



United States Department of Agriculture

MyPlate KITCHEN

QUENCHING GOODNESS

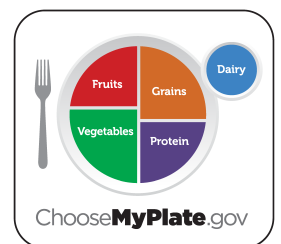


Table of Contents

Fruit Slush	3
Fruit and Yogurt Breakfast Shake	5
Lemonade	7
Peach Cooler	9
Mango Shake	11
Purple Cow	13
Coffee Cooler	15
Avocado Melon Breakfast Smoothie	17
Horchata	19
Batido Smoothie	21
Peanut Butter Banana Smoothie	23
Very Berry Smoothie	25
Cantaloupe Cooler	27

Fruit Slush



Makes: 4 servings

Serve this fruit slush as a drink or a dessert, and keep leftovers in the fridge for later. Pour it over fresh ice when you are ready to eat.

Ingredients

- 2 2/3 cup cantaloupe or watermelon (coarsely chopped, seeded, peeled)
- 1 2/3 kiwi (1 2/3 cup coarsely chopped, optional)
- 2 sugar (2 tablespoons, optional)
- 2 tablespoon lime juice
- 2 cup water
- ice

Directions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Source: Oregon State University Cooperative Extension Service, Pictorial Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Nutrition Information

Serving Size: 1/4 of recipe

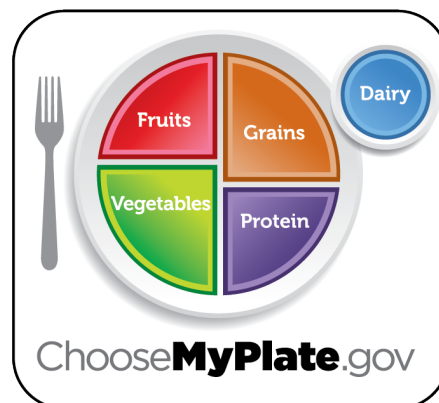
Nutrients	Amount
Calories	62
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	22 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Total Sugars	15 g
Added Sugars included	6 g
Protein	1 g
Vitamin D	0 mcg
Calcium	14 mg
Iron	0 mg
Potassium	287 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits

3/4 cups



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Fruit and Yogurt Breakfast Shake



Makes: 2 servings

Shake up your day with this quick and easy breakfast. Make this recipe with any of your favorite fruits, especially when they are in season!

Ingredients

- 1 banana (medium, very ripe, peeled)
- 3/4 cup pineapple juice
- 1/2 cup yogurt, low-fat vanilla
- 1/2 cup strawberries (remove stems and rinse)

Directions

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

Source: University of Illinois, Extension Service, Recipes to Grow On

Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
-----------	--------

Calories	168
-----------------	------------

Total Fat	1 g
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	3 mg
-------------	------

Sodium	43 mg
---------------	--------------

Total Carbohydrate	37 g
---------------------------	-------------

Dietary Fiber	3 g
---------------	-----

Total Sugars	27 g
--------------	------

Added Sugars included	4 g
-----------------------	-----

Protein	4 g
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	127 mg
---------	--------

Iron	1 mg
------	------

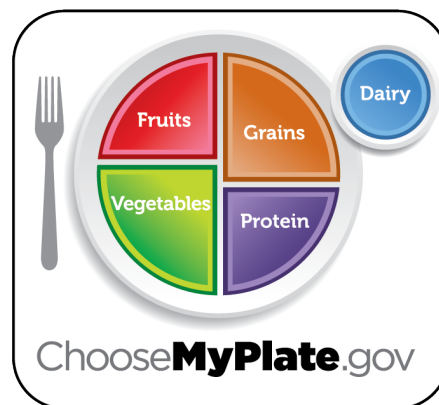
Potassium	531 mg
-----------	--------

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 1 cups

 Dairy 1/4 cups



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Lemonade



Makes: 1 serving

A fresh, single serving of lemonade that is perfect for a hot summer day. Only one lemon is needed for this recipe. Enjoy!

Ingredients

- 1 lemon
- 3/4 cup water
- 1 tablespoon sugar

Directions

1. Cut lemon in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.

Create-a-Flavor Changes

- Squeeze one-half each lemon and lime.
- Squeeze one-half each lemon and orange.
- Add 1/4 cup apple juice concentrate and leave out the sugar.
- Use 1/4 cup seltzer water and 1/2 cup water.

