

COMPLIMENTS OF READER'S DIGEST

30 Refreshing Recipes *Taste of Home* smoothies

Eat
Healthy
& Feel
Great!

& other
beverages

NEW
FOR
2009!

more
fruit...
more fun!

snacks & breakfast to go!

Blend Up COOL & CREAMY GOODNESS!

Whether it's for a snack, breakfast or part of a meal, smoothies have a lot going for them. They're quick to prepare, provide nutrition and disease-fighting antioxidants and they taste great!

You can find these thick, frosty treats at a juice bar or local cafe, but why go through the trouble and expense when you can whip them up in your own kitchen?

This full color, easy-to-print collection has 30 recipes that you'll find hard to resist. Each one is a family-favorite—you'll be even more pleased than the kids to serve up these fun, portable beverages that offer great health benefits and satisfied smiles. Every recipe has Nutrition Facts and some have Diabetic Exchanges so you know exactly what you're serving.

All you need is your blender, this cookbook and a few basic ingredients to make today the start of many smoother days!



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berry best smoothies

PAMELA K.
Iowa

This fun recipe is a wonderful way to use up overripened bananas and to help my family get five daily servings of fruits and veggies. It's so fast, easy and filling and my kids absolutely love it!



berry best smoothies

**3 tablespoons orange
juice concentrate**

3 tablespoons fat-free half-and-half

12 ice cubes

1 cup fresh strawberries, hulled

**1 medium ripe banana,
cut into chunks**

1/2 cup fresh or frozen blueberries

1/2 cup fresh or frozen raspberries

In a blender, combine all ingredients; cover and process for 30-45 seconds or until smooth. Pour into chilled glasses; serve immediately. **Yield:** 3 servings.

NUTRITION FACTS: 1 cup equals 108 calories, 1 g fat (trace saturated fat), 0 cholesterol, 14 mg sodium, 26 g carbohydrate, 4 g fiber, 2 g protein.
DIABETIC EXCHANGE: 1-1/2 fruit.

TIP

A quick and easy way to hull strawberries is to insert a straw into the tip of the berry and push it through the other end.

—NATALIE C., TEXAS

strawberry shakes

RUBY W.
Louisiana

Full of summer fruit, these thick berry blends are the perfect way to savor hot days. I serve tall glasses with strawberry garnishes and they always impress.



strawberry shakes

2/3 cup milk

3 cups strawberry ice cream

1 cup fresh strawberries

2 tablespoons strawberry syrup

In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses. Serve immediately.
Yield: 4 servings.

NUTRITION FACTS: 1 cup equals 253 calories, 10 g fat (6 g saturated fat), 34 mg cholesterol, 81 mg sodium, 38 g carbohydrate, 1 g fiber, 5 g protein.

TIP

Strawberries stay fresh longer if stored unwashed, with the stems on, in a sealed glass jar in the refrigerator.

—MARY M., PENNSYLVANIA

raspberry pomegranate smoothies

TASTE OF HOME
TEST KITCHEN

Take advantage of the nutritional benefits of pomegranate when you make this smoothie. You'll love the unique blend of flavors.



raspberry pomegranate smoothies

**2 cups frozen unsweetened
raspberries**

1-1/2 cups pomegranate juice

1/4 cup packed brown sugar

2 cups vanilla frozen yogurt

In a blender, combine the raspberries, juice and brown sugar; cover and process until blended. Add frozen yogurt; cover and process until blended. Pour into chilled glasses; serve immediately. **Yield:** 4 servings.

NUTRITION FACTS: 1 cup equals 272 calories, 5 g fat (3 g saturated fat), 15 mg cholesterol, 63 mg sodium, 54 g carbohydrate, 2 g fiber, 4 g protein.

TIP

Pomegranate juice can be refrigerated for 3 days or frozen for 6 months in an airtight container. Juice a pomegranate by cutting it in half and juice it like an orange, or remove the seeds and mash with a fork or process in a blender; strain, reserving juice.

kool-aid floats

MARGARET B.
New York

Youngsters love this sensational punch. Sweet sherbet, fruity soft drink mix and orange juice concentrate make this beverage a popular way to beat the heat on summer days.



kool-aid floats

**3 envelopes unsweetened
strawberry Kool-Aid**

3 cups sugar

6 quarts cold water

**1 can (12 ounces) frozen orange
juice concentrate, thawed**

1 liter ginger ale, chilled

**1 quart raspberry or orange
sherbet**

In large pitchers, prepare Kool-Aid with sugar and water according to package directions. Stir in the orange juice concentrate. Just before serving, add the ginger ale. Serve in chilled tall glasses. Add a scoop of sherbet to each glass.
Yield: 2 gallons.

