NUTRIAGE

Smoothies

Blend With Confidence

24 practical recipes for two.
Two seven-day rotations.
A simpler way to choose and blend.



Start with one glass

Your first useful step

Begin with Recipe 01, Strawberry & Banana. It uses four ingredients, with no soaking or freezing. Read both recipe pages before you start. Set out a blender, scales, a chopping board, a knife and two glasses.

Measure, blend, adjust

For two servings, gather 247 g milk (240 ml), 200 g plain nonfat Greek yogurt, 200 g hulled strawberries and 100 g peeled banana. Follow the cleaning and blending steps on the recipe page. Add water only a tablespoon at a time if needed.

Making one serving?

Halve every ingredient: 123.5 g milk (120 ml), 100 g yogurt, 100 g strawberries and 50 g banana. Check that your blender can process this smaller amount. Do not save a second portion just to avoid halving the recipe.

Choose your next recipe

Like berry tang? Try Recipe 03. Prefer a milder blend? Try Recipe 21. Want to use soy milk? Try Recipe 12. Once you find a favorite, use a weekly rotation or fill in your own plan.

What success looks like

You can choose a recipe, measure it without guessing, adjust its texture and repeat it. Note what you changed on the worksheet. Taste, texture and timing still need testing in your own kitchen.

Strawberry & Banana



A familiar pink smoothie with gentle strawberry tang and banana creaminess. This is the easiest place to start.

Serves 2 (half the recipe each) | **Easy**
Est. prep 4 min **Blend** 2 min **Total** 6 min

Per serving, approx. 185 kcal | 15.6 g protein | 3.3 g fiber

INGREDIENTS

1 cup (240 ml) 1% milk (247 g)

about 3/4 cup plus 1 tbsp Greek yogurt (200 g)

about 1 1/3 cups halved strawberries (200 g)

1 small banana, peeled (100 g)

Method & kitchen notes

Strawberry & Banana

01 Wash hands and clean the blender. Rinse fresh produce under running water, then peel, core, hull or pit as listed. Weigh the edible portions. Use chilled liquids and ripe fruit.

02 Add the milk and yogurt to the blender, followed by strawberries and banana broken into chunks.

03 Secure the lid. Start at low speed, then increase and blend for 45-60 seconds. Stop and unplug before scraping down with a spatula; never insert utensils while the blades move.

04 Blend again for 15-30 seconds if needed. If too thick, blend in 1 tbsp water at a time, up to 4 tbsp for the batch. Divide the complete batch equally between two glasses and serve promptly.

Swaps & variations

Use 200 g ripe peaches instead of strawberries, or lactose-free dairy in the same amounts.

If you cannot find it

Use the listed swap if a fruit is unavailable. Choose ripe fruit rather than adding sweetener to compensate for unripe fruit. Quantities and nutrition change with substitutions.

Optional additions

For a colder drink, chill the fruit before starting. If your blender is rated for ice, a few ice cubes may be blended in; they dilute flavor. Optional extras are not in nutrition or shopping totals.

Storage & serving

Best freshly blended. If saving a portion, cover and refrigerate promptly at 40 F / 4 C or below; use within 24 hours for quality, or sooner if an ingredient label requires. Stir before drinking. Do not reheat.

Meal-prep tip

Measure dry ingredients ahead; keep chilled ingredients covered in the refrigerator. Prepare only usable, sound produce. For a single serving, halve every quantity and use a blender that handles the smaller volume.

Allergens

Milk. Check every packaged ingredient for allergens and cross-contact. Swaps change this list.

APPROXIMATE NUTRITION PER SERVING

Calories	Protein	Carbohydrate	Total fat
185 kcal	15.6 g	28.9 g	2.1 g
Saturated fat	**Fiber**	**Total sugars**	**Sodium**
1.0 g	3.3 g	20.7 g	90 mg

Base recipe only; optional additions and swaps change these estimates. See nutrition method and food-safety guide. Photograph is AI-generated.