

PROTEIN-RICH SMOOTHIES

Blend together in blender or food processor. Thin with a little water or milk if needed.

Note: Each recipe makes 2 cups (500 mL)

FRESH GREEN SMOOTHIE

¾ cup (175 g) 0% M.F. Greek yogurt, vanilla flavoured (sweetened)
2 cups (60 g) spinach leaves, raw (washed)
2 ripe pears, cored and chopped
3 – 4 ice cubes (optional)

394 calories, 19 g protein, 78 g carbohydrate (13 g fibre), 1 g fat

PB & J SMOOTHIE

¾ cup (175 g) 0% M.F. plain Greek yogurt
2 cups (500 mL) chopped strawberries, fresh or frozen
1 banana, chopped, fresh or frozen
1 Tablespoon (15 mL) peanut butter
3 - 4 ice cubes (optional)

385 calories: 21 g protein, 58 g carbohydrate (7 g fibre), 8 g fat

MANGO-BANANA SMOOTHIE

¾ cup (175 g) 0% M.F. plain Greek yogurt
1 cup (250 mL) mango chunks, fresh or frozen
1 banana, chopped, fresh or frozen
1 Tablespoon (15 mL) ground flaxseeds
3 - 4 ice cubes (optional)

360 calories: 21 g protein, 64 g carbohydrate (5 g fibre), 4 g fat



Packed with protein and antioxidants, these smoothies are healthy, filling and delicious!

However, like most smoothies, they contain a fair number of calories and (naturally-occurring) sugar: if having them as a snack or as part of a larger meal, you may want to take half the recipe and store the other half in the fridge for another meal.