NUTRITION FACTS: 1 cup equals 127 calories, trace fat (trace saturated fat), 0 cholesterol, 30 mg sodium, 31 g carbohydrate, 1 g fiber, trace protein.

TIP

Calcium-fortified orange juice is an excellent source of calcium. Most brands provide about 300 mg calcium per cup, about the same as in a glass of milk or 6 ounces of yogurt. The recommended dietary allowance for calcium is 1,000–1,500 mg daily.

mock strawberry margaritas

TASTE OF HOME
TEST KITCHEN

These refreshing strawberry smoothies from our home economists pair well with spicy Mexican fare. They're a fun addition to any table.



mock strawberry margaritas

6 lime wedges

**3 tablespoons sugar plus 1/3 cup
sugar, divided**

1-1/4 cups water

**1 can (6 ounces) frozen limeade
concentrate, partially thawed**

**1 package (16 ounces) frozen
unsweetened strawberries**

25 ice cubes

Using lime wedges, moisten the rim of six glasses. Set limes aside for garnish. Sprinkle 3 tablespoons sugar on a plate; hold each glass upside down and dip rim into sugar. Set aside. Discard remaining sugar on plate.

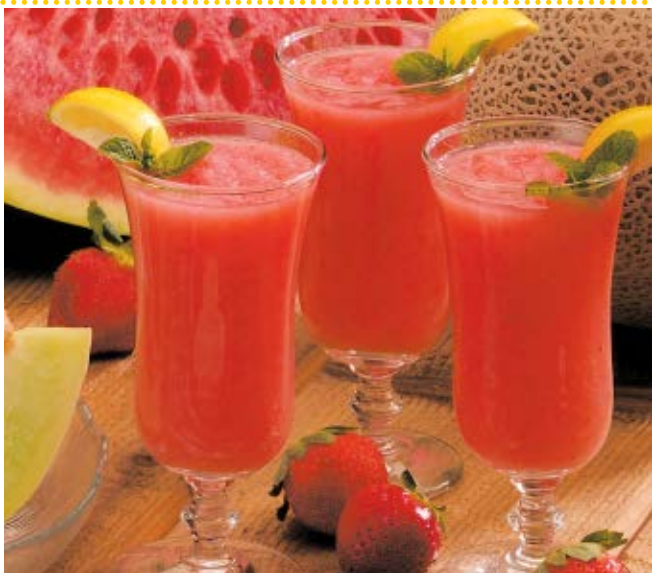
In a blender, combine the water, limeade concentrate, strawberries, ice cubes and remaining sugar; cover and blend until smooth. Pour into prepared glasses. Garnish with reserved limes. Serve immediately. **Yield:** 6 servings.

NUTRITION FACTS: 1 cup equals 149 calories, trace fat (trace saturated fat), 0 cholesterol, 2 mg sodium, 39 g carbohydrate, 2 g fiber, trace protein.

melon fruit slush

JANE W.
Arizona

People usually don't equate melons with frosty beverages, but you will once you try this special blend that stars honeydew and cantelope mixed with pineapple, strawberries and bananas.



melon fruit slush

1 can (20 ounces) crushed pineapple, undrained

1 container (10 ounces) frozen sweetened sliced strawberries

4 medium ripe bananas, cut into chunks

1 cup cubed cantaloupe

1 cup cubed honeydew

2-1/2 cups water

3/4 cup orange juice concentrate

3/4 cup lemonade concentrate

6 liters lemon-lime soda, chilled

In a blender, process the fruit in batches until smooth. Pour into a 3-qt. freezer container. Stir in the water and concentrates. Cover and freeze until icy. To serve, spoon 1/2 cup into a glass; add about 1 cup soda. **Yield:** 20-25 servings.

