



Fall Harvest Smoothie - Virtual

<u>U.S.</u>		<u>Metric</u>
1/4 cup	Yogurt, plain	60 mL
1 small	Bananas, frozen	1 each
1/2 cup	Frozen Butternut Squash, cubed	112 g
1/4 tsp	Cinnamon, ground	0.75 g
1/2 tsp	Vanilla Extract	1.5 g
1/4 cup	Almond Milk, unsweetened	60 mL
1 each	Clementines or Satsumas, peeled	1 each

Preparation:

1. Add all ingredients into a blender. Blend on high speed until smooth.

Nutrition Facts

1 Servings

Serving size **12 oz**

Amount per serving

Calories **200**

Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	90 mg
Total Carbohydrate	45 g
Dietary Fiber	5 g
Total Sugars	25 g
Includes 0g Added Sugars	
Protein	6 g
Vitamin D	3 %
Calcium	14 %
Iron	6 %
Potassium	800 mg
Phosphorus	55 mg



Coconut Pecan Date Rolls - Virtual

Storage instructions: Store in an airtight container for up to 1 week. These can also be frozen.

U.S.

3/4 cups	Dates, pitted (about 14 each)
1/4 cup	Pecans, chopped
1/3 cup	Coconut, shredded, unsweetened

Metric

111 g
28 g
36 g

Preparation:

1. Gather all ingredients and equipment.
2. In a food processor or blender, blend together dates, pecans, and half of the coconut until mixture forms a paste.
3. Shape into 17 balls, about 1 tablespoon each, and roll in the remaining coconut.

Nutrition Facts

8 Servings

Serving size

1 Roll

Amount per serving

Calories

100

Total Fat

5 g

Saturated Fat

2 g

Trans Fat

0 g

Monounsaturated Fat

2 g

Cholesterol

0 mg

Sodium

0 mg

Total Carbohydrate

13 g

Dietary Fiber

2 g

Total Sugars

10 g

Includes 0g Added Sugars

Protein

1 g

Vitamin D

0 %

Calcium

0 %

Iron

0 %

Potassium

100 mg

Phosphorous

10 mg

Dairy Free Peanut Butter Smoothie

1 ripe/overripe banana, peeled and frozen

1 Tbsp natural (no added sugar or salt) peanut butter

¼ cup unsweetened plant based milk (ie almond, oat, macadamia nut milk, etc)

Preparation:

1. Gather ingredients.
2. Place all the ingredients in a blender and blend until smooth. If you would like the smoothie to be less thick, add more plant based milk a tablespoon at a time until you achieve the desired consistency.
3. Serve immediately.