

BLISSFUL BLENDS SMOOTHIE RECIPES



133 IRRESISTIBLE SMOOTHIE RECIPES
FOR EVERY PALATE

BY COZY YARN & CO

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Orange Banana Smoothie

Ingredients

1 cup cold milk
2 oranges, peeled and segmented
1 banana
1/4 cup sugar
1 pinch salt
1/2 (8 ounce) container vanilla fat-free yogurt
4 cubes ice

Directions

In a blender, combine milk, oranges, banana, sugar, salt and yogurt. Blend for about 1 minute. Insert ice cubes, and blend until smooth. Pour into glasses and serve.

Banana Smoothie II

Ingredients

1 banana
1 cup cold milk
1 egg
1 tablespoon wheat germ
1 tablespoon honey
1 teaspoon vanilla extract
1/4 teaspoon ground nutmeg

Directions

In a blender, combine banana, milk, egg, wheat germ, honey, vanilla and nutmeg. Blend until smooth. Pour into a chilled glass and serve.

Chocolate and Blueberry Smoothie

Ingredients

2 teaspoons cocoa powder
1 teaspoon hot water
1 cup milk
4 tablespoons frozen blueberries
1 teaspoon white sugar
4 ice cubes

Directions

Mix together the cocoa powder and water in a small bowl until the cocoa is dissolved. Place the cocoa mixture, milk, blueberries, sugar, and ice cubes into a blender; cover and blend until smooth, 30 to 45 seconds. Serve cold.

Banannerberry Smoothie

Ingredients

1 cup fresh strawberries
1 banana, sliced
1 cup fresh peaches
1 cup apples

1 1/2 cups vanilla ice cream
1 1/2 cups ice cubes
1/2 cup milk

Directions

In a blender combine strawberries, banana, peaches, apples, and ice cream. Blend until smooth. Add ice, pour in milk and blend again until smooth. Serve immediately.

Kiwinanaberry Cream Smoothie

Ingredients

5 kiwis
1 banana
2 tangelos
1 cup mixed fresh berries

1 1/2 cups plain yogurt
1 1/4 cups soy milk
1 tablespoon white sugar
1 sprig fresh mint leaves

Directions

In a blender or food processor, blend the kiwis, banana, tangelos, berries, yogurt, and soy milk. Gradually blend in the sugar to taste. Serve in tall glasses with fresh mint.

Banana Berry Smoothie II

Ingredients

1 cup milk
1 banana
3 large strawberries
1 tablespoon vanilla yogurt
1 teaspoon honey

Directions

In a blender, combine milk, banana, strawberries, yogurt and honey. Blend until smooth. Pour into glass and serve.

Apple Pie Smoothie

Ingredients

2 (6 ounce) containers vanilla yogurt
1/2 cup pumpkin pie filling
1 banana, broken into chunks

2 cups apple juice
1 teaspoon ground cinnamon
1 dash ground nutmeg

Directions

Combine the yogurt, pumpkin pie filling, banana, apple juice, cinnamon, and nutmeg in a blender. Blend until smooth, about 1 minute. Pour into glasses and serve.

Peach Smoothie

Ingredients

1 (15 ounce) can sliced peaches, drained
4 scoops vanilla ice cream
2 cups vanilla soy milk
1/4 cup orange juice

Directions

In a blender, combine peaches, ice cream, soy milk and orange juice. Blend until smooth. Pour into glasses and serve.

Papaya Passion Smoothie

Ingredients

| | |
|--------------------------------------|----------------------------|
| 2 cups papaya - peeled, seeded cubed | 1 cup vanilla yogurt |
| 2 cups milk | 2 tablespoons cream cheese |
| 1/4 cup white sugar | 2 cups ice |
| 1/4 cup sweetened condensed milk | |

Directions

Place papaya, milk, sugar, condensed milk, yogurt, cream cheese, and ice in a blender. Blend until smooth. Serve immediately.