NUTRITION FACTS: 1-1/2 cups equals 176 calories, trace fat (trace saturated fat), 0 cholesterol, 30 mg sodium, 45 g carbohydrate, 1 g fiber, 1 g protein.

mango-green tea smoothies

TASTE OF HOME
TEST KITCHEN

The health benefits of green tea meet the cool, creamy goodness of a mango smoothie. Blend one up for an energy boost.



mango-green tea smoothies

**1-1/2 cups frozen chopped
peeled mangos**

1/2 cup brewed green tea, chilled

3 to 4 tablespoons lime juice

1 tablespoon honey

1 cup vanilla frozen yogurt

In a blender, combine the mangos, tea, lime juice and honey; cover and process until blended. Add frozen yogurt; cover and process until smooth. Pour into chilled glasses; serve immediately. **Yield:** 2 cups.

NUTRITION FACTS: 1 cup equals 259 calories, 5 g fat (3 g saturated fat), 15 mg cholesterol, 50 mg sodium, 53 g carbohydrate, 2 g fiber, 4 g protein.

TIP

Store honey, tightly sealed, in a cool, dry place for up to 1 year. Avoid storing in the refrigerator since that only accelerates the crystallization process.

imagination punch

KATHY K.
Kansas

Floating ice-cube faces in this fun punch stimulate the curiosity of kids of all ages. It's a great drink for kids' summer birthday parties.



imagination punch

ICE CUBES:

**18 disposable plastic cups
(3 ounces)**

18 maraschino cherries

36 fresh blueberries

1-1/2 cups cold distilled water, divided

PUNCH:

**2 packages (3 ounces each)
berry blue gelatin**

2 cups boiling water

4 cups cold water

2 cups unsweetened pineapple juice

**1 can (12 ounces) frozen
lemonade concentrate, thawed**

2 liters ginger ale, chilled

Place plastic cups in muffin pans. From each cherry, cut out a mouth shape; pat dry. Place one cherry mouth and two

blueberries for eyes in the bottom of each cup. Pour 1 teaspoon distilled water into each cup. Freeze for 30 minutes or until solid.

Pour 1 tablespoon distilled water into each cup. Return to freezer; freeze for 3 hours or until solid.

For punch, in a large bowl, dissolve gelatin in boiling water. Stir in cold water, pineapple juice and lemonade concentrate. Refrigerate for 1-1/2 hours or until chilled.

Just before serving, transfer to a 5-qt. punch bowl. Stir in ginger ale. Remove ice cubes from cups; place face side up in punch bowl. **Yield:** 18 servings (about 1 gallon).

NUTRITION FACTS: 1 cup equals 118 calories, trace fat (trace saturated fat), 0 cholesterol, 20 mg sodium, 30 g carbohydrate, trace fiber, 1 g protein.

honeydew lime cooler

MITZI S.
Virginia

Serve up a frosty glass of this citrusy blend of lime sherbet and honeydew melon for a real thirst-quencher. The lime adds a tart kick to the sweetness of the other ingredients.



honeydew lime cooler

**4-1/2 cups cubed honeydew
(about 1 small melon)**

1-1/2 cups lime sherbet

2 tablespoons lime juice

5 fresh strawberries

Place the melon cubes in a 15-in. x 10-in. x 1-in. baking pan; cover and freeze until firm, about 15 minutes. Set aside five melon cubes. In a food processor or blender, combine the sherbet, lime juice and remaining frozen melon; cover and process until smooth. Pour into glasses; garnish with strawberries and reserved melon. **Yield:** 5 servings.

NUTRITION FACTS: 3/4 cup equals 135 calories, 1 g fat (trace saturated fat), 3 mg cholesterol, 34 mg sodium, 32 g carbohydrate, 1 g fiber, 1 g protein. **DIABETIC EXCHANGES:** 1 starch, 1 fruit.

TIP

Whenever lemons and limes are on sale, I throw a bag of each in the freezer. Later, when I need fresh lemon or lime juice, I just defrost a single lemon or lime in the microwave.—JOAN F., MONTANA

lemonade slush

TRACY B.
Utah

Bring the classic summer drink up a notch by adding milk and vanilla and blending with ice. Delicious!



lemonade slush

**2/3 cup lemonade concentrate,
partially thawed**

1 cup fat-free milk

2/3 cup water

1 teaspoon vanilla extract

Yellow food coloring, optional

12 ice cubes, crushed

In a blender, combine lemonade concentrate, milk, water, vanilla and food coloring if desired; cover and process until blended. While processing, slowly add crushed ice. Process until slushy. Serve immediately. **Yield:** 8 servings.

