



BLEND & GO

Smoothies

FAMILY FRIENDLY RECIPES



10 Smoothie & Drink Recipes





Keep Cool This Summer with Smoothies!

There is no doubt that staying hydrated in the summer heat is very important for our health and well-being. However, did you know that smoothies can not only help hydrate us and cool us down, but they can also be a great way to get vitamins and minerals? Smoothies can help us 'eat the rainbow' by utilizing colorful fruits and veggies.

Here are a few notes about making smoothies:

- Blended beverages can be made by using fresh, frozen, or canned fruit.
- Use bananas that are heavily spotted for smoothies for the sweetest and creamiest texture.
- If you have fresh spinach that is starting to turn, put the spinach in the freezer and use it later for a smoothie.
- Added sugar is not necessary to sweeten a smoothie; instead use the fruit to naturally sweeten or add a drop of **Rouses** honey.
- Use any kind of milk of your preference in the recipes in this booklet.
- Make batches of smoothies and freeze individual servings for an easy, portable breakfast or snack on the go!



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"Hi, I'm Rouses Dietitian April! I hope you enjoy this Blend & Go Smoothie e-recipe book! My favorite part about making smoothies is that there are no rules! For example, if you like blueberries, throw them into a recipe. I like to add chia seeds or peanut butter to smoothies!"



The Any Berry Smoothie

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

1/2 cup any berry -
strawberries, blueberries,
raspberries, blackberries
1/2 banana
1/4 cup vanilla yogurt
1/2 cup **Rouses** milk

Directions

1. Add all ingredients to a blender. Blend until smooth. Pour into a glass and enjoy!

Nutrition Facts: 96 calories, 2 g total fat, 1 g saturated fat, 6 mg cholesterol, 47 mg sodium, 16 g total carbs, 2 g fiber, 4 g added sugar, 12 g total sugars, 4 g protein



Beet Juice Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

1/2 Ripe Banana, Frozen
1 cup Tampico Paired Up
Beet the Day
1/4 cup vanilla kefir or
yogurt
1 teaspoon **Rouses** honey

Directions

1. Add all ingredients to a blender. Blend until smooth. Enjoy!

Nutrition Information: Per Serving 167 calories, 0.5 g total fat, 0 g saturated fat, 3 mg cholesterol, 42 mg sodium, 38 g total carbs, 1.5 g fiber, 29 g total sugar, 2 g added sugar, 3 g protein



Mixed Berry Spinach Smoothie

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

2 cups almond milk, or
milk of choice
1/2 frozen banana
1/2 cup Greek yogurt
2 tablespoons **Rouses**
peanut butter

1 cup spinach
1 tablespoon fresh lemon
juice

Directions

1. Blend milk, mixed berries, banana, yogurt, peanut butter, and spinach together in a blender for approximately 30 seconds, or until creamy. Enjoy!

Nutrition Information: Per Serving 220 calories, 10 g total fat, 1.5 g saturated fat, 3.5 mg cholesterol, 302 mg sodium, 23 g total carbs, 5 g fiber, 12 g total sugar, 12 g protein.



The Perfect Date Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

1/2 cup unsweetened
almond milk
4 pitted dates
1 frozen banana

1 tablespoon **Rouses**
peanut butter or nut
butter of choice
1/4 cup ice cubes

Directions

1. In a blender, combine the almond milk, dates, banana, cinnamon, nut butter, and ice. Blend everything together well until the dates in tiny pieces and everything is smooth. Enjoy cold!

Nutrition Information: Per Serving 313 calories, 10 g total fat, 2 g saturated fat, 0 mg cholesterol, 167 mg sodium, 56 g total carbs, 7 g fiber, 6 g protein.



Strawberry Lemonade Smoothie

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

1 cup **Rouses** frozen strawberries
1/2 cup unsweetened almond milk
1/4 cup vanilla yogurt
1 frozen banana
1/2 lemon, juiced
Zest from 1 lemon
1/4 cup ice cubes

Directions

1. In a blender, combine the frozen strawberries, almond milk, yogurt, banana, lemon juice, lemon zest, and ice. Blend everything together until smooth and well blended. Enjoy!

