



Recipe of the Month: Red, White and Blue Smoothie

Total: 15 min Prep: 15 min Yield: 4 servings Cal/Serving: 140

Ingredients

Blue Layer:

- 4. oz pomegranate juice
- ½ cup frozen banana, sliced
- ½ cup frozen blueberries
- ½ cup ice
- 1 tablespoon honey

White Layer:

- 2 oz. orange juice
- ½ cup ice
- ½ cup yogurt (plain or vanilla)
- 1 frozen banana, sliced

Red Layer:

- 2 oz. pomegranate juice
- 1 cup frozen strawberries, halved
- ½ frozen banana, sliced
- ½ cup ice

Directions:

1. **For the blue layer:** Pour the pomegranate juice into the blender. Add the bananas, blueberries, ice and honey and blend until smooth. Pour into the bottoms of four, 8 oz. glasses and tap the glasses on the countertop to even the layer. Freeze while preparing the next layer
2. **For the white layer:** Rinse out the blender and pour in the orange juice. Add the ice, yogurt and bananas, blend until smooth. Pour the white layer on top of the blue layer in the glasses, again tapping the glasses on the countertop, and then return to the freezer.
3. **For the red layer:** Rinse the blender once more and pour in the pomegranate juice. Add the strawberries, bananas, and ice, blend until smooth. Pour the red layer on top of the white layer. Keep in the freezer until ready to serve.

Reference: <https://www.foodnetwork.com/recipes/food-network-kitchen/red-white-and-blue-smoothie-3364732>



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