NUTRITION FACTS: 3/4-cup equals 56 calories, trace fat (trace saturated fat), 1 mg cholesterol, 17 mg sodium, 13 g carbohydrate, trace fiber, 1 g protein. **DIABETIC EXCHANGE:** 1 fruit.

TIP

Natural vanilla flavoring is extracted from vanilla beans, the fruit pods of tropical vines that are part of the orchid family. More economical than pure vanilla extract, imitation vanilla extracts are made with synthetic vanilla, called vanillin, a manufactured flavor that replicates the natural vanilla flavoring agent.

orange soy milk frappes

TASTE OF HOME
TEST KITCHEN

Light, frothy and filled with natural goodness, this creamy-topped orange smoothie takes just a few ingredients, but makes a wholesome morning eye-opener.



orange soy milk frappes

1/2 cup vanilla soy milk

1/2 cup orange juice

5 ice cubes

2 teaspoons sugar

1/4 teaspoon vanilla extract

Dash salt

In a blender, combine all ingredients; cover and process for 30-45 seconds or until smooth. Pour into chilled glasses; serve immediately. **Yield:** 2 servings.

NUTRITION FACTS: 1 cup equals 70 calories, 1 g fat (0 saturated fat), 0 cholesterol, 98 mg sodium, 13 g carbohydrate, 0 fiber, 2 g protein. **DIABETIC EXCHANGES:** 1/2 starch, 1/2 fruit.

TIP

Soy milk is a nondairy beverage made from crushed, cooked soybeans. It is a good source of protein but has less calcium than cow's milk unless it has been calcium-fortified.

sunny slush

CAROL W.
Pennsylvania

Brighten up an afternoon break with this refreshing blend of summery flavors. Pineapple and lemon make such a perfect combination.



sunny slush

6 cups pineapple juice

4 pints lemon sherbet

24 ice cubes

1 teaspoon rum extract

In a blender, combine pineapple juice, sherbet, ice and extract in batches; co-ver and process until smooth. Pour into chilled glasses. **Yield:** 3 quarts.

NUTRITION FACTS: 1 cup equals 208 calories, 2 g fat (1 g saturated fat), 6 mg cholesterol, 47 mg sodium, 47 g carbohydrate, trace fiber, 1 g protein.

TIP

The next time the kids are clamoring for a refreshing drink, forget serving them soda. Whip up this yummy slush instead. It will definitely hit the spot, and they'll be asking for more.

homemade orange refresher

IOLA E.
Arkansas

This tangy drink makes snack time or anytime extra special. It's wonderfully frothy and has an orange cream flavor. Yum!



homemade orange refresher

1 can (6 ounces) frozen orange juice concentrate, thawed

1/3 cup sugar

1/2 cup instant nonfat dry milk powder

2 teaspoons vanilla extract

3/4 cup cold water

10 to 12 ice cubes

Orange slices and mint, optional

Combine the first five ingredients in a blender; cover and process on high. Add ice cubes, a few at a time, blending until slushy. Serve in chilled glasses. Garnish with orange slices and mint if desired. Serve immediately. **Yield:** 4 servings.

NUTRITION FACTS: 1 cup equals 191 calories, trace fat (trace saturated fat), 3 mg cholesterol, 82 mg sodium, 41 g carbohydrate, trace fiber, 6 g protein.

TIP

For a fancy glass edge like the one shown in the photo, invert glass and dip into orange juice and then sugar; let dry 1 hour before filling the glass.

frosty fruit slush

DEBRA C.
Nebraska

This yummy fruit-filled slush sports a tangy citrus flavor. It's especially refreshing on a warm day, but I make it year-round as an after-school snack.



frosty fruit slush

2 cans (8 ounces each) crushed pineapple, drained

1 can (11 ounces) mandarin oranges, drained

5 large ripe bananas, sliced

2 cups sliced fresh strawberries

2 cups water

1 can (12 ounces) frozen lemonade concentrate, thawed

1 can (12 ounces) frozen orange juice concentrate, thawed

1 cup diet lemon-lime soda

In a blender or food processor, place half of the pineapple, oranges, bananas and strawberries; cover and process until smooth. Pour into a large bowl. Repeat. Stir in the remaining ingredients; mix well. Pour or spoon 1/2 cup each into 24 glass or plastic cups. Cover and freeze for at least 2 hours. Remove from the freezer 15 minutes before serving. May be frozen for up to 1 month. **Yield:** 24 servings.

