



# Smoothies and More

Calcium-Boosting  
Recipes & Tips



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Call on  
Calcium

**Looking for tips on how to  
bone-up on calcium?**

Follow the Call on Calcium tips  
throughout to help you.

**Find more recipes at:**

[www.pillsbury.com](http://www.pillsbury.com)



## Ingredients

**2 cups** Yoplait® 99% Fat Free creamy vanilla or creamy strawberry yogurt (*from 2-lb container*)  
**2 cups** frozen strawberries  
**2 tablespoons** orange juice  
**1 tablespoon** honey



## Call on Calcium

Get plenty of lowfat yogurt and skim milk daily. Calcium helps build strong bones and teeth and helps keep them strong throughout your life with the help of vitamin D.

# 10-Minute Berry Blast



**Start to Finish: 10 Minutes**  
**3 servings (1 cup each)**



- 1** In blender, place ingredients. Cover; blend on high speed about 1 minute or until smooth.
- 2** Pour into 3 glasses. Serve immediately.

**1 Serving:** Calories 200 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g, Trans Fat 0g); Cholesterol 0mg; Sodium 80mg; Total Carbohydrate 41g (Dietary Fiber 2g, Sugars 32g); Protein 5g

**% Daily Value:** Vitamin A 15%; Vitamin C 70%; Calcium 20%; Iron 4%

**Carbohydrate Choices: 3**



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# Berry-Peach Blend



**Start to Finish:** 5 Minutes  
**4 servings** (1 cup each)



## Call on Calcium

When it comes to calcium, dairy is king. One cup of skim milk contains 300 mg calcium and 6 ounces of Yoplait® Original yogurt contains about 500 mg calcium. Read labels to choose dairy foods that also contain vitamin D to get even more bone-building benefits.

## Ingredients

**1 cup** frozen whole raspberries without syrup  
**3/4 cup** skim milk  
**2 tablespoons** sugar-free low-calorie peach instant iced tea mix

**1 container** (6 oz) Yoplait® Original 99% Fat Free red raspberry yogurt  
**1 bag** (16 oz) frozen sliced peaches without syrup, 4 slices reserved and thawed

**Additional** frozen (thawed) raspberries without syrup for garnish, if desired

- 1** In blender, place raspberries, milk, tea mix and yogurt. Cover; blend on high speed 10 to 20 seconds or until smooth.
- 2** Add half of the peach slices; cover and blend on high speed until smooth. Add remaining peaches; cover and blend until smooth.
- 3** Pour into 4 glasses; garnish each with peach slice and raspberries. Serve immediately.

**1 Serving:** Calories 140 (Calories from Fat 15); Total Fat 2g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 5mg; Sodium 45mg; Total Carbohydrate 26g (Dietary Fiber 5g, Sugars 18g); Protein 4g

**% Daily Value:** Vitamin A 20%;  
Vitamin C 210%; Calcium 10%; Iron 4%

**Carbohydrate Choices:** 2

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# Pineapple Strawberry-Banana Blend

## Ingredients

**3/4 cup** skim milk or soy milk  
**1/2 cup** pineapple juice  
**1/2 cup** orange juice or Triple  
Sec liqueur  
**1 bag** (7.6 oz) Yoplait® Frozen  
Smoothie strawberry banana



**Start to Finish:** 5 Minutes  
**3 servings** (1 cup each)

**1** In blender, place milk, pineapple and orange juice, and contents of Yoplait® Frozen Smoothie bag. Cover; blend on high speed 1 minute to 1 minute 30 seconds, stopping blender to scrape down sides as necessary, until smooth. Pour into glasses.

**1 Serving:** Calories 220 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g, Trans Fat 0g); Cholesterol 5mg; Sodium 80mg; Total Carbohydrate 35g (Dietary Fiber 0g, Sugars 28g); Protein 4g

**% Daily Value:** Vitamin A 8%; Vitamin C 4%; Calcium 15%; Iron 0%

**Carbohydrate Choices:** 2



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## Ingredients

- 1 small apple**, peeled, cut into chunks
- 1 kiwifruit**, peeled, cut into chunks
- 4 medium strawberries**, stems removed
- 2/3 cup** Yoplait® 99% Fat Free creamy strawberry yogurt (from 2-lb container)
- 1/3 cup** apple juice



## Call on Calcium

60% of women don't get the daily amount of calcium they need. Just one serving of this super smoothie gives you 10% of the calcium you need for the day—a delicious way to get your calcium!

