

LIGHT LEMON STRAWBERRY SMOOTHIE

MAKES 2 SERVINGS

Nutrients per serving: Calories 100; Total fat, 0 g; Sat. fat 0 g, Cholesterol 0 mg; Protein 9 g; Carbohydrate 16 g, Dietary fiber 2 g; Sodium 65 mg

1 cup frozen strawberries, unsweetened
3/4 cup fat-free (skim) milk
1 Tbsp lemon juice
1/2 cup vanilla nonfat Greek yogurt
2 ice cubes (optional)
Fresh lemon and strawberry slices (optional)

Combine frozen strawberries, milk, and lemon juice in blender; blend until smooth. Add yogurt; blend until smooth. For thicker consistency, add ice and blend until smooth.

Pour into 2 glasses. Garnish with lemon and strawberry slices. Serve immediately.
From "Diabetic Cooking" magazine, Vol. 7, No. 1, Spring 2014

GREEN SMOOTHIE

MAKES 2 SERVINGS

Nutrients per serving: Calories 240; Total fat 3 g, Sat. fat 0 g, Cholesterol 0 mg; Carbohydrates 55 g, Dietary fiber 8 g; Protein 8 g; Sodium 38 mg; Potassium 987 mg

2 ripe medium bananas
1 ripe pear or apple, chopped
2 cups chopped kale leaves, tough stems removed
1/2 cup cold orange juice
1/2 cup cold water
12 ice cubes
1 Tbsp ground flaxseed

Place bananas, pear or apple, kale, orange juice, water, ice cubes and flaxseed into a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

Note: Ground flaxseed or flaxmeal can be found in the natural foods section of large supermarkets or in natural foods stores. Store it in the refrigerator or freezer.
From "Eating Well," http://www.eatingwell.com/recipes/green_smoothie.html