Nutrition Information: Per Serving 117 calories, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 16 mg sodium, 25 g total carbs, 3 g fiber, 2.5 g added sugar, 12 g total sugar, 2 g protein



Strawberry Milkshake

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

4-6 ounces fresh
strawberries, washed
1 cup **Rouses** Lowfat or
Fat Free Milk
½ cup of plain vanilla
lowfat yogurt
2 tablespoons of granular
sugar alternative

Directions

1. Remove stems from strawberries by hand.
2. Place strawberries in food processor/blender.
3. Add milk, yogurt, and sweetener.
4. Cover your food processor and turn on high speed for approximately 10 seconds or until all pieces of strawberry are pulverized enough to drink through a straw.
5. Pour in a mason jar or glass with a straw. You can garnish with mint leaves and a half strawberry. Enjoy!

Nutrition Information: 100 calories, 2 g total fat, 1 g saturated fat, 10 mg cholesterol, 85 mg sodium, 16 g total carbohydrates, 1 g fiber, 8 g protein



Lemonade Slushee

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

1 frozen banana
1 lemon
3 tablespoons of [Rouses](#)
crushed pineapple with
juice

Directions

1. Cut off the points on each side of the lemon without penetrating the flesh of the fruit; just enough to make a flat end for lemon to stand. Cut lemon in half across the belly.
2. Carefully run the knife around the interior of the lemon to loosen the flesh and scoop out the contents and place into a bowl.
3. Set the empty lemon shells aside and place the lemon flesh and juice into a blender. Add the banana and pineapple. Blend everything together, you may need to add water to help the blending process.
4. Pour blended mixture into the lemon shells and enjoy cold. Place in freezer for 30 minutes if slushee texture is desired.

Nutrition Information: 78 calories, 0.5 g total fat, 0 g saturated fat, 0 mg cholesterol, 2 mg sodium, 21 g total carbs, 3 g fiber, 0 g added sugar, 11 g total sugar, 1 g protein



Mango Sorbet Smoothie Bowl

SERVINGS: 3

PREPPING TIME: 5 MIN

COOKING TIME: 5MIN

Ingredients

1 cup **Rouses** Mango Sorbet
1/2 banana
1 cup **Rouses** skim milk
3/4 cup Greek yogurt

Topping Suggestions:
Fresh Mango, sliced
Almonds or Walnuts
Chia Seeds
Kiwifruit
Dragon Fruit

Directions

1. In a blender, mix mango sorbet, banana, and milk. Pour into bowl and top with mango slices, almond slices, and chia seeds as desired.

Nutrition Information: Per serving 135 calories, 0 g fat, 5 g protein, 29 g carbs, 69 mg sodium.



Ginger Pear Smoothie

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

2 cups fresh spinach leaves	1 inch piece fresh ginger, grated or 1 teaspoon of ground ginger
1 ½ cups Rouses reduced fat milk (or plant-based milk)	¼ teaspoon Rouses ground cinnamon
1 can Rouses pear halves, light syrup or 100% juice, drained	1 teaspoon vanilla extract
	1 banana, frozen
	½ cup ice

Directions

1. Place all ingredients in a blender and puree until creamy and smooth.
2. Divide into glasses and serve.

Nutrition Information: Per Serving 245 calories, 4 g total fat, 2 g saturated fat, 15 mg cholesterol, 222 mg sodium, 45 g total carbs, 6 g fiber, 30 g total sugar, 0 g added sugar, 12 g protein



Pineapple Island Smoothie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

3/4 cup **Rouses** canned
crushed pineapple in
100% juice
1 small banana
1/4 cup **Rouses**
unsweetened coconut
milk
1 cup ice cubes

Directions

1. Combine all ingredients in a blender. Blend until smooth.
2. Enjoy!
3. Chef's Note: Double all ingredients to make 2 smoothies to share with a friend.
Add to a fancy glass and top with chia seeds like the image, or just have it on it's own!

Nutrition Information: 228 calories, 2 g total fat, 1 g saturated fat, 0 mg cholesterol, 6 mg sodium, 56 g total carbs, 5 g fiber, 0 g added sugar, 41 g total sugar, 2 g protein