Source: Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - A Pyramid of Snacks

Nutrition Information

Serving Size: 1 glass lemonade approx. 1 cup (248g)

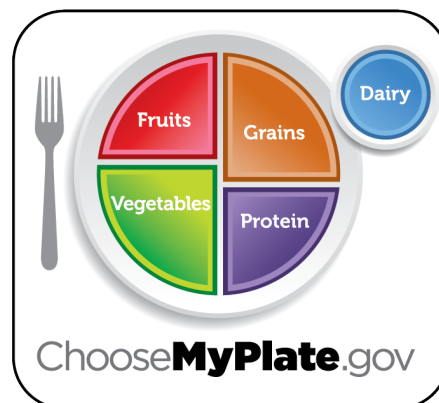
Nutrients	Amount
Calories	108
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	8 mg
Total Carbohydrate	28 g
Dietary Fiber	0 g
Total Sugars	26 g
Added Sugars included	24 g
Protein	0 g
Vitamin D	0 mcg
Calcium	8 mg
Iron	0 mg
Potassium	49 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits

1/4 cups



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Peach Cooler



Makes: 2 servings

On a hot, summer day, freeze the drained peaches (or fresh) for at least 45 minutes before preparing this sweet and tangy drink.

Ingredients

- 2 cup milk, low-fat
- 1 cup canned peaches (drained, or 1 cup of sliced fresh peaches)
- 1/2 teaspoon lemon juice
- 1 nutmeg (dash, if desired)

Directions

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if you like.
3. Serve cold.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

Nutrition Information

Serving Size: 1 cup, 1/2 recipe (376g)

Nutrients Amount

Calories 158

Total Fat 2 g

Saturated Fat 2 g

Cholesterol 12 mg

Sodium 113 mg

Total Carbohydrate 27 g

Dietary Fiber 2 g

Total Sugars 26 g

Added Sugars included 0 g

Protein 9 g

Vitamin D 3 mcg

Calcium 313 mg

Iron 0 mg

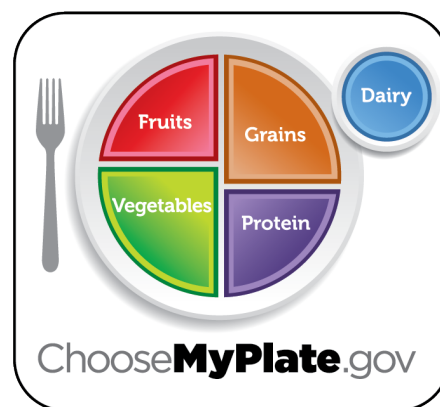
Potassium 527 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 1/2 cups

 Dairy 1 cup



[Visit ChooseMyPlate.gov](#)

Mango Shake



Makes: 4 servings

Have a fruity and frosty treat! Banana, mango, and milk are blended together to make this delicious drink.

Ingredients

- 2 cup milk (low-fat 1%)
- 4 1 fresh pitted mango (or 4 Tablespoons of frozen mango juice)
- 1 banana (medium)
- 2 ice cubes

Directions

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

Source: National Heart, Lung and Blood Institute (NHLBI), [Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)

Nutrition Information

Serving Size: 3/4 cup (174g)

Nutrients	Amount
-----------	--------

Calories	109
-----------------	------------

Total Fat	1 g
------------------	------------

Saturated Fat	1 g
---------------	-----

Cholesterol	6 mg
-------------	------

Sodium	55 mg
---------------	--------------

Total Carbohydrate	21 g
---------------------------	-------------

Dietary Fiber	2 g
---------------	-----

Total Sugars	17 g
--------------	------

Added Sugars included	0 g
-----------------------	-----

Protein	5 g
----------------	------------

Vitamin D	1 mcg
-----------	-------

Calcium	160 mg
---------	--------

Iron	0 mg
------	------

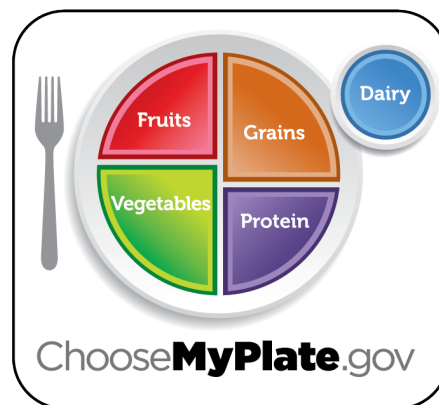
Potassium	376 mg
-----------	--------

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits	1/2 cups
--	----------

 Dairy	1/2 cups
---	----------



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Purple Cow



Makes: 3 servings

Kids are going to love this purple treat, which is perfect for a hot summer day. They will never know that it is high in Vitamin C!