# Apple-Kiwi Smoothie



**Start to Finish: 10 Minutes**  
**2 servings**

- 1** In blender, place ingredients. Cover; blend on high speed about 30 seconds or until smooth.
- 2** Pour into 2 glasses. Serve immediately.

**1 Serving:** Calories 150 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 40mg; Total Carbohydrate 32g (Dietary Fiber 2g, Sugars 25g); Protein 3g

**% Daily Value:** Vitamin A 8%; Vitamin C 90%; Calcium 10%; Iron 2%

**Carbohydrate Choices:** 2



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# Triple-Berry Almond Smoothies



**Start to Finish:** 5 Minutes  
**2 servings**



## Call on Calcium

Triple the fruit, added to a double dose of dairy makes for a single strategy to get more calcium. Another way is to whip plain yogurt and low fat shredded cheese into mashed potatoes.

## Ingredients

**3/4 cup** fat-free (skim) milk  
**1 container** (6 oz) Yoplait® Thick & Creamy vanilla lowfat yogurt  
**1/3 cup** frozen blueberries

**1/3 cup** frozen raspberries  
**1/3 cup** fresh strawberries  
**1 teaspoon** honey  
**1 tablespoon** sliced almonds

**1** In blender, place all ingredients. Cover; blend on high speed 1 to 2 minutes until smooth. Serve immediately.

**1 Serving:** Calories 210 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 10mg; Sodium 95mg; Total Carbohydrate 36g (Dietary Fiber 5g, Sugars 28g); Protein 8g

**% Daily Value:** Vitamin A 10%; Vitamin C 20%; Calcium 30%; Iron 4%

**Carbohydrate Choices:** 2.5



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# Southwest Taco Dip



**Start to Finish:** 10 Minutes  
**8 servings** (2 tablespoons dip each)

- 1** Mix first 5 ingredients. Top with chopped tomato.
- 2** Serve with chips or vegetables for dipping.



## Ingredients

- 2 cups** Yoplait® All Natural Fat Free plain yogurt (from 2-lb container)
- 1/4 cup** reduced-fat mayonnaise or salad dressing
- 2 tablespoons** Old El Paso® taco seasoning mix
- 1/4 cup** chopped fresh cilantro
- 2 tablespoons** chopped green onions
- 2 tablespoons** chopped tomato
- Pita chips, tortilla chips or fresh vegetables



## Call on Calcium

Yogurt makes a sensational substitute for mayonnaise or sour cream in dips and dressings. Yogurt adds flavor, reduces fat and boosts your calcium.

**1 Serving:** Calories 60 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 320mg; Total Carbohydrate 7g (Dietary Fiber 0g, Sugars 5g); Protein 3g

**% Daily Value:** Vitamin A 2%; Vitamin C 0%; Calcium 10%; Iron 0%

**Carbohydrate Choices:** 1/2

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# Chocolate Kiwi-Berry Parfaits



**Start to Finish:** 10 Minutes  
**4 servings**

- 1** Reserve 1 tablespoon small brownie pieces for garnish. In each of 4 serving glasses, layer the remaining brownie pieces, the strawberries and kiwifruit.
- 2** Top each with 1/2 cup yogurt. Garnish each parfait with reserved brownie pieces. Serve immediately.



## Ingredients

- 2 baked brownies** (2x2-inches each), broken into pieces
- 12 medium strawberries**, cut into chunks
- 2 medium kiwifruit**, peeled, cut into chunks
- 3 containers** (6 oz each) Yoplait® Light strawberry or vanilla yogurt



## Call on Calcium

A sweet way to get your calcium, combine yogurt with brownies and fruit in this 10-minute delicious parfait—a yummy treat for all chocolate lovers.

