SUPER POWERED SMOOTHIES

with Real California Milk
Power Up with These Super Powered Smoothies!

Made with Real California Milk and CA Grown fruits and veggies, these tasty recipes are loaded with protein and nutrients to keep you going strong all day long. Smoothies are an obvious breakfast choice, but they’re also a perfect mid-day snack or even a healthy dessert. The best part? When you blend up a smoothie using Real California Milk dairy products and produce, you’re helping to support local farm and dairy families with each delicious sip.

Enjoy!
Matcha Renewal Smoothie
Matcha Renewal Smoothie

This creamy green smoothie is a nutritional powerhouse! It’s packed with protein-rich real milk, plus spinach, pineapple, avocado, apple, cauliflower rice and fresh mint. With a boost of antioxidant-rich matcha powder and chia seeds, this smoothie will get you revving for the day ahead.

1 serving

Ingredients:
1 cup Real California Milk
1 cup loosely packed spinach
1 cup fresh or frozen pineapple chunks
1 cup chopped green apple (a tart variety such as Granny Smith or Pippin is best)
1/3 cup frozen avocado chunks
1/4 cup frozen cauliflower rice
10 mint leaves, stems removed
1 tablespoon chia seeds
1 teaspoon matcha powder
2-4 chopped prunes, to taste
Handful of ice, if needed

Instructions:
Add all ingredients into the jar of a blender. Pulse on low until everything begins to come together. Remove the lid and scrape down the sides of the blender jar with a silicone spatula. Return the lid to the blender jar and blend on high speed for about 30 seconds until a smooth, creamy texture is achieved. If necessary, scrape down the sides of the jar again and pulse until smooth. Add a handful of ice to thicken again, if needed.

Top with mint leaves, if desired.

Talk about a dynamic duo!

California Prunes and Real California Milk are both loaded with nutrients that can help your body build and maintain strong bones!
Pink Cow Oat Smoothie
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The classic flavor pairing of tart strawberries and sweet bananas is something the whole family will love. Adults and kids alike benefit from an additional protein boost in this smoothie, thanks to probiotic rich whole milk yogurt. Plus, real milk packs in 13 essential nutrients in every serving, including protein, zinc, selenium, vitamin A and vitamin D, which contribute to healthy immune function.

2 servings

**Ingredients:**
- 1 cup Real California Plain Yogurt
- 3/4 cup Real California Milk
- 1 cup whole frozen strawberries
- 1 frozen banana, sliced or broken into pieces
- 1/4 cup raw almonds
- 1/2 cup old fashioned oats
- 1 teaspoon vanilla
- 2 tablespoons honey
- Pinch of salt

**Instructions:**
In a blender, combine the ingredients in the order listed. Blend until smooth, stopping to scrape down the sides of the blender jar with a silicone spatula if needed. Serve immediately.

**Prep ahead:**
To make hectic mornings just a bit easier, prep this smoothie in advance by pre-measuring the strawberries, banana, almonds and oats into storage bags. Make up as many as you need and keep them in the freezer until ready to use. Then add the contents of the bag to the blender along with the remaining smoothie ingredients.

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**Pink Cow Oat Smoothies are always in season!**

Did you know that California Crown almonds, honey and fresh strawberries are all available year round from the Golden State?
Golden State Smoothie
Ingredients:
1 cup Real California Milk
1 cup frozen mango chunks
3/4 cup sliced frozen banana
1/4 cup oats
2-3 pitted dates, chopped
1 tablespoon peeled, grated fresh ginger root, or 1 teaspoon ground
turmeric root, or 1 teaspoon ground
turmeric root, or 1 teaspoon ground
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cardamom
1/8 teaspoon freshly ground black pepper

Instructions:
Soak the dates in hot water for approximately 5 minutes, or until softened.

Add milk, mango, banana, oats, soaked dates, ginger, turmeric, cinnamon, cardamom and ground pepper to the blender jar. Pulse on low until everything begins to come together. Remove the lid and scrape down the sides of the blender jar with a silicone spatula. Return the lid to the blender jar and blend on high speed for about 30 seconds until a smooth, creamy texture is achieved. If necessary, scrape down the sides of the blender jar again, and pulse until smooth.

Top with a sprinkle of ground cinnamon and cardamom, and a cinnamon stick, if desired.

Did you know that 99% of California dairies are family owned?
When you see the Real California Milk seal, you’ll feel good knowing that you’re supporting California dairy farm families!
Ingredients:
1/2 cup Real California Cottage Cheese
1 cup Real California Milk
4 dates, pitted and chopped
1 cup frozen pineapple
1/2 cup frozen mango
1/2 teaspoon vanilla extract

Optional garnishes:
1 tablespoon toasted coconut per smoothie

For Tajin rim: wedge of lime, Tajin
For Tajin honey drizzle: 1 tablespoon honey mixed with 1/2 teaspoon Tajin

Instructions:
Place the prepared dates in a small bowl. Cover with very hot water and soak for 10 minutes, then drain. If desired, prepare glasses with Tajin rim and/or drizzle.

In a blender combine the pineapple, mango, vanilla extract, cottage cheese, and milk. Blend until smooth. Pour into glasses and garnish with toasted coconut if desired.

To toast the coconut garnish: Preheat the oven to 325°F and line a baking sheet with parchment paper. Spread the desired amount of coconut into an even layer and toast in the oven for 6-8 minutes, stirring 3-4 times until golden brown. Cool completely. Toasted coconut will keep for up to 1 month at room temperature in an airtight container.