Ingredients

- 6 us fluid ounce grape juice (frozen)
- 1 cup water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (or more)

Directions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Source: Montana State University Extension, Nutrition Education Programs

Nutrition Information

Serving Size: 8 ounces (317g)

Nutrients	Amount
-----------	--------

Calories	69
-----------------	-----------

Total Fat	0 g
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	1 mg
-------------	------

Sodium	54 mg
---------------	--------------

Total Carbohydrate	13 g
---------------------------	-------------

Dietary Fiber	0 g
---------------	-----

Total Sugars	13 g
--------------	------

Added Sugars included	0 g
-----------------------	-----

Protein	3 g
----------------	------------

Vitamin D	1 mcg
-----------	-------

Calcium	107 mg
---------	--------

Iron	0 mg
------	------

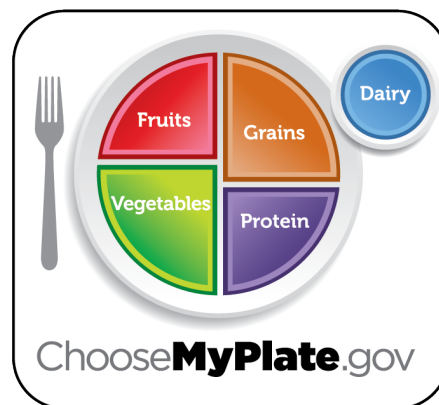
Potassium	196 mg
-----------	--------

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits	1/4 cups
--	----------

 Dairy	1/4 cups
---	----------



[Visit ChooseMyPlate.gov](#)

Coffee Cooler



Makes: 1 Serving

This refreshing iced coffee smoothie is a delicious grown-up morning treat.

Ingredients

- 1/2 cup milk, 1%
- 1/2 cup low-fat vanilla frozen yogurt
- 1/2 cup of coffee (1/2 cup or 4 ounces - cooled to room temperature)
- 3 ice cubes
- 1 1/2 teaspoon sugar

Directions

1. In a blender, combine all ingredients, puree until smooth.
2. Pour into a chilled glass and sprinkle with cinnamon, cocoa, or nutmeg if you like.

Source: University of Wyoming Cooperative Extension, [Cent\\$ible Nutrition Program](#), Cooking for You or Two, p. 116.

Nutrition Information

Serving Size: 1 drink

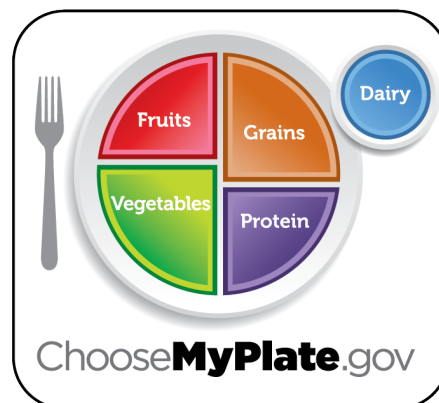
Nutrients	Amount
Calories	181
Total Fat	3 g
Saturated Fat	2 g
Cholesterol	11 mg
Sodium	119 mg
Total Carbohydrate	31 g
Dietary Fiber	0 g
Total Sugars	31 g
Added Sugars included	12 g
Protein	9 g
Vitamin D	1 mcg
Calcium	313 mg
Iron	0 mg
Potassium	440 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Dairy

3/4 cups



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Avocado Melon Breakfast Smoothie



Makes: 2 Servings

Prep Time: 5 minutes

A delightful concoction of green fruits and vegetables plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the refrigerator up to 24 hours.

Ingredients

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- lime, juiced (1 1/2 tsp lime juice)
- 1 cup 8 oz milk (fat free)
- 1 cup fat-free yogurt (plain)
- 1/2 cup 100% apple juice or white grape juice
- 1 tablespoon honey

Directions

1. Cut avocado in half, remove pit.
2. Scoop out flesh, place in blender.
3. Add remaining ingredients; blend well.
4. Serve cold. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

