

good food

FREE - TAKE ONE • JUNE 2025



OUTPOST CO-OP
GROCERY STORE

Sip & Slay All Day

HIDDEN SPINACH BERRY SMOOTHIE

SERVES 2
Gluten-free • Vegan with substitution

Start your day with a big spinach salad? You will enjoy a salad's worth of healthy spinach in this luscious smoothie, and hardly notice it's there. Try freezing your own local berries when they are in season to use in smoothies all year long. When bananas start getting soft, just peel them, pop them in a freezer bag, and freeze to use in smoothies. Using frozen berries and bananas will give you a thick, almost ice-cream texture, and you may need to add a little milk.



- 2 cups frozen or fresh raspberries, strawberries, blackberries, or a mix
- 3 cups spinach (packed)
- 1 cup yogurt, kefir, or a non-dairy alternative like almond milk
- 1 large banana, fresh or frozen

Put the berries and spinach in the blender first, and add the yogurt and banana. Process, scraping down as needed. Blend until smooth and serve.

PINEAPPLE GREEN SMOOTHIE

SERVES 2
Gluten-free • Vegan with substitution

- 1/2 cup milk
- 1/2 cup plain Greek yogurt
- 4 cups spinach leaves, washed
- 1 cup pineapple chunks, drained
- 1 medium frozen banana, sliced

Place ingredients in a blender in the following order: milk, yogurt, spinach, pineapple and banana, and secure the lid. Blend on high until smooth. Pour into glasses and serve.

TIP! For a thicker smoothie, use frozen pineapple chunks as well as the sliced, frozen banana. Make your own frozen fruit for smoothies by cutting up fresh pineapple and bananas and freezing the pieces on a baking sheet; then transfer to a zip-close bag for storage. Drained canned pineapple freezes just as well as fresh.

MANGO COCONUT SMOOTHIE

SERVES 2
Gluten-free • Vegan

Smoothies have the appeal of a milkshake with the nutritional profile of a fruit salad. When you have over-ripe bananas, peel, slice and freeze them, and you'll be ready to make smoothies anytime.

- 1 can low-fat coconut milk
- 2 cups frozen mango chunks
- 1 large frozen banana
- 1 tablespoon fresh ginger, peeled and chopped
- 1 tablespoon flax seeds
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon black pepper

Place all the ingredients, in order, in a blender and secure the lid. Blend, increasing the speed to high, until ingredients are very smooth. Serve immediately.



TIP! For this rich and satisfying smoothie, a can of coconut milk is preferable to the cartons of coconut-based nondairy milk that are typically found in refrigerated sections at co-ops. For a thicker, richer version, substitute regular coconut milk for low-fat.



TAHINI-COFFEE SMOOTHIE

SERVES 2
Gluten-free • Vegan with substitution

Add a coffee boost to your morning smoothie! This creamy beverage has the flavor combination of tahini (ground sesame seeds) and dates, blended with protein-rich Greek yogurt. You can determine just how caffeinated you want your smoothie to be by using decaf or regular coffee.

- 1 cup unsweetened Greek yogurt
- 2 large pitted dates
- 2 large frozen bananas, sliced
- 3 tablespoons tahini
- 2 teaspoons instant coffee, or more if desired
- 1/2 teaspoon vanilla
- Ice cubes, if desired

In a blender, add the yogurt, dates, bananas, tahini, coffee and vanilla. For a frostier shake, add a cup of ice cubes. Blend on high until smooth.

SUPER SIMPLE SMOOTHIES

MAKES ABOUT 4 CUPS

Gluten-free • Vegan with substitution

Nothing supercharges your morning quite like a good smoothie and whipping up one of these powerhouse blends couldn't be much easier. Follow the simple recipe below for an invigorating vanilla smoothie or sub in a few ingredients to create one of these colorful options!

+ GREEN SMOOTHIE

1 whole avocado
1-2 kale leaves, middle stem removed and torn into pieces
1 handful of spinach

+ BERRY SMOOTHIE

1 cup of frozen strawberries or berry of your choice

+ CHOCO NUT SMOOTHIE

1 heaping spoonful of nut butter
Swap a vanilla protein powder for a chocolate protein powder



BASE: VANILLA SMOOTHIE

2 cups of milk or milk alternative

1 banana

1 cup plain non-fat yogurt

1 scoop plain or vanilla protein powder

1/4 cup cold water

A few ice cubes





THE IMPACT OF FOOD COOPERATIVES



NATIONAL CO+OP GROCERS (NCG) IS OWNED BY 165 FOOD CO-OPS OPERATING 241 STORES IN 39 STATES THAT SERVE OVER 1.3 MILLION CONSUMER-OWNERS. OUTPOST IS PROUD TO BE AN ACTIVE MEMBER OF THIS DYNAMIC BUSINESS SERVICES COOPERATIVE! THE NEWLY PUBLISHED 2024 NCG FOOD CO-OP IMPACT REPORT SHOWS HOW FOOD CO-OPS ARE POSITIVELY IMPACTING THEIR COMMUNITIES ACROSS THE UNITED STATES THROUGH LOCAL DEMOCRATIC OWNERSHIP. SOME THINGS YOU CAN BE PROUD BEING A PART OF:

24%

TOTAL SALES ARE LOCAL

local



93%

**OF FOOD CO-OPS
PARTICIPATE IN SNAP**

5%

**TOTAL SALES ARE
PRODUCTS MADE BY
COOPERATIVES**



6%

**TOTAL SALES ARE
FAIR TRADE CERTIFIED**



2024 Food Co-op Impact Report



- READ FULL REPORT HERE -



37%

**TOTAL SALES ARE
ORGANIC PRODUCT**

8,293

**METRIC TONS OF CO2 OFFSET SINCE
2012 THROUGH CONSERVATION & AGRO-
FORESTRY PRACTICES IN PARTNERSHIP
WITH INDIGENOUS COMMUNITIES**



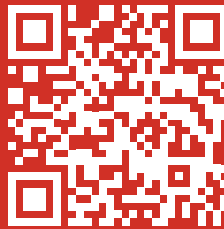
\$139,000

**DONATED TO NORTH AMERICAN TRADITIONAL
INDIGENOUS FOOD SYSTEMS (NATIFS) BY FOOD
CO-OPS & SHOPPERS COLLECTIVELY**



He's a Smooooothie Operator

Our juices & smoothies are **made with 100% real ingredients**—no ice, no water, just pure goodness.



See our menu!



**Think Outside
The Lunchbox**

June 1 - August 31

Donating is easy!

- Round up your grocery total at check-out
- Drop your spare change in a donation jar
- Donate a healthy food item in the donation bin at the front of the store

Benefits Hunger Task Force of Milwaukee



OUTPOST CO-OP
GROCERY STORE



Learn more at
www.outpost.coop/totl

SAVE THE DATE:



Saturday, June 21st
11 am - 2 pm
All Store Locations