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5 Senior-Friendly Smoothie Recipes

Large Print • Easy Ingredients • Budget-Friendly • Medication Safety Notes

 **Medical Disclaimer:** If you take blood thinners (like warfarin/Coumadin), consult your doctor before increasing leafy greens (vitamin K). If you have diabetes, kidney disease, or swallowing difficulties, talk to your doctor or dietitian before adding smoothies to your daily routine.




Recipe #1: Berry Protein Smoothie

 Ingredients:

- 1 cup unsweetened almond milk (or water)
- ½ cup frozen mixed berries (blueberries, raspberries, strawberries)
- ½ cup plain Greek yogurt (or 1 scoop unflavored protein powder)
- 1 tablespoon chia seeds or ground flaxseed
- 1 handful fresh spinach (optional – skip if on blood thinners)

 Instructions:

1. Add liquid to the blender first
2. Add remaining ingredients
3. Blend until smooth (30-45 seconds)
4. Pour and enjoy immediately

 **Senior Tip:** High in protein and fiber – great for breakfast. Berries are low in sugar, good for diabetes. **Blood thinner warning:** Skip spinach if you take warfarin.




Recipe #2: Green Energy Smoothie

 Ingredients:

- 1 cup water or coconut water
- 1 small cucumber (peeled, seeds removed)
- ½ green apple (cored – no seeds)
- 1 handful romaine lettuce (lower in vitamin K than spinach/kale)
- ½ avocado
- Juice of ½ lemon
- 1 tablespoon fresh ginger (optional)

 Instructions:

1. Add liquid to the blender first
2. Add cucumber, apple, lettuce, avocado, lemon, and ginger
3. Blend until smooth (45-60 seconds)
4. Add ice if desired for a colder texture

 **Senior Tip:** Romaine lettuce is lower in vitamin K – safer for blood thinner users. Ginger helps with digestion and nausea. Avocado adds healthy fats.




Recipe #3: Peanut Butter Banana Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1 small ripe banana (frozen is best)
- 2 tablespoons natural peanut butter (no sugar added)
- 1 tablespoon ground flaxseed
- ½ cup plain Greek yogurt
- ¼ teaspoon cinnamon (optional)

Instructions:

1. Add almond milk to the blender
2. Add banana, peanut butter, flaxseed, yogurt, and cinnamon
3. Blend until creamy (30-40 seconds)
4. Add more milk if it's too thick

 **Senior Tip:** Tastes like a treat but packed with protein and healthy fats. **Diabetes note:** Use half a banana to lower sugar content. Peanut butter helps stabilize blood sugar.




Recipe #4: Tropical Digestion Smoothie

Ingredients:

- 1 cup unsweetened coconut water
- ½ cup frozen mango or pineapple
- ½ small ripe banana
- 1 tablespoon chia seeds
- 1 small handful fresh mint leaves
- ½ inch fresh ginger (peeled)
- ¼ cup plain Greek yogurt (optional)

Instructions:

1. Add coconut water to the blender
2. Add mango, banana, chia seeds, mint, ginger, and yogurt
3. Blend until smooth (45 seconds)
4. Serve cold

 **Senior Tip:** Ginger and mint soothe the stomach. Chia seeds provide fiber to relieve constipation. Coconut water is hydrating and rich in potassium (check with a doctor if you have kidney disease).



Recipe #5: Budget-Friendly Oatmeal Smoothie


Ingredients:


- 1 cup water or unsweetened oat milk
- ¼ cup rolled oats (not instant)
- ½ cup frozen berries (cheaper than fresh)

- 1 tablespoon peanut butter
- ¼ teaspoon cinnamon
- 1 teaspoon honey or maple syrup (optional)

Instructions:

1. Add liquid to the blender first
2. Add oats, berries, peanut butter, cinnamon, and sweetener
3. Blend until smooth (40-50 seconds)
4. Let sit for 1 minute to thicken (oats absorb liquid)

 **Senior Tip:** Most budget-friendly recipe – oats and frozen berries are inexpensive. Oats add fiber and help lower cholesterol. Skip honey if you have diabetes.

 Quick Reference: Ingredients to Keep on Hand

Liquids:

- Water (free)
- Unsweetened almond milk
- Coconut water

Fruits (frozen = cheaper):

- Berries (blueberries, strawberries)
- Bananas (peel and freeze)
- Mango or pineapple

Protein & Healthy Fats:

- Greek yogurt
- Peanut butter
- Chia or flax seeds

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