Hailey's Smoothie

Ingredients

| | |
|--------------------------------------|-----------------------------|
| 3 kiwis, peeled and chopped | 1 1/2 cups crushed ice |
| 2 frozen bananas, peeled and chopped | 3 tablespoons honey |
| 1 cup blueberries | 1/4 teaspoon almond extract |
| 1 cup plain yogurt | |

Directions

In a blender, combine the kiwis, frozen bananas, blueberries, yogurt, crushed ice, honey and almond extract. Blend until smooth.

B and L's Strawberry Smoothie

Ingredients

| | |
|------------------------|-----------------------------|
| 8 strawberries, hulled | 3 tablespoons white sugar |
| 1/2 cup skim milk | 2 teaspoons vanilla extract |
| 1/2 cup plain yogurt | 6 cubes ice, crushed |

Directions

In a blender combine strawberries, milk, yogurt, sugar and vanilla. Toss in the ice. Blend until smooth and creamy. Pour into glasses and serve.

Fresh Grapefruit Juice Smoothie

Ingredients

1 1/3 cups fresh red grapefruit juice
8 large strawberries
2 medium bananas, sliced
1 (8 ounce) container strawberry-banana yogurt
2 tablespoons honey
1 cup crushed ice

Directions

Place the grapefruit juice, strawberries, bananas, yogurt, honey, and ice into a blender. Cover, and blend until smooth.

Berry Good Smoothie II

Ingredients

1 nectarine, pitted
3/4 cup strawberries, hulled
3/4 cup blueberries, rinsed and drained
1/3 cup nonfat dry milk powder
1 cup crushed ice

Directions

In a blender combine nectarine, strawberries, blueberries, milk powder and crushed ice. Blend until smooth. pour into glasses and serve.

Amaretto Smoothie

Ingredients

4 (1.5 fluid ounce) jiggers amaretto liqueur
4 (1.5 fluid ounce) jiggers milk
1 cup vanilla ice cream

Directions

In a blender combine amaretto, milk and ice cream. Blend until smooth. Pour over ice into 4 glasses.

Nectarine Sunshine Smoothie

Ingredients

2 large nectarines, pitted and quartered
1 banana, cut into pieces and frozen
1 large orange, peeled and quartered
1 cup vanilla yogurt
1 cup orange juice
1 tablespoon honey

Directions

Place the nectarines, frozen banana chunks, orange, vanilla yogurt, orange juice, and honey into a blender, and blend until smooth.

Strawberry Orange Coconut Smoothie

Ingredients

2 1/2 cups hulled strawberries
1 orange, peeled

1/2 cup coconut milk
4 ice cubes (optional)

Directions

Place the strawberries, orange, coconut milk, and ice cubes in a blender. Cover and blend until smooth.

Yam (sweet potato) Smoothie

Ingredients

2 medium yams (sweet potato)
3 cups vanilla yogurt
1 cup milk

2 cups ice cubes
1 teaspoon white sugar
1 ripe banana, sliced

Directions

Prick yams with a fork, and place on a plate. Cook in the microwave for 8 to 10 minutes, turning once, until tender. Cool, peel and dice.

Combine the yams, yogurt, milk, ice cubes, sugar and banana in the container of a blender. Blend until smooth.

Fruity Red Smoothies

Ingredients

1 (8 ounce) container strawberry yogurt
1/2 cup cranberry juice
1 1/2 cups frozen unsweetened strawberries, quartered
1 cup frozen unsweetened raspberries
1 teaspoon sugar

Directions

In a blender or food processor, combine yogurt and cranberry juice. Add strawberries, raspberries and sugar; cover and process until blended. Pour into glasses; serve immediately.

Strawberry-Banana-Peanut Butter Smoothie

Ingredients

1/2 cup nonfat plain yogurt
2 tablespoons peanut butter
1 banana

4 fresh strawberries, hulled
10 ice cubes

Directions

Place yogurt, peanut butter, banana, strawberries, and ice cubes into a blender. Puree until smooth.