NUTRITION FACTS: 1 cup equals 95 calories, 1 g fat (0 saturated fat), 0 cholesterol, 4 mg sodium, 24 g carbohydrate, 1 g fiber, 1 g protein. **DIABETIC EXCHANGE:** 1-1/2 fruit.

peaches 'n' cream smoothies

KATHY K.
Kansas

With five active teenagers in the house, I often serve them this smoothie as a pick-me-up in the afternoon or as a quick breakfast on hectic mornings.



peaches 'n' cream smoothies

1/2 cup milk

2 cups (16 ounces) peach yogurt

**1 medium ripe peach,
peeled and sliced**

2 cups vanilla ice cream

2-1/2 teaspoons sugar

In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately.
Yield: 4 servings.

NUTRITION FACTS: 1 cup equals 293 calories, 10 g fat (6 g saturated fat), 39 mg cholesterol, 133 mg sodium, 45 g carbohydrate, trace fiber, 8 g protein.

TIP

Store ripe peaches in a plastic bag in the refrigerator for up to 5 days. To ripen peaches, place in a brown paper bag and store at room temperature for about 2 days.

pineapple cooler

ASHLEY B.
Alabama

Five ingredients are all it takes to mix up this citrus beverage. Sparkling water gives it a little fizz, making it ideal for summer nights.



pineapple cooler

**4 cups unsweetened
pineapple juice**

2 teaspoons lemon juice

1 teaspoon vanilla extract

1/2 teaspoon coconut extract

2 cups carbonated water

In a pitcher, combine the pineapple juice, lemon juice and the extracts; chill. Just before serving, stir in carbonated water. Serve over ice. **Yield:** 3 servings.

NUTRITION FACTS: 1 cup equals 120 calories, trace fat (trace saturated fat), 0 cholesterol, 5 mg sodium, 30 g carbohydrate, trace fiber, 1 g protein.

TIP

Use up leftover fruit juice by adding it to a pitcher of iced tea with a little lemon juice. This tasty tea is a real thirst-quencher.

—SUZIE J., FLORIDA

tropical pineapple smoothies

POLLY C.
Ohio

Around our house, we often make these yummy shakes. To make the shakes healthier, we substitute fat-free milk and ice cubes for the ice cream. They are fast and nutritious!



tropical pineapple smoothies

1 cup fat-free milk

1 can (8 ounces) unsweetened crushed pineapple

1/2 cup unsweetened pineapple juice

3 tablespoons sugar

1/2 teaspoon vanilla extract

1/4 teaspoon coconut extract

6 ice cubes

In a blender, place the first six ingredients; cover and process until smooth. Add ice cubes; cover and process until smooth. Pour into chilled glasses; serve immediately. **Yield:** 3 servings.

NUTRITION FACTS: 1 cup equals 126 calories, trace fat (trace saturated fat), 2 mg cholesterol, 45 mg sodium, 29 g carbohydrate, 1 g fiber, 3 g protein. **DIABETIC EXCHANGES:** 1 fruit, 1/2 fat-free milk, 1/2 starch.

TIP

To get enough dairy products in your diet, choose 2-3 daily servings of fat-free or low-fat dairy products for adults. Children should have two or more servings, teenagers and older adults should have four.

tropical fruit slush

TERESA W.
Kentucky

This recipe has been in my family for a long time. I have fond childhood memories of cooling off on many hot afternoons with this cold fruit delight.



tropical fruit slush

3 cups water

1-1/2 cups sugar

6 medium ripe bananas, diced

**2 cans (11 ounces each)
mandarin oranges**

**1 can (20 ounces) crushed
pineapple, undrained**

**1 can (12 ounces) frozen orange
juice concentrate, thawed**

**1 jar (10 ounces) maraschino
cherries, drained and halved**

1/3 cup lemon juice

In a saucepan, bring water and sugar to a boil; cook and stir for 5 minutes. Remove from the heat; cool completely. In a 4-qt. freezer container, combine the remaining ingredients. Pour sugar water over the fruit. Cover and freeze for at least 8 hours, stirring once or twice. Remove from the freezer 20 minutes before serving. **Yield:** 12-14 servings.

