

New Year, New Smoothies

Overview

We're sure you've heard of making New Year's resolutions in early January. But, how about making new smoothie recipes? Make the New Year a healthy one by trying the recipes below as part of a smoothie taste test with your students or family. We picked each of these recipes to include at least one new ingredient you don't typically see in an average smoothie. So pick one (or all!) to kick off your New Year with some new, healthy flavors.



Blueberry & Cauliflower

- Frozen blueberries
- Frozen, riced cauliflower*
- Plain or Greek yogurt
- Orange juice

Directions: Place all ingredients in a blender and blend for several seconds. For a thicker smoothie, try adding more frozen blueberries and cauliflower, or a spoonful of your favorite nut butter.

**New ingredient tip:* Adding frozen, riced cauliflower is a wonderful way to add in an extra serving of veggies, without changing the color and flavor of a traditional fruit smoothie! Find frozen, riced cauliflower in the frozen vegetable section of your local grocery store.

Mango, Coconut, & Oats

- Frozen mango*, diced or chunks
- Old-fashioned rolled oats* (use ¼ cup oats for every 12oz smoothie you're making)
- Unsweetened coconut flakes
- Low-fat milk
- Ice cubes

Directions: Place mango, oats, milk and ice in a blender and blend for several seconds. Once done, top with unsweetened coconut for a fun, tropical twist on your smoothie.

**New ingredient tip:* Using frozen fruit like mango is an easy way to keep your smoothie nutrient-packed, while reducing a lot of the cutting and prep work that can come with fresh fruit. Plus, pouring frozen mango cubes into the blender is a great way to get the kids involved! Using old-fashioned rolled oats adds some extra fiber to the glass, while also creating a thick, frothy texture that makes a smoothie seem more like a rich dessert.

Strawberry, Avocado, & Spinach

- Frozen strawberries, sliced or cut
- Avocado, peeled* (use ¼ avocado for every 12oz smoothie you're making)
- Fresh spinach (use one small handful for every 12oz smoothie you're making)
- Low-fat milk
- Ice cubes

Directions: Place all ingredients in a blender and blend for several seconds. Add more strawberries and avocado to make it thicker, or more milk to thin it out until it

reaches the consistency you like.

**New ingredient tip:* Adding avocado not only gives your smoothie a beautiful green color, but also makes it extra creamy, without changing the flavor of the strawberries! Just be sure to use an avocado that is slightly soft to the touch before it's peeled (look for one without brown spots).

Raspberry, Pineapple, & Chia Seeds

- Frozen raspberries
- Frozen pineapple, chunks
- Chia seeds* (use 1 teaspoon for every 12oz smoothie you're making)
- Plain or Greek yogurt
- Orange juice

Directions: Place all ingredients in a blender and blend for several seconds. Add more frozen fruit or yogurt to make it thicker, or more juice to thin it out. Once it reaches the consistency you like, pour and top it off with some more chia seeds!

**New ingredient tip:* Chia seeds can really up the health status of your smoothie! In a small punch, these little black seeds are packed with fiber, protein, healthy fats, and micronutrients like zinc and calcium - all things that help our kids grow strong and stay active! You can find them in the baking section of your local grocery store.

Tips



[Host a taste test!](#) Engage some parents as volunteers to help prepare and serve smoothies and others to ask students what they think of the different flavors and



Show off your new smoothie skills for parents, families and community members by hosting a Smoothie Night (like [this one at](#)

share nutrition facts. Invite

families and the school community so they can see how you're incorporating new fruits, veggies and proteins at school - and try them so they can learn to make them at home!

[Harvey Turner Elementary](#) in Pasadena, TX).

Related Activities

Superhero Up with Superfoods!

This summer, be your own superhero by challenging yourself and those around you to choose nutrient-packed superfoods and participate in physical activities that get the whole group up and moving!

Valentine's Day Recipes

Swap out the sweet treats for Valentine's Day with these healthier (and fun to make) alternatives.