

Super Smoothies

Both of these smoothies start with milk ice cubes, which boost the calcium content without diluting the taste. Make these ahead of time so that you can enjoy a smoothie at a moment's notice. You can make the Creamy Coffee Wake-Up Call for yourself and the Peanut Butter, Banana & Chocolate Smoothie for the kids. Better yet, let the kids blend their own drink!

Creamy Coffee Wake-Up Call

½ cup lowfat milk

½ to 1 teaspoon instant coffee

4 lowfat or fat free milk ice cubes, cracked (see "To make milk ice cubes" on page 40)

½ banana, sliced

2 tablespoons brown sugar or chocolate syrup

¼ teaspoon vanilla extract

Ground cinnamon or chocolate (optional)

1. Make milk ice cubes (see "To make milk ice cubes" on page 40).
2. Combine milk, instant coffee, milk ice cubes, banana, brown sugar, and vanilla in electric blender container. Whirl until smooth. Sprinkle with ground cinnamon or chocolate, if desired.

Prep time: 5 minutes • Cook time: 0 • Makes: 1 serving

Peanut Butter, Banana & Chocolate Smoothie

3 fat free or lowfat milk ice-cubes, cracked (see "To make milk ice cubes" on page 40)

½ cup fat free milk

½ ripe banana, sliced

2 tablespoons chocolate syrup

1 to 2 tablespoons creamy peanut butter

1. Make milk ice cubes (see "To make milk ice cubes" on page 40).
2. Combine all ingredients in electric blender container. Whirl until smooth.

Prep time: 5 minutes • Cook time: 0 • Makes: 1 serving

Variations:

Wheat Germ Booster Smoothie:

Add 2 tablespoons toasted wheat germ. Whirl in blender before adding other ingredients.

Smoothie Popsicle:

Freeze drink in popsicle containers (or small paper cups with a plastic spoon inserted in the center). Thaw slightly at room temperature to serve.

Cook's Tip:

- Off to work? Freeze the Creamy Coffee Wake-Up Call in a covered container, let it thaw until slushy, then enjoy it with a spoon.

Tester's Comment:

"The coffee smoothie intended for adults was actually a big hit with my high school daughter—a great teenager drink. I'll make this again."

Nutrients per serving:

(Creamy Coffee Wake-Up Call)

Calories	250
Protein	8 g
Total Fat	2 g
(Saturated Fat)	1 g
Carbohydrate	51 g
Calcium	271 mg
Cholesterol	12 mg
Fiber	2 g
Sodium	117 mg

Nutrients per serving:

(Peanut Butter, Banana & Chocolate Smoothie)

Calories	311
Protein	12 g
Total Fat	9 g
(Saturated Fat)	2 g
Carbohydrate	50 g
Calcium	234 mg
Cholesterol	4 mg
Fiber	4 g
Sodium	170 mg

