

In the Kitchen with LiveWELL

Blender Series



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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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Video](#)



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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1 Mix dry ingredients together in small container

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



3 Blend until well mixed and creamy.

3 Use right away or store in mason jar until chilled



Ingredients

Dry Ingredients

- ¾ tsp dried dill
- ½ tsp garlic and dried parsley
- ¼ tsp sea salt & pepper
- ¼ 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