NUTRITION FACTS: 1 serving equals 233 calories, trace fat (trace saturated fat), 0 cholesterol, 3 mg sodium, 61 g carbohydrate, 2 g fiber, 1 g protein.

sleepy-time shakes

DIXIE T.
Illinois

Besides the tangy pineapple juice kids will savor, the milk makes this creamy beverage perfect to pour at a slumber party, since drinking it at bedtime can have a tiring effect.



sleepy-time shakes

**1/2 gallon vanilla ice cream,
softened**

1 cup pineapple juice

1/2 cup milk

1/2 cup sweetened instant ice tea

1/2 cup sugar

**2 star fruit, cut into 1/2-inch
slices**

In a mixing bowl, combine the ice cream, pineapple juice, milk, tea and sugar. Mix until smooth. Pour into chilled glasses; garnish with star fruit. Serve the shakes immediately. **Yield:** 7 servings.

NUTRITION FACTS: 1 cup equals 444 calories, 17 g fat (11 g saturated fat), 69 mg cholesterol, 130 mg sodium, 69 g carbohydrate, 1 g fiber, 6 g protein.

TIP

Carambola is nicknamed star fruit because when it's cut crosswise, the slices are shaped like stars. The more golden-colored the fruit is, the sweeter it will be. There's no need to peel the shiny skin, but you may want to remove the brown fibers from the ridges before slicing. Refrigerate completely yellow fruit in a plastic bag for 1 week.

banana breakfast smoothies

STACY M.
Tennessee

In a hurry? Enjoy this fast and nutritious breakfast drink, and you'll be both satisfied and on time. I like pairing it with a muffin or a piece of toast in the morning.



banana breakfast smoothies

1 cup fat-free milk

1/2 cup fat-free plain yogurt

1/4 cup toasted wheat germ

**2 small ripe bananas,
sliced and frozen**

1 teaspoon sugar

1 teaspoon vanilla extract

Ground nutmeg

Place the first six ingredients in a blender; cover and process for 1-2 minutes or until smooth. Pour into chilled glasses; sprinkle with nutmeg. Serve immediately. **Yield:** 2 servings.

NUTRITION FACTS: 1-1/3 cups equals 221 calories, 2 g fat (1 g saturated fat), 4 mg cholesterol, 99 mg sodium, 43 g carbohydrate, 4 g fiber, 12 g protein.

TIP

For a tasty breakfast, add a spoonful of all-fruit preserves to hot oatmeal instead of sugar, then sprinkle with a little wheat germ.

—DIANNE M., ILLINOIS

caramel apple slushies

TASTE OF HOME
TEST KITCHEN

Turn the classic fall treat into a fun drink that's perfect for Halloween parties or hayrides. They taste just like caramel apples!



caramel apple slushies

1 medium apple, peeled and sliced

1/2 cup apple juice concentrate

5 teaspoons caramel ice cream topping

1/4 teaspoon lemon juice

7 ice cubes

Additional caramel ice cream topping, optional

In a blender, combine the apple, juice concentrate, ice cream topping and lemon juice; cover and process until blended. Add ice cubes; cover and process until smooth. Pour into chilled glasses. Drizzle with additional caramel topping if desired; serve immediately. **Yield:** 2 servings.

NUTRITION FACTS: 1 cup (calculated without additional caramel topping) equals 191 calories, trace fat (trace saturated fat), trace cholesterol, 79 mg sodium, 48 g carbohydrate, 1 g fiber, 1 g protein.

TIP

When you have excess lemons on hand, juice them and freeze the juice in ice cube trays. Measure 1 or 2 tablespoons of juice into each compartment in your ice cube tray. When frozen, remove the cubes and place them in resealable freezer bags. It's great to have the lemon juice already measured when you're in a hurry!

peanut butter banana smoothies

TASTE OF HOME
TEST KITCHEN

Your kids will absolutely love this blend of the classic sandwich flavors, and you'll love the nutrition it provides!



peanut butter banana smoothies

1-1/4 cups vanilla soy milk

**1/4 cup silken soft tofu,
drained and crumbled**

**3 tablespoons creamy
peanut butter**

2 tablespoons toasted wheat germ

1 tablespoon brown sugar

Pinch salt

**2 medium ripe bananas,
sliced and frozen**

4 ice cubes

In a blender, combine the first six ingredients; cover and process until blended. Add bananas and ice cubes; cover and process until blended. Pour into chilled glasses; serve immediately. **Yield:** 3 servings.

