

Super Shakes

To make the perfect super shake or smoothie, you need just three ingredients-

Fruits and/or vegetables for vitamins, antioxidants and fiber

Thickeners to give texture and creaminess

Liquids to make it rich and smooth

To make your super shake, choose at least one ingredient from each box below. Start by adding equal amounts in a blender, and then adjust to achieve your desired texture, thickness, and flavor.



Fruits and/or Vegetables

Strawberries

Grapes

Bananas

Blueberries

Raspberries

Peaches

Apples

Kiwi

Mango

Orange

Blackberries

Broccoli

Tomatoes

Carrots

Cucumber

Avocado

Celery

Bell Pepper

Spinach

- ✓ Use fresh or frozen produce
- ✓ Keeping a variety of frozen fruits and vegetables on hand offers more choices and you will reduce the amount of ice.

Thickeners

Plain or flavored Yogurt

Cottage Cheese

Ensure® or similar supplement

Carnation ®Instant Breakfast packet or similar instant breakfast product

Ice cubes

- ✓ A great way to add more dairy servings to your diet
- ✓ Using a liquid diet supplement adds nutrients, protein and calories



Liquids

Cow's milk- skim, 2%, or whole
Soymilk

Nut Milks such as Almond or Cashew
Apple Juice
Orange Juice
Other 100% Fruit Juices

- ✓ Use whole milk if you need extra calories
- ✓ Milk alternatives are a good choice if you're lactose intolerant

OPTIONAL Additions-

Peanut butter

Other nut butters (almond, cashew, and hazelnut)

Protein Powder

Instant Cocoa Mix

- ✓ Add extra protein and flavor
- ✓ Makes shakes thicker