



Vibrant Fruit Smoothies

PREP TIME: 5 MINUTES | SERVES: 2

Peaches and pears are ready to blend into a range of nutritious, colorful, and delicious smoothies that are perfect for breakfast, snack, or a cool, post-activity refreshment. Also makes great popsicles, just pour into popsicle molds and freeze!

Simple Peach Yogurt

Combine 1 can (14.5 oz.) no-sugar-added sliced peaches or sliced peaches in 100% juice, drained, with 2/3 cup plain low-fat yogurt and 1/2 cup ice (about 4 large cubes) in a blender. Blend about 15 to 30 seconds until smooth.

Green Zinger

Combine 1 can (14.5 oz.) no-sugar-added sliced peaches or sliced peaches in 100% juice, drained, with 2/3 cup plain low-fat yogurt, 1 cup frozen bagged spinach leaves, 2 Tbsp. honey, 1 Tbsp. lime juice, and 1 tsp. fresh or frozen grated ginger in a blender. Blend about 15 to 30 seconds until smooth.

Rise and Shine

Combine 1 can (14.5 oz.) no-sugar-added sliced pears or pear halves in 100% juice, drained, with 1/2 cup dairy or nondairy milk, 1 frozen sliced banana, 1/4 cup rolled oats, 2 Tbsp. honey, 2 Tbsp. almond butter (or other nut/seed butter), and 1/2 tsp. ground cinnamon, chai spice blend, or pumpkin pie spice in a blender. Blend about 15 to 30 seconds until smooth.

Golden Milk

Combine 1 can (14.5 oz.) no-sugar-added sliced peaches or sliced peaches in 100% juice, drained, with 1 frozen sliced banana, 1 Tbsp. honey, 1/4 cup water, 1/4 cup coconut milk, 1 tsp. fresh or frozen grated ginger, 1 tsp. turmeric powder, 1/4 tsp. ground black pepper, and 1/4 tsp. ground cardamom or cinnamon in a blender. Blend about 15 to 30 seconds until smooth.

Blackberry Açai

Combine 1 can (14.5 oz.) no-sugar-added sliced pears or pear halves in 100% juice, drained, with 2/3 cup plain low-fat yogurt, 1/2 cup frozen blackberries, 1 pouch (100 g) frozen açai purée, 2 Tbsp. honey, 8 to 10 fresh mint leaves and 1 Tbsp. lime juice in a blender. Blend about 15 to 30 seconds until smooth.