Source: Produce For Better Health Foundation

Nutrition Information

Serving Size: 1 cup

Nutrients Amount

Calories 320

Total Fat 11 g

Saturated Fat 2 g

Cholesterol 5 mg

Sodium 170 mg

Total Carbohydrate 46 g

Dietary Fiber 5 g

Total Sugars 37 g

Added Sugars included 4 g

Protein 13 g

Vitamin D 1 mcg

Calcium 400 mg

Iron 1 mg

Potassium 550 mg

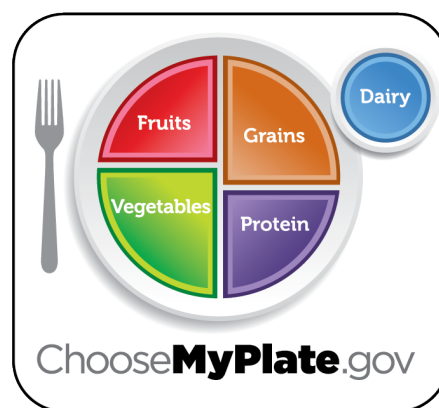
Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 1/2 cups

 Vegetables 1/4 cups

 Dairy 1 cup



[Visit ChooseMyPlate.gov](#)

Horchata



Makes: 5 Servings

A sweet and creamy beverage that pairs well with spicy food.

Ingredients

- 1 cup white rice, long-grain uncooked
- 5 cup water
- 1/2 cup milk, 1%
- 1/2 tablespoon vanilla extract
- 1/2 cup sugar
- 2/3 tablespoon ground cinnamon

Directions

1. Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about one minute. Let rice and water stand at room temperature for about three hours.
2. Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water. Chill and stir before serving over ice.

Source: North Dakota Food and Culture: A Taste of World Cuisine.
North Dakota State University Extension Service.

Nutrition Information

Serving Size: 1/5 of recipe (322g)

Nutrients	Amount
-----------	--------

Calories	259
-----------------	------------

Total Fat	1 g
------------------	------------

Saturated Fat	0 g
---------------	-----

Cholesterol	1 mg
-------------	------

Sodium	22 mg
---------------	--------------

Total Carbohydrate	59 g
---------------------------	-------------

Dietary Fiber	1 g
---------------	-----

Total Sugars	28 g
--------------	------

Added Sugars included	25 g
-----------------------	------

Protein	4 g
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	57 mg
---------	-------

Iron	1 mg
------	------

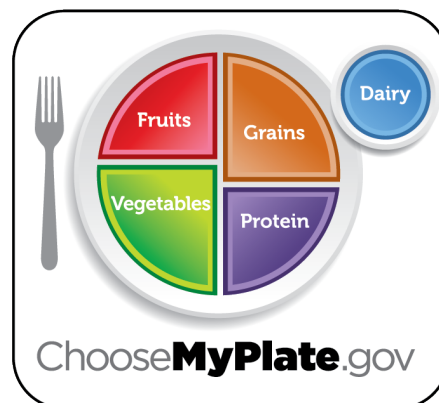
Potassium	80 mg
-----------	-------

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains

1 1/4 ounces



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Batido Smoothie



Makes: 4 Servings

Prep Time: 10 minutes

This refreshing smoothie is a blend of papaya, banana, and yogurt and makes a satisfying part of breakfast or any time of day. Mix in frozen or fresh berries for a variety of flavors.

Ingredients

- 2 cup papaya chunks (fresh or frozen)
- 2 bananas (overripe, sliced)
- 1 cup plain low-fat yogurt
- 1 cup ice cubes

Directions

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 4 hours.

Nutrition Information

Serving Size: 8 ounces

Nutrients Amount

Calories 118

Total Fat 1 g

Saturated Fat 1 g

Cholesterol 4 mg

Sodium 46 mg

Total Carbohydrate 25 g

Dietary Fiber 3 g

Total Sugars 16 unknown

Added Sugars included 0 g

Protein 4 g

Vitamin D 0 mcg

Calcium 132 mg

Iron 0 mg

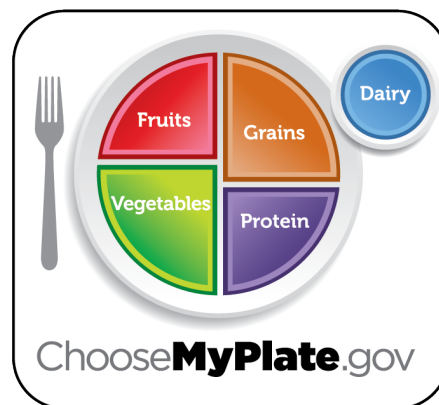
Potassium 534 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 1 cup

 Dairy 1/4 cups



[Visit ChooseMyPlate.gov](#)

Peanut Butter Banana Smoothie



Makes: 2 Servings

This delicious blend of milk, yogurt, bananas and peanut butter makes for a filling breakfast on-the-go. Cocoa powder lends a touch of sweet that also hits the spot as an afternoon snack.

