

USING YOGURT RECIPES

Purple Cow

Makes about five 4-ounce servings

- 1 pint low fat milk (2 cups)
- ½ cup frozen, thawed blueberries
- 2 each ripe bananas
- 1 cup fruit-flavored yogurt

Add all ingredients to blender and puree until smooth. Chill for at least 20 minutes before serving. Extra portions can be frozen in individual cups for a frozen dessert or refrigerated until needed.

Note: this is a cross between a licuado and a smoothie. If you would like it thicker, decrease milk to 1 ½ cups

Variations:

Pink Cow: replace blueberries with frozen, thawed strawberries

Sunshine Cow: replace blueberries with canned, well-drained crushed pineapple.

This recipe is high in protein, calcium, potassium, Vitamin A and Vitamin D

Citrus Milk Burst

Makes about four servings

- ¾ cup orange, lemon or vanilla yogurt
- 2 tbs orange juice concentrate
- ¼ cup canned mandarin oranges, or canned orange sections, drained
- 1½ cups milk, chilled

Place yogurt, orange juice concentrate and oranges in blender or food processor canister. Cover and blend until sherbet is smooth. Add milk and extract and blend until well combined. Serve chilled. Extra portions can be frozen for a quick and healthy snack.

Note:

- To make this a very low fat beverage, use nonfat milk and yogurt
- The orange juice concentrate and canned oranges add additional Vitamin C.

Peanut Butter-Peach Smoothie

Makes about six 3-ounce portions

- 1 pint low fat milk
- ½ cup peanut butter
- ¾ cup drained, canned peaches
- 1 cup fruit-flavored yogurt

Blend milk and peanut butter together until smooth. Add peaches and blend until smooth. Add yogurt and blend until smooth. Chill for at least 20 minutes before serving.

Note: Extra portions can be refrigerated or frozen until needed.

Variation: If peanut butter is not desired, replace with 1 cup mashed, ripe bananas

This recipe is high in protein, calcium, Vitamins A, D and E

Chocolate Peanut Butter Smoothie

Makes about 4 servings

- 4 tbs chocolate syrup
- 2 tbs creamy peanut butter, room temperature
- 1½ cups milk, chilled
- ½ cup coffee, chocolate, vanilla or peach yogurt

Place the syrup and the peanut butter in blender or food processor canister. Cover and blend until smooth. Add milk and yogurt and blend until smooth. Serve chilled. Refrigerate extra portions and re-blend before serving.

Mocha Orange Licuado

Makes about four servings

- ½ cup brewed coffee
- 2 tbs chocolate or coffee yogurt
- 1 tbs orange juice concentrate
- 1¼ cup milk

Place all ingredients in a blender or food processor canister. Process until smooth. Pour into two microwave safe mugs. Microwave on HIGH for 2 ½ minutes or until hot. Serve hot.

Fruit Salad in a Glass

Makes about two servings

- 1½ cups milk
- ½ cup fresh or frozen, thawed raspberries
- ¼ cup drained canned peaches or pineapple
- 1 ripe banana, sliced
- 2 tbs orange juice concentrate

Place all ingredients in the canister of a blender or food processor. Blend until smooth. Serve chilled. Extra portions may be refrigerated, or frozen for a fast, healthy snack.

Note:

- This recipe is packed with extra minerals and vitamins and could be used for a fast breakfast in a glass.

Pina Leche or Party Licuado

Makes about three servings

- 1½ cups milk, chilled
- ½ cup canned crushed pineapple, drained
- 2 tbs lemon or orange yogurt
- ¼ tsp vanilla extract

Place all ingredients in a blender or food processor canister. Cover and blend until smooth. Serve chilled. Refrigerate extra portions and re-blend before serving.

Eye Opener Smoothie

Makes about four servings

- 1 ¼ cup milk, chilled
- ½ cup carrot juice
- ½ cup canned crushed pineapple, drained
- ½ cup vanilla, lemon, peach or orange yogurt

Combine all ingredients in a blender or food processor canister. Blend until smooth and pineapple is thoroughly pureed. Serve chilled.

Note:

- If carrot juice is not available, ¼ cup mango nectar or mango pulp may be substituted.
- This recipe is packed full of Vitamin A!

Autumn Spice Smoothie

Makes about six servings

- 1¼ cup milk
- ½ cup canned pumpkin pie filling (sweetened)
- ½ cup vanilla, plain or peach yogurt
- ½ tsp ground ginger
- 1 tsp ground cinnamon

Place milk and pie filling and yogurt in a blender or food processor canister. Blend until smooth. Stir in ginger and cinnamon. If too thick, add ¼ cup additional milk.

Pour into two microwave-safe mugs and microwave on HIGH for 3 minutes 30 seconds or until hot and steamy.

Note:

- Pumpkin adds extra fiber, Vitamin A and potassium to this recipe.

Breakfast or Snack Parfait

Makes about six 4-ounce parfaits

- ½ cups Trail mix or crumbled cold cereal
- ¾ cups canned fruit, drained and chopped
- ¾ cups canned fruit, drained and chopped
- 1½ cups fruit flavored yogurt
- Raisins or chopped nuts, if desired

Place 2 tablespoons of trail mix or cereal in the bottom of a cup or bowl. Top trail mix with 2 tablespoons of fruit. Top fruit with 1 tablespoon of apples. Top apples with 1 tablespoon of yogurt. Garnish with raisins or chopped nuts.

Note: make parfaits one day ahead of time and refrigerate until needed.