

A glass pitcher is pouring water into a glass. In the background, there is a bowl containing various fruits like strawberries, bananas, and apples. The scene is brightly lit, creating a clean and fresh atmosphere.

OPERATION

S M O O T H I E

IN COLLABORATION WITH



HEART &
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DES MALADIES
DU CŒUR



ABOUT THIS PROJECT

Our goal is to introduce the kids of Hamilton to locally grown and produced food through our delicious smoothies. We are a pilot program run by Hamilton Eat Local. We are working with Hamilton Partners in Nutrition to help provide healthy and nutritious breakfast smoothies to Breakfast Clubs of Canada affiliated elementary schools.

This handbook provides 12 recipes for healthy, great tasting, and easy to make smoothies. We have chosen to make our smoothies with local ingredients when available, so the recipes are divided into five categories; Spring, Summer, Fall, Winter, and “anytime of the year” Smoothies.

At the back of this booklet we have included a nutrition guide, as well as information on where to purchase locally grown produce for our recipes.

But remember, these recipes are just guidelines. The best thing about smoothies is that you can get creative! Feel free to change the recipes by substituting other local ingredients that may be in season.

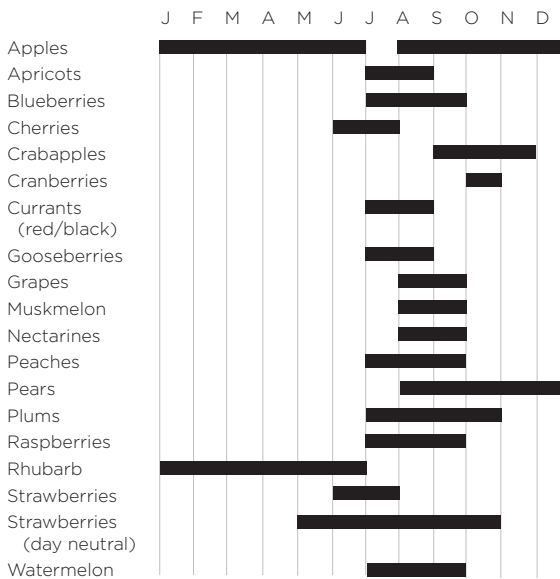
The internet is also a great resource for more inventive ideas.

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WHAT'S IN SEASON?

YOUR MONTH-BY-MONTH GUIDE TO ONTARIO FRUIT





CHOOSE ONTARIO FOOD FIRST

Shopping Ontario grown and produced food supports the local economy.

Choose Ontario vegetables and fruits. Look for the Foodland Ontario symbol when shopping.

Pick up a copy of the Hamilton Eat Local Farm Map and Directory from one of these locations;

Hamilton Libraries
Tourism Hamilton Kiosks
Bennett's Apples & Cider Ltd.
Carluke Orchards
Ottawa St. Farmers' Market

- *Do you know what a CSA is?*
- *Did you know that Hamilton has a Good Food Box?*
- *Have you ever been on a Rural Routes tour?*

To find out more about these, and other great local food resources and projects, visit

www.hamiltoneatlocal.blogspot.com

WHERE TO BUY LOCAL

Hamilton and the surrounding area has a vibrant local food community, offering several conveniently located farmers' markets, and a multitude of other great projects.

Why not check out a farmers' market near you?

- Binbrook Farmers' Market
- Hamilton Farmers' Market
- Dundas Farmers' Market
- Mountain Farmers' Market
- Ottawa St. Farmers' Market
- Locke St. Farmers' Market
- Ancaster Farmers' Market

More information about Hamilton's farmers' markets and other local food sources can be found at the Hamilton Eat Local Blog:
<http://hamiltoneatlocal.blogspot.ca/>





A FEW TIPS TO GET YOU STARTED

So, before you start making your smoothies, there are a few things you need to know. They may seem like common sense, but we know from experience that sometimes common sense isn't quite so common.

