

# SENIOR NUTRITION NEWS

June 2025

*Eat Smart Idaho*

## June 21st is National Smoothie Day

**Celebrate all month long by trying different smoothies. Smoothies are a refreshing meal or snack that is portable and will provide you with fruits and vegetables, extra nutrition, and hydration.**



### 3 Ingredients to a Great Smoothie:

1. **Choose 2 to 3 cups of fruits and vegetables** - fresh, frozen, or canned in any combination work well. Vegetables such as fresh spinach, lettuce, and cauliflower tend to blend well into the flavor of most fruit. When you can use whole fruits and vegetables instead of juices. This will help retain the fiber found in these foods instead of removing it like juicing does. Fiber is a beneficial nutrient for digestive and heart health, which many of us don't get enough of.
2. **Choose ½ to 1 ½ cups of liquid** - water, low-fat milk, or plant-based beverages all work. Choose the amount based on your desired consistency. The amount of liquid needed increases when using dense and/or frozen produce.
3. **Add any extras** – ice, oats, nuts, seeds, yogurt, spices, flavor extracts, etc. – and place all the ingredients into a blender and blend until smooth. If using all or mostly frozen produce, you will not need to add any ice.

### Here are several tips to ensure your smoothies are a success!

- Only use 100% juice in small amounts for flavoring and, instead, combine the produce with other liquid(s) as mentioned above in #2.
- Blending will be easier when you roughly chop large produce into smaller pieces. If using canned fruits, be sure to select those canned in their own juices, instead of syrup, to avoid unnecessary added sugar.
- To clean the blender, rinse it, then fill it 1/3 full of hot water, add a drop of dish soap, blend again for thirty seconds, rinse again, and leave to air dry. This will loosen debris from under the blender blades and prevent you from washing the blade with a sponge and possibly getting cut. Keep in mind that once your smoothie is prepared, it is a perishable food and should be consumed or refrigerated within 2 hours.



## Key Lime Pie Smoothie

2 bananas, sliced and frozen  
1/2 cup fresh lime juice  
2 tbsp honey  
1/2 tsp vanilla extract

1 cup vanilla non-fat Greek yogurt  
1 tsp finely grated lime zest  
1 handful fresh spinach  
1/2 cup ice

## Berry Bright Smoothie

1 cup of mixed frozen berries  
1/2 cup strawberry Greek Yogurt  
1 cup spinach (optional)

1 banana  
1/2 cup 100% apple juice

## Chocolate Smoothie

1 frozen Banana  
1 handful spinach  
2 tbsp honey or maple syrup  
2 tbsp unsweetened peanut butter

1 cup frozen cauliflower (optional)  
1 cup low-fat Milk  
1 tbsp unsweetened cocoa powder

### Directions:

1. Wash hands with soap and water.
2. Put all ingredients in a blender and blend until smooth.
3. Pour into glasses and enjoy!



**smoothies**  
FRESH & HEALTHY

### For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,  
Lewis, & Nez Perce Counties 208-883-2267



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Sources: <https://extension.psu.edu/smoothies-a-great-blend-of-flavor-convenience-and-nutrition> retrieved 05/28/25

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