

Food Advocate

Monthly Newsletter
July 2023: Smoothies

HCAA Food Advocacy
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Welcome!

Hi, I'm glad you are here! For those who are new- I have created this resource to share yummy, yet healthy and simple recipes, as well as a way to keep in touch! Each month a different category of food will be introduced, whether that is plant-based meals or gluten free meals; there is a recipe for everyone! If you are looking to showcase your favorite recipe and or share any recommendations, feel free to email me at cinsley@harfordcaa.org. Previous newsletters can be found at harfordcaa.org under Programs> Food Advocacy Program> Food Advocacy Newsletter.

Smoothies

When looking for something to cool you down on a hot day a smoothie can be a healthy alternative. There are endless combinations you can make depending on the flavor you're craving! Smoothies are also a great way to introduce new fruits and vegetables into your diet. Check out the last page for additional tips!



Chocolate PB Banana Smoothie

Ingredients:

- 1 banana (use a frozen banana if you are looking for a thicker consistency)
- 1-2 tablespoons cacao powder (can be swapped for 1-2 scoops of chocolate protein powder)
- 1-2 tablespoons natural peanut butter
- 1 teaspoon pure vanilla extract (if you prefer a sweeter taste)
- 1/2 cup low-fat milk (can include plant-based options or dairy options)



Tropical Smoothie

Ingredients:

- 1 1/2 cups lite coconut milk (14 oz.)
- 1 frozen banana
- 2 cups frozen pineapple (12 oz.)
- 2 cups frozen mango (12 oz.)
- 2 tablespoons raw honey
- 1/2 teaspoon pure vanilla extract



Green Goddess Smoothie

Ingredients:

- 1 1/2 cup milk
- 2 cups spinach
- 1 frozen banana
- 1 apple
- 1/4 avocado



Berry Smoothie

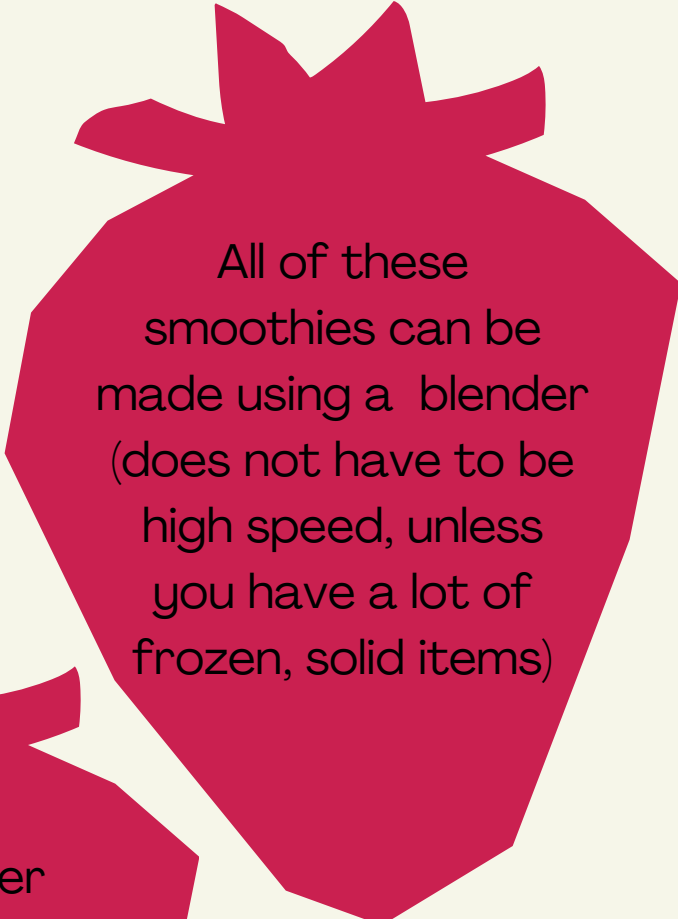
Ingredients:

- 2 cups frozen mixed berries
- 1 banana
- 1/2 cup Greek yogurt
- 1 cup low-fat milk (can include plant-based options or dairy options)
- 1 1/2 tablespoons natural sweetener (agave, honey, maple syrup, etc.)
- 1/2 cup ice






Top smoothies
with fruit, nuts,
and or seeds for
additional
nutrients



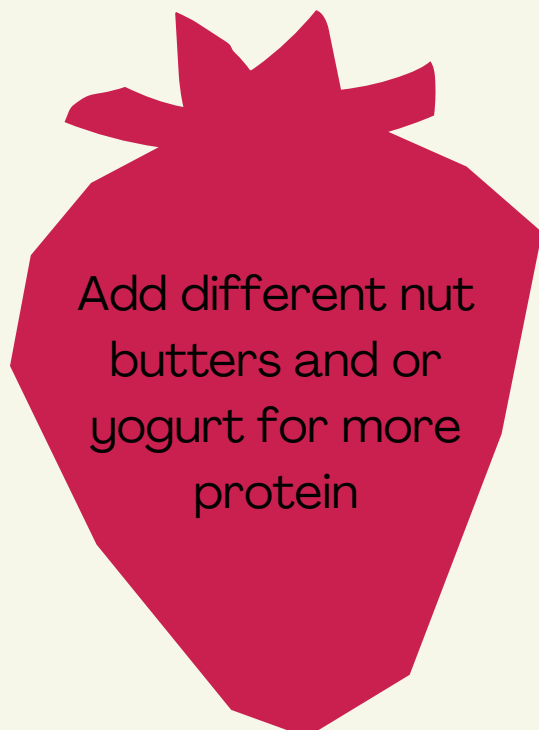
All of these
smoothies can be
made using a blender
(does not have to be
high speed, unless
you have a lot of
frozen, solid items)



For a thicker
consistency, add
frozen fruits and
vegetables, as well
as ice



Raw honey, agave,
100% maple syrup,
and pure vanilla
extract are all natural
ways of adding
sweetness to your
smoothie



Add different nut
butters and or
yogurt for more
protein