 1 tablespoon wheat germ
- 1 tablespoon ground flax seed

Directions for all recipes: Combine ingredients and blend until smooth.

Well-U is pleased to announce the continuation of the University Farmers Market into the summer season. Stay tuned for more details.