NUTRITION FACTS: 1 cup equals 254 calories, 11 g fat (2 g saturated fat), 0 cholesterol, 168 mg sodium, 32 g carbohydrate, 4 g fiber, 10 g protein.

TIP

Traditionally, a pinch is thought to be the amount of a dry ingredient that can be held between your thumb and forefinger that measures somewhere between 1/16 and a scant 1/8 teaspoon.

so-healthy smoothies

JESSICA G.
New York

This tastes like a milk shake, but it doesn't have all the fat. My husband and I look forward to it every day for breakfast. It's so good for you, and will keep you energized for hours.



so-healthy smoothies

- 1 cup fat-free milk**
- 1/4 cup orange juice**
- 2 tablespoons vanilla yogurt**
- 1 tablespoon honey**
- 1 small banana, sliced and frozen**
- 2/3 cup frozen blueberries**
- 1/2 cup chopped peeled mango, frozen**
- 1/4 cup frozen unsweetened peach slices**

In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately.
Yield: 4 servings.

NUTRITION FACTS: 3/4 cup equals 107 calories, 1 g fat (trace saturated fat), 2 mg cholesterol, 38 mg sodium, 24 g carbohydrate, 2 g fiber, 3 g protein. **DIABETIC EXCHANGES:** 1 fruit, 1/2 starch.

TIP

Frozen chopped peeled mango is available in the freezer section of larger grocery stores. Look for it with the other frozen fruit.

mango banana smoothies

VERNA P.
South Carolina

Toasted wheat germ is a healthy bonus in this tropical treasure. The chilly orange and mango flavors really hit the spot!



mango banana smoothies

1/2 cup orange juice

1/2 cup vanilla yogurt

1 cup chopped peeled mango

**1 medium ripe banana,
sliced and frozen**

2 tablespoons honey

2 teaspoons toasted wheat germ

1 teaspoon candied ginger

Place all ingredients in a blender; cover and process for 1-2 minutes or until smooth. Pour into chilled glasses; serve immediately. **Yield:** 2 servings.

NUTRITION FACTS: 1-1/4 cups equals 271 calories, 1 g fat (trace saturated fat), 1 mg cholesterol, 47 mg sodium, 66 g carbohydrate, 3 g fiber, 5 g protein.

TIP

Candied or crystallized ginger is the root of the ginger plant that has been cooked in a sugar syrup. It's used primarily in dips, sauces and fruit desserts. Larger grocery stores will carry candied ginger in the spice section.

peanut butter shakes

JODY K.
New York

With just four ingredients and a blender, create this frosty, frothy drink that will cool you—and a friend—right down to your toes!



peanut butter shakes

1-1/2 cups vanilla ice cream

12 miniature peanut butter cups

1/4 cup 2% milk

**3 tablespoons creamy
peanut butter**

In a blender, combine all ingredients; cover and process for 1-2 minutes or until blended. Pour into chilled glasses; serve immediately. **Yield:** 2 servings.

NUTRITION FACTS: 3/4 cup equals 573 calories, 37 g fat (14 g saturated fat), 48 mg cholesterol, 338 mg sodium, 53 g carbohydrate, 3 g fiber, 15 g protein.

TIP

Before putting peanut butter in a measuring spoon or cup, I lightly coat the inside with water or oil. The peanut butter slides right out without scraping.—CHARLINE S., CALIFORNIA

frosty caramel cappuccino

CAROL M.
Florida

This frothy, frosty beverage is positively delicious for breakfast, mid-afternoon snack or after-dinner dessert. You'll definitely be asked for the recipe.



frosty caramel cappuccino

1 cup half-and-half cream

1 cup 2% milk

3 tablespoons plus

**2 teaspoons caramel
ice cream topping, *divided***

**2 teaspoons instant coffee
granules**

8 to 10 ice cubes

**4 tablespoons whipped
cream in a can**

In a blender or food processor, combine the half-and-half, milk, 3 tablespoons caramel topping, coffee and ice cubes; cover and process until smooth.

Pour into two chilled glasses. Top with whipped cream and drizzle with remaining caramel topping. Serve immediately.

Yield: 2 servings.

