

Beverages

Breakfast Shakes

Each recipe makes about 2 cups

Creamy Berry Smoothie:

1 banana

1/2 cup frozen berries

1 cup calcium-fortified vanilla soymilk (or other milk alternative)

2 tablespoons maple syrup (*optional*)

2 tablespoons calcium-fortified orange juice from frozen concentrate

Not-So-Creamy Berry Smoothie:

2 cups frozen berries

2 tablespoon maple syrup (*optional*)

2 tablespoon calcium-fortified orange juice from frozen concentrate

water as needed

Green Goodie:

1 cup pineapple juice

1 cup calcium-fortified vanilla soymilk (or other milk alternative)

10 frozen peach slices

1 banana

1/4 cup cherries, pitted, or raspberries

2 teaspoons maple syrup (*optional*)

1 heaping teaspoon spirulina

ice, as needed, to chill and thicken

Place all ingredients in a blender. Blend at high speed until smooth. (You'll have to stop the blender occasionally and move the unblended fruit to the center with a spatula to get your smoothie smooth.)

Cranberry Papaya Juice

Makes 2 cups

1 cup orange juice (preferably calcium fortified)
1/2 of a ripe papaya, seeded, peeled, and chopped
1/2 cup cranberry juice
1 1/2 teaspoons lemon juice

In a blender, process all ingredients until smooth. Refrigerate and serve cold.

Recipe from CalciYum! by David and Rachelle Bronfman.

Easy Almond Nut Milk

1/2 cup almonds
1 1/2 cups boiling water

Blend almonds and boiling water together for about 3 minutes at a high speed. Strain through muslin or cheesecloth. The remaining pulp can be used in vegetable/nut loaves or burgers. Shake milk well before serving.

*Recipe from Meatless Meals for Working People
by Debra Wasserman and Charles Stahler.*

Fresh Collard-Apple Juice

Makes 1 cup

2 sweet apples, cored and quartered
1 1/4 cups packed collard greens (leaves and stems), rinsed

Add a few slices of apple to juicer then some of the collard greens. Extract juice. Repeat this process until ingredients are used up. (Finish off with apple slices to make juice flow smoothly through the juicer.) Discard solids.

Recipe from CalciYum! by David and Rachelle Bronfman.