

# M Smoothie Shopping List

## Suggested smoothie ingredients and supplies



### Yogurt

- Low Fat Vanilla Yogurt (usually 4 or 5# pack)
- Low Fat Strawberry Yogurt (usually 4 or 5# pack)
- Greek Yogurt

### Milk

- Low fat white milk
- Fat Free white milk
- Fat free chocolate milk
- Fat free strawberry milk

### Frozen Fruit\*

(no sugar added)

- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Berry Mix
- Mangos
- Pineapple
- Bananas
- Michigan Cherries
- Peaches
- Tropical Fruit Mix

### Canned Fruit\*

- Mandarin Oranges
- Peaches
- Pineapple tidbits
- Applesauce
- Pears
- Fruit cocktail
- Apricots

### Fresh Fruit

- Overripe Bananas
- Strawberries
- Blueberries
- Watermelon
- Kiwi
- Melon
- Oranges

### Fresh Vegetables

- Spinach
- Broccoli
- Kale
- Carrots
- Cucumbers
- Celery

### Extras

- Nuts
- Avocado
- Peanut butter
- Honey
- Mint
- Vanilla
- Cinnamon
- Nutmeg
- Chocolate Syrup
- Cocoa powder
- Coconut
- Ground flax seeds

### Supplies and Equipment

- Clear Plastic 10 oz cup
- Clear Plastic 12 oz cup
- Clear Plastic 20 oz cup
- Clear Plastic Dome lid
- Clear Plastic Flat Lid with x-slot
- Wrapped Drinking Straws 7 3/4" or 10 1/4"
- Plastic soufflé cup 4 oz (for taste tests)
- Napkins
- Commercial-grade Blender

\*use USDA commodity fruit when available to help lower costs and utilize allocations

