

SAVE  MORE
THAN FOOD
MAKE A DIFFERENCE

SMOOTHIES



FOOD SAVING HACKS

"Best if Used By" and "Sell By" dates aren't regulated and don't always mean food is bad after the date. Use your senses – if it smells and tastes fine, it's often still good!

SMOOTHIES



INGREDIENTS



$\frac{1}{2}$ cup
yogurt of
choice



$\frac{1}{2}$ cup
milk or milk
alternative



$\frac{1}{2}$ cup
frozen
berries



2
frozen
clementines



$\frac{1}{2}$ cup
frozen roasted
sweet potato



$\frac{1}{2}$ cup
fresh or frozen
spinach

INSTRUCTIONS

1. Add all ingredients to a blender.
2. Blend until smooth, adding more milk if needed for consistency.
3. Pour into glasses with a reusable straw and enjoy immediately!

SAVE MORE THAN FOOD! Get creative with smoothies! Use leftover coffee, nuts, dates, syrups or pantry items like oats and spices to mix up flavors and reduce waste.



WATCH US MAKE IT!

Scan the QR code for a step-by-step video.