

# FOOD

## Breakfast Banana Green Smoothie

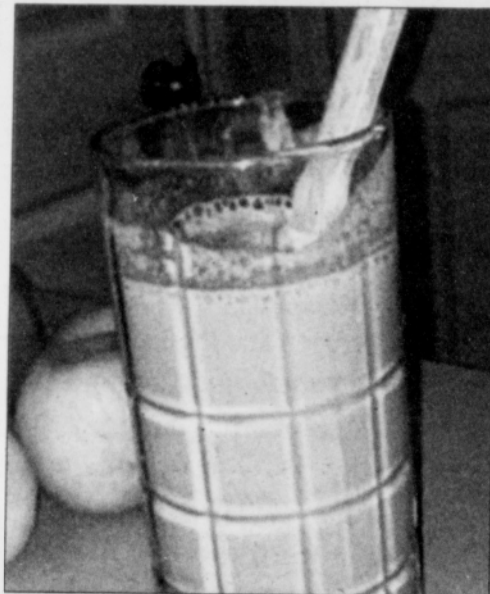
This smoothie is packed with nutrients and vitamins. It's also perfect if you're in a hurry, or just craving a fresh and healthy drink to start your day.

### Ingredients:

- 2 cups baby spinach leaves, or to taste
- 1 banana
- 1 carrot, peeled and cut into large chunks
- 3/4 cup plain fat-free Greek yogurt, or to taste
- 3/4 cup ice
- 2 tablespoons honey

### Directions:

Put spinach, banana, carrot, yogurt, ice, and honey in a blender; blend until smooth.



## Purple Monster Fruit Smoothie

This is a great smoothie for breakfast - and sometimes dinner! You can substitute the orange juice with any mix of juices or even soy milk! The soy milk adds more of a milk shake quality than the juice does. Original recipe makes 4 to 6 drinks

### Ingredients:

- 2 frozen bananas, skins removed and cut in chunks
- 1/2 cup frozen blueberries
- 1 cup orange juice
- 1 tablespoon honey (optional)
- 1 teaspoon vanilla extract (optional)

### Directions:

Place bananas, blueberries and juice in a blender, puree. Use honey and/or vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie.

## Peanut Butter Banana Smoothie

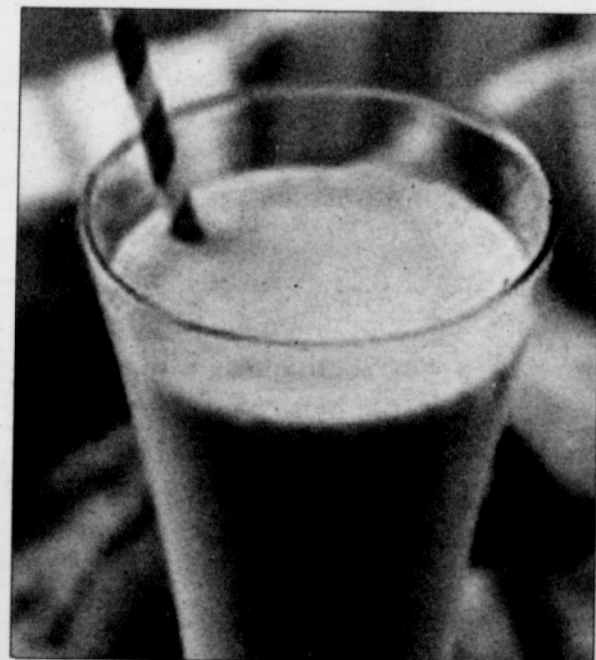
It is so refreshing and it's sweet and tasty. Original recipe makes 4 servings.

### Ingredients:

- 2 bananas, broken into chunks
- 2 cups milk
- 1/2 cup peanut butter
- 2 tablespoons honey, or to taste
- 2 cups ice cubes

### Directions:

Place bananas, milk, peanut butter, honey, and ice cubes in a blender; blend until smooth, about 30 seconds.



## Dr. Charles Drew 8th Annual Community Blood Drive

### Saturday, June 21

7:30 a.m. - 1:00 p.m.

### American Red Cross

Portland Donor Center  
3131 N. Vancouver Ave.  
Portland, OR 97227

### Mt. Olivet Baptist Church

17800 SW Kinnaman Road  
Beaverton, OR 97007

### Event includes:

#### Discussion Panels (Portland location only; 11:30-12:30 p.m.)

- Sickle Cell Anemia - The Lamberth's Personal Journey
- Lupus Foundation of America - Meies Matz, PNW Chapter
- Blood Recipient Story

Blood Drive T-shirt and a 50% off Adidas coupon to each presenting donor.

#### Free Hair Cuts from 8:30 am-10:30 am

(Portland location only)  
by Signature Cuts, Geneva's Shear Perfection  
and Champion's Barber Shop.

Be the Match Information and Registration.

Appointments strongly encouraged.



American Red Cross

redcrossblood.org | 1-800-RED CROSS

African American blood specialist and pioneer in blood collection and plasma processing, Dr. Drew is considered one of the fathers of modern day blood banking. He helped establish the first American Red Cross blood bank.



## Charles Washington

Former Publisher of the Portland Observer

*In memory of an outstanding and dedicated member of Portland's Longest Standing Minority Publication.*

The Portland Observer

