

## Susan and Bill's Smoothie Directions

### First in:

Liquid, 1 cup  
Soya Milk (low fat, calcium enriched)

### Next:

Mushy stuff, 1/2 cup or more  
Yogourt (plain, "no fat")

### Next:

#### Fruits

We use about 5 servings:  
One pear or one apple, cubed  
Plus  
One kiwi, cubed  
Plus  
1/4 cup frozen raspberries or cranberries  
plus  
1/2 cup frozen blueberries  
plus  
a peach or a nectarine or an apricot or a banana, cubed

### Then:

1/3 cup pepitas (low fat, very high protein)

**Blend on slow speed for 1 to 2 min to chop the fruit;  
1 to 2 min more on "puree".**

At this point, Bill has about 1/2 of the blended smoothie; sometimes by itself, sometimes over a hearty cereal such as our homemade muesli, or Quaker Oat Squares.

### Susan then adds:

1 tbsp, rounded, of flaxseed meal (ground)  
and 1/2 cup firm tofu, and sometimes  
extra soya milk and yogourt if it's too thick.  
She drinks it by itself.

### Substitutions:

Often – sometimes will use canned pears, peaches, apricots when fresh is questionable quality or so far out of season it costs a fortune (fruit canned in fruit juice; no sugar added).

### Other things:

The fruit servings (left) are divided – Bill puts in half of the total fruit, then the other half is added to Susan's.

Sometimes we'll throw in seasonal fruit when it's cheap, or fruit that is on special sale;  
Sometimes we'll add a third of a small cantaloupe or honeydew, but to keep the smoothie from becoming too liquid, cut the soya milk when you use melon.

We don't use raw egg.

### Try whatever you like –

This particular blend has come about after seven years of trial and error. It has plenty of protein (from the soy products and yogourt; about 25g including the tofu), lots of calcium (from the soy milk and yogourt), plenty of fruit servings