

Strawberry Smoothie

1 cup orange juice (or 1-1/2 cups if using raspberries and protein powder)
1 cup frozen strawberries
2/3 cup frozen raspberries (optional)
2 frozen bananas, sliced
26 gm vanilla flavor whey protein powder* (optional)

1. Pour the orange juice into a blender. Add the frozen strawberries and blend.
2. Add the frozen raspberries, if using, and blend.
3. Add the protein powder and blend.
4. Add the sliced frozen bananas. Blend until smooth.

Makes 2 servings.

Per serving: (without the optional ingredients) 145 calories, 0.9 gm fat, 0 gm cholesterol, 35.3 gm carbohydrates, 3.6 gm fiber, 2.1 gm protein, 3 mg sodium, 658 mg potassium, 28 mg calcium, 0.7 mg iron, 327 i.u. vitamin A, 108 mg vitamin C.

Source: My adaptation of a smoothie recipe in *Smoothies*, by Mary Corpening Barber, Sara Corpening, and Lori Lyn Narlock

Comments: This is our favorite smoothie! It is quick and easy to prepare, comes out smooth and thick, and tastes great! I've been using this recipe for almost 10 years. I keep a supply of the frozen berries in the freezer in zip-lock bags in the quantity called for by the recipe. I also keep frozen bananas in a zip-lock bag in the freezer; I peel the bananas before freezing, store them whole, and slice them just before mixing the smoothie.

Over the years, I have modified the original recipe by increasing the orange juice to 1-1/2 cups and adding the raspberries and protein powder. We like the additional protein and enjoy the added flavor and nutrition from the raspberries. We don't have frozen smoothies as often on the boat because there isn't always room in the boat freezer to keep frozen fruit, but we certainly enjoy them at home.

*I use Jarrow Formula's 100% natural whey protein, which I buy at Whole Foods Market. It comes with a scoop that holds 26 grams of the powder. I have found that this amount provides the thickness and taste that we like.