

## Smoothies

Smoothies are a great meal on-the-run. Although they are quick and easy to make, the trick is to get the nutrient and energy balance right. The biggest problem with smoothies is that they can be too concentrated, and too big. This means that the glycaemic load (GL) is often double what it should be.

Smoothies need to be consumed as soon as possible so drink immediately or pour into a water bottle to drink on the run. Keep the blender within easy access on the counter top, not packed in the cupboard and definitely not in the box! Adding ice cubes is a great way to add volume without adding additional kilojoules. If your smoothie is too thick, simply add water.



## Making balanced, healthy smoothies

- Step 1.** Use no more than two tennis balls of fresh fruit per person. Peel fruit only when necessary. For Example, citrus fruits, banana or pineapple. Chopped fruit and berries can be frozen for easy year round availability and convenience. Fruit juice should not be added to smoothies as it is too concentrated.
- Step 2.** The fruit and the yoghurt provide enough carbohydrate and therefore it is not necessary to add a starch. If you prefer to have extra fibre in your smoothie, add 2-3 T of oats, oat bran or digestive bran.
- Step 3.** Add low fat/fat free yoghurt or milk, protein powder or egg to provide the protein.
- Step 4.** A small portion of healthy fat such as nuts, seeds, peanut butter, avocado or oil (macadamia, avocado or omega oil) can be added if the protein used is fat free.

**Below are some balanced smoothie ideas, with the amounts listed for women.**

Each smoothie suggested below (women's portion size) provides the following:

- less than 1200 kJ (286 Cal)
- less than 10 g fat
- less than 55 g carbohydrate
- 7-12 g protein
- at least 4.5 g fibre
- GL around 20

**Men would consume double the amounts given.**



### Pear Deluxe

1 large or 2 small pears (220g)  
1 handful white grapes (75g)  
75 ml Low fat vanilla yoghurt (5 T)  
60 ml water (1/4 c)  
7.5 ml oat bran (1 1/2 t)  
7 almonds, raw (10g)  
Ice cubes, optional

Place all the ingredients in a blender and whiz until smooth.

**Food fact:**

**This smoothie has the lowest GI of the six recipes given, despite the grapes in it.**



### Berry and oat delight

125 g frozen or fresh berries (1 C)  
1 Large banana (150 g)  
7.5 ml oat bran (1 1/2 t)  
75 ml low fat milk (5 T)  
50g low fat plain yoghurt (3 T)

Note: No ice cubes needed if frozen berries are used.

Place all the ingredients in a blender and whiz until smooth.

**Food fact:**

**Berries not only give this smoothie the highest fibre content but they also provide generous amounts of phyto-nutrients and anti-oxidants.**

### Tropical smoothie

1 medium pawpaw, peeled, no pips (150 g)  
1 kiwi fruit, peeled (65g)  
50 ml fruit juice (3 T)  
14 cashews, raw (20g)  
30 ml protein powder  
Ice cubes, optional

Place all the ingredients in a blender and whiz until smooth.

**Food fact:**

**This is a dairy-free smoothie provided that a milk-free protein powder is used. There is no need to add lots of protein powder as a breakfast need only provide 7-14g protein.**





### Mango mania smoothie

150 g fresh mango (1 small or ½ large) **OR**  
10 strips dried mango, rehydrated in water  
100 g pineapple (1 x 2 ½ cm slice)  
100 ml low fat plain yoghurt  
50 ml fat free (skim) milk (3 T)  
5 ml sesame (1 t)  
5 ml linseeds (1 t)  
Ice cubes, optional

Place all the ingredients in a blender and whiz until smooth.

### Crème soda smoothie

1 small apple (50 g)  
1 kids banana (80 g)  
1 small pear (110 g)  
75 ml fat free/low fat milk (5 T)  
75 ml fat free/low fat vanilla yoghurt (5 T)  
7 g Nesquik cream soda powder (2 t)  
Ice cubes, optional

Place all the ingredients in a blender and whiz until smooth.

#### Food fact:

**Milk flavouring powders (chocolate, strawberry, crème soda, etc.) should be added in small amounts to smoothies. They are a concentrated source of sugar and should only be used to add a hint of flavour.**

### Nutty muesli smoothie

1 small apple (75g)  
30 g muesli, low GI (2 T)  
6 T fat free (skim) milk  
75 ml fat free vanilla yoghurt (5 T)  
10 g peanut butter (1 rounded t)  
Ice cubes, optional

Place all the ingredients in a blender and whiz until smooth.

#### Food fact:

**Fat free milk and yoghurt is recommended as there is a lot of fat coming from the peanut butter.**

