

## 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  
Soy milk  
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