To create a Tajin rim: Before pouring the blended smoothie into the glasses, spread a small amount of Tajin out onto a plate. Rub a wedge of lime around the rim of each glass to wet it. Place the dampened rim of the glass into the Tajin and twist to adhere Tajin to the glass. Pour the smoothies into the rimmed glasses. Serve immediately, topped with toasted coconut if desired.

To create a Tajin honey drizzle: Mix the Tajin and honey in a small bowl. Before pouring the blended smoothie into the glasses, use the spoon to drizzle the Tajin honey into each glass. Pour the smoothies into the glasses and serve immediately topped with toasted coconut if desired.
Carrot Cake Reset Smoothie

Real California dairy ingredients create a creamy texture, toasted walnuts and shredded coconut add rich flavor, and the warming spices make it taste like a cozy dessert.

1 serving

**Ingredients:**

- 3/4 cup Real California Yogurt
- 1/4 cup Real California Milk
- 1 cup finely grated carrot, loosely packed
- 1/2 cup frozen banana slices
- 1/4 cup toasted walnuts, finely chopped
- 1/4 cup unsweetened shredded coconut
- 2-4 chopped prunes, to taste
- 1 teaspoon vanilla extract, optional
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- Pinch of salt

**Looking for a pick me up?**

Yogurt is a simple and delicious source of zinc, which helps support your immune system. In addition, the protein and calcium in yogurt help build and repair muscle tissue and maintain strong bones!

**Instructions:**

Add yogurt, carrots, banana, walnuts, coconut, prunes, vanilla extract (if using), cinnamon, ginger, nutmeg and salt to the blender jar. Pulse on low until everything begins to come together. Remove the lid and scrape down the sides of the blender jar with a silicone spatula. Return the lid to the blender jar and blend on high speed for about 1-2 minutes until a smooth, creamy texture is achieved. If necessary, scrape down the sides of the blender jar again, and pulse until smooth.

Top with additional shredded coconut, chopped walnuts, or shredded carrots, if desired.

**Prep ahead:**

To streamline smoothie prep, measure out the dry ingredients, including the spices, and store them together in a small container or the jar of a smoothie attachment for your blender. Carrots can be grated in advance as well and refrigerated until ready to use.
Chocolate Cherry Cheesecake Smoothie Bowl
Chocolate Cherry Cheesecake Smoothie Bowl

This cottage cheese-based Chocolate Cherry Cheesecake Smoothie Bowl tastes like dessert, but is sweetened only with cherries and prunes. Flaxseed adds fiber, while cacao nibs and cocoa powder, both of which are exceptionally rich in antioxidants, add a deep chocolatey flavor. We suggest topping with a sprinkle of crushed graham crackers and extra cocoa nibs for crunch.

Ingredients:
- 1 cup Real California Cottage Cheese
- 1 cup frozen cherries, plus two for garnish
- 1/4 cup unsweetened cocoa powder
- 2-4 chopped prunes, to taste
- 1 tablespoon ground flaxseed
- 1 tablespoon raw cacao nibs, plus extra for garnish
- Pinch of salt
- Graham cracker crumbs, for garnish

Instructions:
Add cottage cheese, cherries, cocoa powder, prunes, flaxseed, cacao nibs and salt to the jar of a blender. Pulse on low until everything begins to come together. Remove the lid and scrape down the sides of the blender jar with a silicone spatula. Return the lid to the blender jar and blend on high speed for about 30 seconds until a smooth, creamy texture is achieved. If necessary, scrape down the sides of the blender jar again, and pulse until smooth.

Top with cherries (fresh or frozen), cacao nibs and ground graham crackers, if desired.

*To make a drinkable Smoothie instead of a Smoothie Bowl: add 1/2 cup Real California Milk

Craving chocolate?

This smoothie bowl is the perfect way to satisfy your sweet tooth — especially since dairy products like milk and cottage cheese can help you to build and maintain strong bones and teeth.
Restorative Rainbow Smoothie Bowl
Ingredients:

1 cup Real California Yogurt
1 cup frozen blueberries (or frozen mixed berries)
2-4 chopped prunes, to taste
1 tablespoon chia seeds
1 teaspoon vanilla extract, optional
3/4 teaspoon blue spirulina powder, optional
Rainbow colored fruit, for topping
Granola and/or shredded coconut, for topping

Instructions:

Add yogurt, frozen berries, prunes, chia seeds, vanilla extract (if using) and spirulina powder to the jar of a blender. Pulse on low until everything begins to come together. Remove the lid and scrape down the sides of the blender jar with a silicone spatula. Return the lid to the blender jar and blend on high speed for about 30 seconds until a smooth, creamy texture is achieved. If necessary, scrape down the sides of the blender jar again, and pulse until smooth.

Make a rainbow topping with fresh fruits and add coconut or granola clouds.

Rainbow topping suggestions to pair with granola:
- **Red**: raspberries, strawberries, or cherries
- **Orange**: mandarin oranges, or papaya
- **Yellow**: pineapple or mango
- **Green**: grapes or kiwi
- **Blue & violet**: blueberries, blackberries, purple grapes

2 servings
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Recipes by:
Alison Needham + Meg van der Kruik

Photos by:
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Cal Crown x Real California Milk

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