- 1) Put the largest, hardest items closest to the blade. Things like ice cubes and frozen cranberries are harder to blend than bananas and yogurt. In our recipes, the ingredients are listed in the order they should be placed into the blender.
- 2) Make sure all fruits are washed, peeled and diced into manageable sized pieces when necessary. Remove the core from apples and the pits from peaches, etc etc
- 3) Our recipes usually specify frozen fruits. if you want to use fresh fruits, you definitely can, but make sure you add some ice cubes, to keep the texture consistent.
- 4) And most importantly! Smoothies are quick and easy to make, so kids love to help. While its ok for them to help decide what to put in the smoothie, only adults should operate the blender, or do any of the chopping/slicing/dicing.



NUTRITIONAL INFORMATION

This recipe book has been put together with the Ontario Student Nutrition Program nutrition guidelines in mind.

While we encourage program coordinators and volunteers to get creative and to experiment with our recipes, please be sure to keep the guidelines in mind when doing so.

QUICK REFERENCE GUIDE

Vegetables and/or fruit will be offered with every meal and/or snack.

Choose Ontario grown and/or produced foods.

Celebrate cultural diversity by serving a variety of healthy foods from different cultures.

A snack contains at least one serving from a minimum of two food groups of Canada's Food Guide with at least one serving from the Vegetables and Fruit food group.

Nutritional value of a snack is improved by offering choices from three of the four food groups.

For the complete version of the Student Nutrition Plan, visit http://www.studentnutritionprogram.ca/Nutrition_Guidelines.pdf



A RECIPE
GUIDE
THAT
APPEALS
TO THE
WHOLE
FAMILY!



SMOOTHIE BY THE SEASON: FALL

CINNAPEAR SMOOTHIE

2 pears

1 banana

1/2 cup vanilla yogurt

1 cup milk

1/2 tspn cinnamon

CRANBERRY PEACH BANANA SMOOTHIE

1 cup frozen peaches

1/2 cup of cranberries

1 banana

1 cup orange juice



SMOOTH SUGGESTION

On the go? A smoothie will keep for hours, so even the busiest of kids can have access to healthy snack.

SMOOTHIE BY THE SEASON: WINTER

APPLE PEAR SMOOTHIE

- 6 ice cubes
- 1 apple
- 1 pear
- 1 banana
- 1 cup of apple juice

CHERRY VANILLA SMOOTHIE

- 1 cup frozen cherries
- 1 cup frozen raspberries
- 1 cup vanilla yogurt
- 1/2 cup milk



SMOOTH SUGGESTION

Substitute chocolate pudding instead of vanilla yogurt, and add chocolate Vega powdered protein supplement for an indulgent holiday snack.

SMOOTHIE BY THE SEASON: SPRING

BERRY BANANZA SMOOTHIE

1/2 cup frozen blueberries

1/2 cup raspberries

1 banana

1 cup milk

STRAWBAPPLE FIZZLER

1/2 cup frozen peaches

1 cup frozen strawberries

1 cup apple juice

1/2 cup soda water



SMOOTH SUGGESTION

Coming up with creative names for smoothies can be a fun way to get kids involved. See if they can rename the smoothies in this book!

SMOOTHIE BY THE SEASON: SUMMER

CHERRY MELON SMOOTHIE

1 cup frozen cherries

1.5 cups watermelon

1 cup vanilla yogurt

RASPBERRY PEACH FIZZ

1 cup frozen peaches

1 cup frozen raspberries

1 cup peach juice

1/2 cup soda water



SMOOTH SUGGESTION

Throw in a couple of extra ice cubes after blending for a refreshing way to cool down after playing outside.



ANYTIME SMOOTHIES

By using frozen fruit, you can make your favourite smoothies anytime of the year, even when those fruits aren't in season.

We like to use Organic Meadowlands Dairy kefir!

PEACHY ORANGE FIZZLER

1 cup frozen peaches
1/2 cup frozen blackberries
1 cup orange juice
1/2 cup soda water

BLUEBERRY BANANZA SMOOTHIE

1/2 cup frozen blueberries
6 ice cubes
1 banana
1 cup apple juice

BLUEBERRY PEACH SMOOTHIE

1 cup frozen peaches
1 cup frozen blueberries
1 cup vanilla yogurt
1/2 cup milk
1/2 cup apple juice

STRAWBERRY EXTREME! SMOOTHIE

1 cup frozen strawberries
1/2 cup frozen raspberries
1 cup strawberry kefir
1/2 cup milk