NUTRITION FACTS: 1-1/2 cups equals 337 calories, 16 g fat (11 g saturated fat), 75 mg cholesterol, 262 mg sodium, 36 g carbohydrate, trace fiber, 9 g protein.

cherry malts

TASTE OF HOME
TEST KITCHEN

White chocolate and cherry are a luscious combination in this delightfully frosty malt. For a thicker fruitier malt, add some frozen sweet cherries to the blender before processing.



cherry malts

1 cup milk

3 cups cherry ice cream

3 tablespoons malted milk powder

**1 square (1 ounce) white
baking chocolate**

In a blender, combine the milk, ice cream, malted milk powder and chocolate; cover and process until blended. Pour into chilled glasses. **Yield:** 2 servings.

NUTRITION FACTS: 1-1/2 cups equals 655 calories, 31 g fat (19 g saturated fat), 99 mg cholesterol, 310 mg sodium, 85 g carbohydrate, trace fiber, 13 g protein.

TIP

White baking chocolate is usually sold in 1-ounce squares in the baking section of grocery stores. You can substitute vanilla baking chips in place of squares, but be certain to use the same number of ounces called for in a recipe. One cup of vanilla chips is equal to 6 ounces of white baking chocolate.

hazelnut mocha smoothies

TASTE OF HOME
TEST KITCHEN

This smooth blend of coffee, cocoa and nutty flavors is better than any coffeehouse version we've tried. Try it, and we're sure you'll agree.



hazelnut mocha smoothies

1 cup milk

1/2 cup chocolate hazelnut spread

**4 teaspoons instant
espresso powder**

6 ice cubes

2 cups vanilla ice cream

Chocolate curls, optional

In a blender, combine the milk, hazelnut spread and espresso powder; cover and process until blended. Add ice cubes; cover and process until smooth. Add ice cream; cover and process until smooth. Pour into chilled glasses; serve immediately. Garnish with chocolate curls if desired. **Yield:** 3 servings.

NUTRITION FACTS: 1 cup (calculated without chocolate curls) equals 474 calories, 27 g fat (10 g saturated fat), 47 mg cholesterol, 124 mg sodium, 55 g carbohydrate, 2 g fiber, 9 g protein.

TIP

To make chocolate curls, warm a solid block of chocolate in the microwave for a few seconds. Then hold a vegetable peeler against a flat side of the block and carefully bring the blade toward you. Allow the curls to fall onto a plate or piece of waxed paper in a single layer. Slide a toothpick through each curl and carefully place where desired.

caramel chip malts

TASTE OF HOME
TEST KITCHEN

You can satisfy a sweet tooth in a hurry with this yummy chocolate chip malt that has a hint of sweet caramel. With its thick, creamy texture, it makes a speedy snack or dessert.



caramel chip malts

1 cup milk

2 cups chocolate chip ice cream

1/2 cup caramel ice cream topping

**3 tablespoons chocolate
malted milk powder**

In a blender, combine all ingredients; cover and process until blended. Pour into chilled glasses. **Yield:** 2 servings.

NUTRITION FACTS: 1-1/4 cups equals 734 calories, 25 g fat (15 g saturated fat), 69 mg cholesterol, 603 mg sodium, 120 g carbohydrate, 1 g fiber, 11 g protein.

TIP

Malted milk is a powdered food product made from a mixture of malted barley, wheat flour and whole milk that is evaporated until it forms a powder.

peanut butter 'n' jelly breakfast shake

LORETTA L.
Massachusetts

My husband is a big kid who'll often whip up this tasty shake for breakfast on the go. Your kids will love the flavor of a peanut butter and jelly sandwich in it.



peanut butter 'n' jelly breakfast shake

2 cups cold milk

1 ripe banana, sliced

2 tablespoons peanut butter

2 tablespoons jam, jelly or preserves (any flavor)

1/2 teaspoon vanilla extract

In a blender, place all ingredients; cover and process for 3 minutes or until smooth. Pour into chilled glasses; serve immediately. **Yield:** 2 servings (2-1/2 cups).

NUTRITION FACTS: 1-1/4 cups equals 346 calories, 16 g fat (6 g saturated fat), 24 mg cholesterol, 173 mg sodium, 41 g carbohydrate, 2 g fiber, 13 g protein.

TIP

Whenever I blend a batch of milk shakes, I freeze a few individually for treats when the grandkids pop in. It takes just 30 seconds in the microwave to soften the shakes to the right consistency.

—BONNIE B., CALIFORNIA