Ingredients

- 2 small bananas (ripe, frozen)
- 1 cup skim milk
- 1 1/2 tablespoon creamy peanut butter
- 1/2 tablespoon unsweetened cocoa powder
- 1/2 cup low fat vanilla yogurt
- 1 1/2 cup ice

Directions

1. Peel bananas, chop into small pieces and place in freezer until hard.
2. Gather all ingredients and put all ingredients in a blender.
3. Blend on high until smooth.
4. Pour into 2 glasses. Serve right away.

Source: USDA Center for Nutrition Policy and Promotion

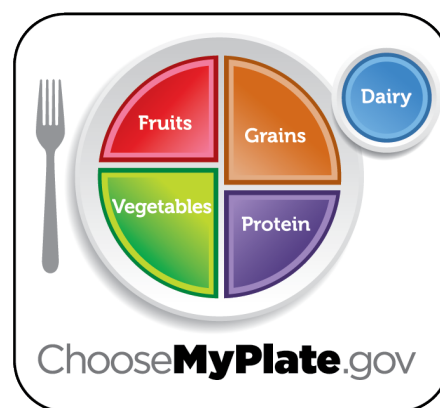
Nutrition Information

Nutrients	Amount
Calories	260
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	6 mg
Sodium	136 mg
Total Carbohydrate	40 g
Dietary Fiber	4 g
Total Sugars	28 g
Added Sugars included	5 g
Protein	11 g
Vitamin D	2 mcg
Calcium	266 mg
Iron	1 mg
Potassium	801 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits	3/4 cups
 Protein Foods	1/2 ounces
 Dairy	3/4 cups



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Very Berry Smoothie



Makes: 2 Servings

This refreshing pineapple, banana and berry blend smoothie has 2 and 1/2 cups of fruit per serving.

Ingredients

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skim milk (or almond milk)
- 1 1/2 cup ice

Directions

1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

Source:

USDA Center for Nutrition Policy and Promotion

Nutrition Information

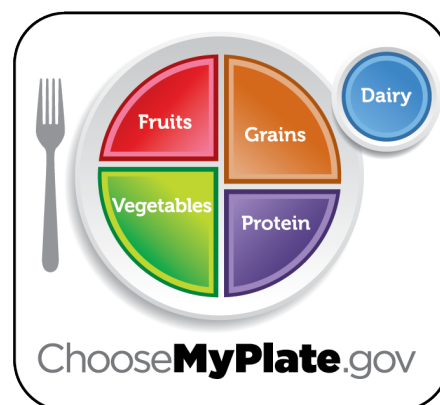
Nutrients	Amount
Calories	252
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	56 mg
Total Carbohydrate	59 g
Dietary Fiber	13 g
Total Sugars	37 g
Added Sugars included	0 g
Protein	7 g
Vitamin D	1 mcg
Calcium	215 mg
Iron	2 mg
Potassium	848 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits 2 1/2 cups

 Dairy 1/2 cups



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

Cantaloupe Cooler



Makes: 8 servings

Cool down in the heat with this fruit cooler. Refreshing orange juice mixed with sweet cantaloupe creates the perfect, easy-to-make drink! You can even get creative and use any fruit you please!

Ingredients

- 1 cantaloupe (ripe)
- 2 1/2 cup orange juice (cold)
- 2 tablespoon sugar (granulated)
- ice (crushed)

Directions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Source: California Department of Health Services, [Celebrate Health with a Lowfat Fiesta California Project LEAN](#)

Nutrition Information

Serving Size: 1/8 of recipe

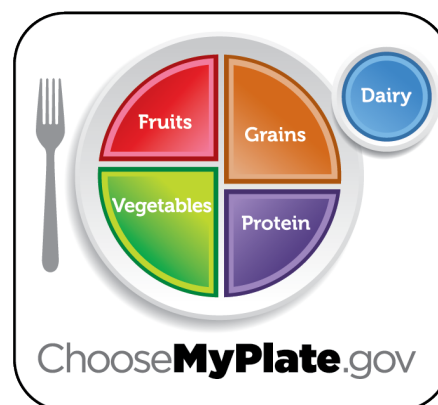
Nutrients	Amount
Calories	71
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	12 mg
Total Carbohydrate	17 g
Dietary Fiber	1 g
Total Sugars	15 g
Added Sugars included	3 g
Protein	1 g
Vitamin D	0 mcg
Calcium	15 mg
Iron	0 mg
Potassium	339 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits

3/4 cups



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)