

**My favorite smoothies are a mixture of whatever I happen to have at home, I buy fruit and freeze them so they are nice and cold.**

**Typically, I mix:**

**Plain Greek yogurt and/ or plain yogurt about 1 1/2 cups total**

**Handful of greens (spinach and/or kale) about 1/2 cup**

**1 1/2 -2 cups of mixed frozen fruits**

**Then blend, that is it!**

**The fruit combos below are my favorites**

**Blueberries/ 1/4 of banana/pineapple or papaya**

**Pineapples and mangos**

**You can put the mixtures also in Popsicle molds (or disposable cups) and freeze them for a great treat in this hot weather. When making popsicles I usually do not include the greens.**

**In addition, you can make your own ice cream! You start by freezing ripe bananas (remove skin before freezing), for every banana add 1 teaspoon of cocoa powder (no sugar added), and blend until smooth. You will get delicious ice cream. I made it this past weekend.**

**Some family members tasted the banana alone to start, but when adding the cocoa it made it taste, wow! 😊**

**I hope you enjoy all the recipes, for the session I will make the ice cream and a smoothie.**

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