

## Antioxidants

### **Green Tea Fruit**

**Smoothie:** 2 cups frozen unsweetened mixed fruit (peaches, melon and grapes);  $\frac{3}{4}$  cup hot brewed green tea; 3 tablespoons honey; 1 tablespoon lemon juice. (Makes two 1-cup servings.

Source: EatingWell.com)



**Blackberry Cherry Green Smoothie:** 1 cup cherries, pitted; 1 cup blackberries; 2 small bananas, peeled;  $\frac{1}{4}$  teaspoon pure vanilla; 3 cups fresh baby spinach; 8 ounces of filtered water. (Source: Incredible Smoothies)

For more information about the vitamin and mineral needs of senior adults, go to:

Eatright.org

<https://www.eatright.org/>

Real Simple Magazine

<https://www.realsimple.com/health/nutrition-diet/healthy-eating/nutrients-you-need>

American Heart Association

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>



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## **Healthy Smoothies for Seniors**

A critical part of healthy aging and avoiding malnutrition is getting enough of the right nutrients. Seniors need a range of vitamins, minerals, antioxidants, and other healthful ingredients to support the immune system, ward off disease, and provide the building blocks for healthy bodies and minds. But it can be difficult to get enough of the fruits, veggies, and other foods that contain these nutrients. Enter the delicious, nutrient-dense smoothie, which packs a huge amount of protein and vitamins into one easy-to-drink glass.

### **Vitamin A**

**Apricot Smoothie:**  $\frac{3}{4}$  cup calcium- and vitamin D-fortified soy milk, 4 canned apricot halves (packed in juice), 2 tablespoons orange-juice concentrate, 2 tablespoons toasted wheat germ,  $\frac{1}{2}$  tablespoon your choice of nuts, 1 banana (Source: Fitness Magazine)

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**Pumpkin Pie Smoothie:** 1 small or ½ large banana, ½ cup plain or vanilla low-fat yogurt (Greek or soy yogurt works too), ½ cup skim or soy milk, ½ cup canned unsweetened 100% pumpkin puree (not pumpkin pie filling), 1 tablespoon maple syrup, ¼ teaspoon pumpkin pie spice or cinnamon, 1 tablespoon ground flax or wheat germ, 3-5 ice cubes. If extra protein desired, consider adding 2 tablespoons of dry milk powder or a vanilla-flavored protein powder. Add ice cubes to blender first. (Source: Heather Schwartz, MS, RD)

### Vitamin B6

**Pineapple-Zucchini Smoothie:** 1 medium zucchini, ½ cup Italian (flat-leaf) parsley, 2 stalks celery, ½ can pineapple and juice (or 1 cup fresh, chopped pineapple), 4 to 6 ounces water. (Source: Incredible Smoothies)

**Wheat Germ Smoothie:** 6 ounces Greek yogurt, 1 cup almond milk, ¼ cup almonds, 1 cup blueberries, 4 strawberries, ¼ banana, 1 tablespoon wheat germ, a few ice cubes; blend Greek yogurt, almonds, almond milk and ice first, then add remaining ingredients and blend until mixed. (Source: Dr. Oz)

### Vitamin B12

**Frosty Pine-Orange Yogurt Smoothie:** 12 ounces orange juice; ½ cup pineapple chunks, drained; 1¼ cups low-fat vanilla yogurt. (Source: WebMD)

**Banana Spice Smoothie:** 2 ripe bananas, 2 cups vanilla kefir (drinkable yogurt), ½ teaspoon ground cinnamon, ⅛ teaspoon ground nutmeg, ⅛ teaspoon ground allspice, 12 ice cubes. (Makes two 2-cup servings; Source: EatingWell.com)

### Vitamin C



**Anti-Inflammatory Smoothie:** 1-2 cups of filtered water or chilled green tea, ½ cup pineapple, ¼ cup mango chunks, ¼ cup raspberries, ½ teaspoon turmeric, 1 tablespoon minced ginger. (Source: Dr. Lindsay Jones-Born)

**Strawberry-Kiwi Smoothie:** 1½ cups milk, fat-free; 1 cup strawberries, hulled and quartered; 2 kiwi, peeled and quartered (about ½ cup); 2 tablespoons mint, fresh, chopped, plus two sprigs for garnish (optional); 1 tablespoon sugar, granulated, or sugar substitute; 1 cup ice cubes, crushed. (Source: Joy Bauer)

### Vitamin D

**Black and Blue Smoothie:** 2 cups blackberries, 2 cups blueberries, 1 cup low-fat or fat-free plain yogurt, 1 cup low-fat or fat-free milk, 1 teaspoon vanilla extract, 2 cups ice. (Makes 4 servings; Source: CDC/Office on Women's Health)

**Uplifting Soy Milk Smoothie:** 2 bananas, 1 tablespoon creamy peanut butter, 1 tablespoon cocoa powder, 1 tablespoon honey, 6 ounces vanilla soy milk, 4 cubes ice. (Source: TLC Cooking)

### Vitamin E

**Strawberry-Almond Smoothie:** 10 frozen whole strawberries, 1 cup almond milk, ½ cup silken tofu (4 ounces), 2 tablespoons sugar. (Makes two 2-cup servings; Source: EatingWell.com)

**Kiwi-Apple-Avocado Smoothie:** 1 large apple, cored; 1 large kiwi, peeled; ½ large avocado, peeled and pitted; 6 to 8 ounces of filtered water. (Source: Incredible Smoothies)

### Protein

**Tofu Strawberry-Banana Smoothie:** ¾ cup silken tofu; 1 cup frozen strawberries; 1 frozen banana, cut into pieces; ½ cup soy milk; 1 tablespoon peanut butter, optional, for more flavor and protein; 2-3 ice cubes. (Source: WebMD)

**Banana-Cocoa Soy Smoothie:** 1 banana, frozen; ½ cup silken tofu; ½ cup soy milk; 2 tablespoons unsweetened cocoa powder; 1 tablespoon honey. (Source: EatingWell.com)