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Personal Chef ♦ Cooking Teacher
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Who says you can't play with your food!

Berry Protein Smoothie

500 gr non-fat or low-fat Greek yogurt* - blueberry, strawberry or plain
1 cup skim milk or low-fat plain regular yogurt
1 cup blueberries or any other berries (fresh or frozen)
1 tbsp honey (optional)

1. Combine everything in a blender and combine until smooth.
2. If using flavoured yogurts, be aware there is sugar added so don't add additional sweetener.
3. If using plain yogurt, if you like, add a bit of honey, agave nectar or maple syrup to sweeten.

Makes about 3 cups, 3 people.

Chocolate Banana Smoothie

500 gr non-fat or low-fat Greek yogurt* - French vanilla or plain
1 cup skim milk
1 banana (the riper the better)
1 to 2 tbsp unsweetened cocoa powder
1 tbsp honey (optional)

1. Combine everything in a blender and combine until smooth.
2. If using flavoured yogurts, be aware there is sugar added so don't add additional sweetener.
3. If using plain yogurt, if you like, add a bit of honey, agave nectar or maple syrup to sweeten.

Makes about 3 cups, 3 people.

Tips:

- Do not use non-fat yogurt or indeed any yogurt whose ingredients include tapioca starch, guar gum, xanthan gum, carrageenan, etc. These ingredients are added to simulate thick and creamy yogurt by cutting back on real milk and adding water. When you stir them or add them to recipes, they break down and become watery, making poor marinades, dips and sauces. This is a manufacturer's way of fooling the consumer by giving them less real food yet charging the same or more.
- True Greek-style yogurt (so thick that when a spoon of it is turned upside down, the yogurt sticks to the spoon and doesn't fall off) works great - non-fat by Liberté or 2% Danone's Oikos. They are very high protein, contain only milk ingredients and bacterial enzymes. Come in plain and fruit flavoured (though I find the fruit flavoured too sweet - try getting plain and adding just a bit of honey to sweeten).
- For even more protein content, add 1 to 2 scoops of rice, pumpkin or hemp protein. You can also use whey or soy protein but their tastes are stronger. Avoid any protein powders with sugar or flavour.
- Makes a great substitute for milk to add to your cereal - enjoy ½ cup of the smoothie with ½ cup of cereal, preferably Kashi Go Lean or Kashi Go Lean Crunch (they're high in protein, low in sugar). This will give you protein, dairy, fruit and whole grain all in one serving - fantastic quick breakfast.