**1 Serving:** Calories 240 (Calories from Fat 60); Total Fat 6g (Saturated Fat 2.5g, Trans Fat 1g); Cholesterol 20mg; Sodium 100mg; Total Carbohydrate 40g (Dietary Fiber 2g, Sugars 30g); Protein 5g

**% Daily Value:** Vitamin A 15%; Vitamin C 90%; Calcium 15%; Iron 6%

**Carbohydrate Choices:** 2.5

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# Strawberry Banana Parfaits

## Ingredients

- 2 cups** Yoplait® 99% Fat Free creamy strawberry yogurt (from 2-lb container)
- 2 cups** Fiber One® Honey Clusters® cereal
- 1 cup** sliced fresh strawberries
- 1 medium banana**, thinly sliced
- 4 whole fresh strawberries**



Combine yogurt with cereal, berries and bananas for a layered snack or mini-meal. Another calcium-boosting mini meal is to top baked potatoes with yogurt, chives and sliced veggies.



**Start to Finish: 10 Minutes**  
**4 servings**

- 1** In blender or food processor, place all ingredients except nutmeg.
- 2** Cover; blend on high speed about 1 minute or until smooth and creamy. Sprinkle servings with dash of nutmeg.

**1 Serving:** Calories 250 (Calories from Fat 15); Total Fat 2g (Saturated Fat 0.5g, Trans Fat 0g); Cholesterol 0mg; Sodium 200mg; Total Carbohydrate 51g (Dietary Fiber 8g, Sugars 25g); Protein 6g

**% Daily Value:** Vitamin A 15%; Vitamin C 60%; Calcium 20%; Iron 15%

**Carbohydrate Choices:** 3.5

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# Dark Chocolate Mousse



**Start to Finish:** 15 Minutes  
**6 servings** (1/2 cup each)



## Call on Calcium

Adding skim milk to yogurt and dark chocolate results in a double delight: a calcium-rich, indulgent dessert that your guests will definitely ask for the recipe—ready in just 15 minutes!

## Ingredients

**1 1/2 cups** skim milk  
**1/2 cup** dark chocolate chips

**1 box** (4-serving size) chocolate instant pudding and pie filling mix  
**1 container** (6 oz) Yoplait® Greek Fat Free honey vanilla yogurt

**1 1/2 cups** frozen (thawed) reduced-fat whipped topping  
**1 1/2 cups** fresh raspberries

- 1** In small saucepan, combine 1/4 cup of the milk and the chocolate chips. Cook over low heat, stirring constantly, until chocolate is completely melted and mixture is well blended.
- 2** In medium bowl, combine remaining 1 1/4 cups milk and pudding mix. Beat with wire whisk for 1 to 2 minutes or until mixture is well blended and thickened; stir in yogurt.
- 3** Blend melted chocolate into pudding mixture; fold in whipped topping. Spoon into individual dessert dishes. Top each serving with whipped topping and raspberries. Serve immediately or refrigerate until serving time. Store covered in refrigerator.

**1 Serving:** Calories 250  
(Calories from Fat 80); Total Fat 8g (Saturated Fat 6g, Trans Fat 0g); Cholesterol 0mg; Sodium 280mg; Total Carbohydrate 37g (Dietary Fiber 4g, Sugars 27g); Protein 6g

**% Daily Value:** Vitamin A 6%;  
Vitamin C 15%; Calcium 15%;  
Iron 8%

**Carbohydrate Choices:** 2.5

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# Strawberry-Cream Angel Food Cake

## Ingredients

- 2 containers** (6 oz each)  
Yoplait® Greek Fat Free  
strawberry yogurt
- 1/2 cup** frozen (thawed)  
reduced-fat whipped topping
- 1 loaf** (12 oz) angel food cake  
(10-inches)
- 2 cups** sliced fresh strawberries
- 3/4 cup** fresh blueberries



## Call on Calcium

Combine yogurt and reduced-fat whipped topping to create a calcium-rich and tasty crown for angel food cake and fruit.



**Start to Finish: 15 Minutes**  
**6 servings**

- 1** In medium bowl, place yogurt; fold in whipped topping.
- 2** Cut angel food cake loaf into 6 slices; place on individual dessert plates. Top each slice with about 3 tablespoons of the yogurt mixture. Spoon about 3 tablespoons of strawberries and generous tablespoon of blueberries over yogurt mixture.

**1 Serving:** Calories 240 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 460mg; Total Carbohydrate 47g (Dietary Fiber 2g, Sugars 37g); Protein 8g

**% Daily Value:** Vitamin A 6%; Vitamin C 60%; Calcium 10%; Iron 6%

**Carbohydrate Choices:** 3

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