

Healthy Eating for Elders: Drink to Your Health¹

Jennifer Hillan²



For the following shakes and smoothies, blend all ingredients until smooth and creamy. If you use frozen fruit, no ice is needed. Otherwise, blend with 2 ice cubes. Enjoy!



Tip: Peel ripe bananas, slice, and store in freezer up to 2 weeks.

Strawberry Shake

1 cup buttermilk
½ cup strawberries
(fresh or frozen)
¼ cup cranberry juice
2 tsp wheat germ



Chocolate Banana Shake

1 cup low-fat milk
1 banana (fresh or frozen)
3 tbsp powdered cocoa

Apple Pie Smoothie

1 cup low-fat vanilla yogurt
¼ cup apple juice
½ apple
¼ cup unsweetened applesauce
¼ tsp ground cinnamon
¼ tsp ground nutmeg



Berry Banana Smoothie

1 cup low-fat plain yogurt
½ cup blueberries (fresh or frozen)
½ banana (fresh or frozen)
2 tsp wheat germ

Peachy Smoothie

1 cup low-fat vanilla yogurt
½ cup sliced peaches
(fresh, frozen, or canned)
¼ cup orange juice
2 tsp wheat germ

Peanut Butter Banana Shake

1 cup low-fat milk
1 banana (fresh or frozen)
1 tbsp creamy peanut butter
1 tsp vanilla extract

Tropical Shake

1 cup buttermilk
½ mango
½ cup pineapple (fresh or
canned)
1 tsp vanilla extract



If you are lactose intolerant, substitute calcium-fortified soy or rice milk instead of cow's milk.

1. This document, FCS8694-Eng, is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: March 2004. This leaflet was developed with funding from the Florida Department of Elder Affairs in partnership with state, county, and local agencies. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
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