Cherry Berry Smoothies

Ingredients

1 cup cherry juice
1 (8 ounce) container vanilla yogurt
1 cup frozen unsweetened raspberries

1/2 cup seedless red grapes
3 teaspoons sugar

Directions

In a blender, combine all ingredients. Cover and process until well blended. pour into glasses; serve immediately.

Pumpkin Pie Smoothie

Ingredients

1 (15 ounce) can solid pack pumpkin puree
1 (12 fluid ounce) can frozen apple juice concentrate

1/8 teaspoon ground nutmeg
1 teaspoon ground cinnamon
2 1/2 cups water

Directions

Remove pumpkin from can and freeze for 1 hour.

In a blender combine partially frozen pumpkin, frozen apple juice concentrate, nutmeg and cinnamon. Blend until smooth. Continue to blend while adding water to fill the blender.

Orange Sunrise Smoothie

Ingredients

1/2 cup orange juice
1 banana, frozen and chunked
1 peach, peeled and sliced
1/2 cup honeydew melon, cubed

1 (8 ounce) container orange yogurt
1 teaspoon white sugar
1/2 cup ice

Directions

Combine the orange juice, banana, peach, honeydew melon, yogurt, sugar, and ice in a blender. Blend until smooth, or chunky, as desired. Pour into two glasses and serve.

California Smoothie

Ingredients

7 large strawberries
1 (8 ounce) container lemon yogurt
1/3 cup orange juice

Directions

Place strawberries in a plastic container and freeze for about an hour.

In a blender, combine frozen strawberries, yogurt and orange juice. Blend until smooth. Pour into a tall glass and serve.

Tropical Pineapple Smoothies

Ingredients

1 cup fat-free milk
1 (8 ounce) can unsweetened crushed pineapple
1/2 cup unsweetened pineapple juice
3 tablespoons sugar
1/2 teaspoon vanilla extract
1/4 teaspoon coconut extract
6 ice cubes

Directions

Place the first six ingredients in a blender; cover and process until smooth. Add ice cubes; cover and process until smooth.

Flax Seed Smoothie

Ingredients

1/2 frozen banana, peeled and cut into chunks
1 cup frozen strawberries
2 tablespoons flax seed meal
1 cup low-fat vanilla soy milk

Directions

Place the banana, strawberries, flax seed meal, and soy milk into a blender. Puree until smooth.

Kale and Banana Smoothie

Ingredients

1 banana
2 cups chopped kale
1/2 cup light unsweetened soy milk
1 tablespoon flax seeds
1 teaspoon maple syrup

Directions

Place the banana, kale, soy milk, flax seeds, and maple syrup into a blender. Cover, and puree until smooth. Serve over ice.

Pineapple Sunrise Smoothies

Ingredients

1 (14 ounce) can pineapple tidbits
1 small ripe banana, sliced
3/4 cup fresh or frozen raspberries
2 tablespoons sugar
2 ice cubes

Directions

Drain pineapple, reserving juice and 1 cup pineapple (refrigerate remaining pineapple for another use). In a blender, combine the pineapple juice, pineapple, banana, raspberries, sugar and ice; cover and process until smooth. Stir if necessary. Pour into chilled glasses; serve immediately.

Banana-Orange Smoothie

Ingredients

1 banana, peeled
1 large orange, peeled and seeded
2 cups vanilla-flavored soy milk
1 teaspoon ground ginger

Directions

Place banana, orange, soy milk, and ginger in an electric blender. Process until ingredients are blended and smooth.

The Most Awesome Smoothie You'll Ever Make

Ingredients

1 banana
1/2 apple
1 kiwi, peeled
1/2 cup frozen mixed berries
1 cup orange juice
1/2 cup soy milk
1/2 cup non fat plain yogurt
1/2 cup tofu
3 tablespoons unsalted natural peanut butter
2 tablespoons aloe vera juice
2 tablespoons flaxseed oil
1 teaspoon barley grass powder (optional)

Directions

In a blender, combine banana, apple, kiwi, mixed berries and orange juice. Blend until smooth. Add soy milk, yogurt, tofu, peanut butter, aloe vera juice, flaxseed oil, and barley grass powder. Blend again until well blended. Pour into glasses and serve.

