

5 Smoothie Recipes SUGAR • SPICE and glitter

PB & J Smoothie

- 1 cup Dannon Vanilla All Natural Lowfat Yogurt
- 1 Tablespoon Jif Creamy Peanut Butter
- 1 cup strawberries, fresh or frozen
- 1/2 cup cooked oatmeal, cooled

Tip: if you're making this smoothie shortly after cooking your oatmeal, stick the oatmeal in the freezer while you are preparing the other ingredients to help it cool down faster.

Elvis Smoothie

- 1 cup Dannon Vanilla All Natural Lowfat Yogurt
- 2 Tablespoons Jif Creamy Peanut Butter
- 1 banana, preferably frozen (can caramelize before using by frying for 2 minutes on each side)
- 1 Tablespoon honey
- 1 teaspoon cinnamon, optional

Start off by blending the yogurt, peanut butter, banana, and honey together before tasting and adjusting the sweetness. Add the cinnamon, if desired, and then pour into your serving glasses.

Berry Green Smoothie

- 1/2 cup Vanilla All Natural Lowfat Yogurt
- 1 banana, preferably frozen
- 2 Tablespoons Jif Creamy Peanut Butter
- 2 cups fresh spinach, packed
- 1 banana, preferably frozen
- 1/2 cup mixed berries, fresh or frozen
- 1/2 cup milk, approximately

When blending, add just a couple tablespoons of the milk at a time to help the ingredients blend together (as they will need a bit of liquid to actually blend). I tend to add around a half cup, but add more or less depending on your preference.

Chocolate PB Smoothie

- 1 cup Vanilla All Natural Lowfat Yogurt
- 2 Tablespoons Jif Creamy Peanut Butter
- 1 teaspoon cinnamon
- 1 banana, optional

Blend the ingredients together until smooth and then pour half of the recipe into your serving glass.

Add 1 Tablespoon of cocoa powder to the smoothie remaining in the blender and puree. Top the serving glass with the chocolate-peanut butter smoothie.

To top ours, we melted a bit of the peanut butter and drizzled it over the smoothie, along with some chocolate sundae sauce, and then topped the whole thing with some sprinkles and half a strawberry.

Iced Coffee Smoothie

- 1 1/2 cups cold coffee
- 1 cup Vanilla All Natural Lowfat Yogurt
- 2 Tablespoons Jif Creamy Peanut Butter
- 1/2 cup ice