In the Kitchen with LiveWELL

Blender Series







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Contents

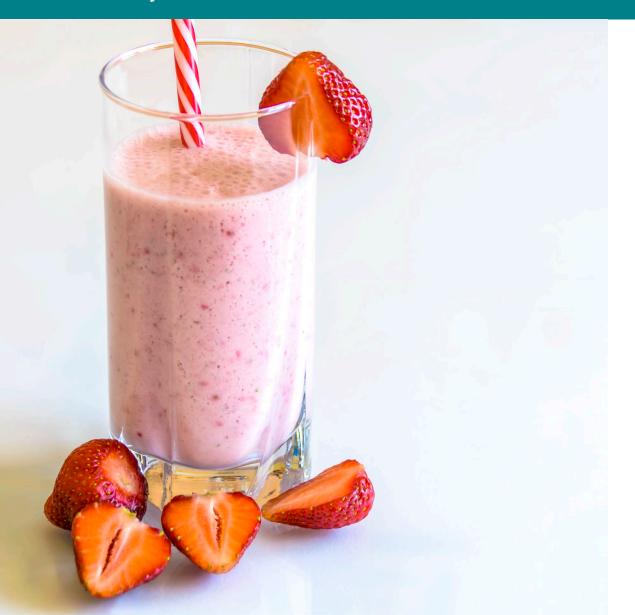
Slide 3: Strawberry Banana Smoothie

Slide 4: Balsamic Vinaigrette Dressing

Slide 3: Ranch Dressing

Strawberry Banana Smoothie

Gretchen Bayne – Best Health for Us WFBH



Ingredients

Frozen strawberries

1 whole banana

Honey

Skim milk or milk alternative

Baby Spinach

For Meal – favorite protein powder

Preparation

- 1. Add all ingredients in the blender
- 2. If your blender has a smoothie function, press that or blend until well mixed

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Balsamic Vinaigrette

Tara Cox- Greater Charlotte LiveWELL

Ingredients

½ Cup Olive Oil

½ cup balsamic vinegar

1 tsp honey

1 tsp Dijon mustard

½ tsp salt and pepper

Preparation

Pour all ingredients into the blender

Blend on low for a few seconds

Serve as is or chill

Can be stored in mason jar

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Ranch Dressing

Tara Cox – Greater Charlotte LiveWELL



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Mix dry ingredients together in small container

Add all the base ingredients to the blender cup. Then add dry ingredients.





Blend until well mixed and creamy.

Use right away or store in mason jar until chilled

Ingredients

Dry Ingredients

3/4 tsp dried dill

½ tsp garlic and dried parsley

1/4 tsp sea salt & pepper

1/4 tsp sugar

Base

½ cup water

1 cup Greek yogurt

½ avocado

4 tsp white wine vinegar

1 tsp Dijon mustard

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Starts at 4 minutes