Cold Cocoa Smoothie

Ingredients

1 1/2 scoops vanilla ice cream
1 1/2 cups milk
1/4 cup whipped cream
2 tablespoons instant hot chocolate mix
5 chocolate sandwich cookies, crushed

Directions

In a blender, combine ice cream, milk, whipped cream, hot chocolate mix and crushed cookies. Blend until smooth. Pour into a large chilled glass.

Banana Smoothie I

Ingredients

1 banana
1 cup milk
1 teaspoon vanilla extract
1 egg
2 tablespoons white sugar
1 pinch ground cinnamon

Directions

In a blender, combine banana, milk, vanilla, egg and sugar. Blend until smooth. Pour into a tall glass and top with a pinch of cinnamon.

Dana's Tropical Fruit Smoothie

Ingredients

| | |
|-----------------------------------------------|--------------------|
| 1 (15 ounce) can crushed pineapple with juice | 1 banana |
| 1 cup plain yogurt | 8 cubes ice |
| | 1 cup orange juice |

Directions

Combine undrained can of pineapples, yogurt, banana, and ice cubes in a blender. Blend while adding orange juice until fruit is pureed and it is the desired consistency.

Raspberry Lemon Smoothie

Ingredients

| | |
|-------------------------------|---------------------|
| 10 ice cubes | 1 cup raspberries |
| 1 1/2 cups vanilla yogurt | 3 tablespoons honey |
| 1 lemon, quartered and seeded | |

Directions

Place the ice into a blender pitcher. Add the yogurt, lemon quarters, raspberries, and honey. Cover, and blend until the mixture is smooth, or to your desired consistency. Pour into chilled glasses to serve.

Chocolate-Cherry-Banana Breakfast Smoothie

Ingredients

3 small frozen bananas (peel before you freeze)
2 cups frozen dark sweet cherries
2 cups chocolate soy milk

Directions

Place all ingredients in a blender. Blend on puree (or the highest setting) until smooth, about 30 seconds. Pour into glasses and serve.

Chocolate Banana Smoothie

Ingredients

1 banana
1 tablespoon chocolate syrup
1 cup milk
1 cup crushed ice

Directions

In a blender, combine banana, chocolate syrup, milk and crushed ice. Blend until smooth. Pour into glasses and serve.

Mongolian Strawberry-Orange Juice Smoothie

Ingredients

1 cup chopped fresh strawberries
1 cup orange juice
10 cubes ice
1 tablespoon sugar

Directions

In a blender, combine strawberries, orange juice, ice cubes and sugar. Blend until smooth. Pour into glasses and serve.

Fig Smoothie

Ingredients

2 frozen bananas, peeled and chopped
6 fresh figs, halved
3/4 cup milk
3/4 cup orange juice

Directions

Place the bananas, figs, milk, and orange juice into a blender. Cover, and puree until smooth. Pour into glasses to serve.

Berry Smoothie

Ingredients

| | |
|---------------------------------------|---------------------|
| 1 cup milk | 3 tablespoons sugar |
| 1 cup frozen unsweetened strawberries | 1 cup ice cubes |
| 1 cup frozen unsweetened raspberries | |

Directions

Place the milk, berries and sugar in a blender; cover and process until smooth. Add ice cubes; cover and process until smooth.

Red, White, and Blue Fruit Smoothie

Ingredients

| | |
|-----------------------------------------------|------------------------------|
| 1/2 large frozen banana, cut into pieces | 1/2 cup milk |
| 2 large fresh strawberries, rinsed and sliced | 1 teaspoon vanilla extract |
| 1/4 cup blueberries | 2 tablespoons vanilla yogurt |
| | 2 ice cubes |

Directions

Place the banana pieces, strawberries, blueberries, milk, vanilla extract, yogurt, and ice cubes in a blender. Blend until smooth.

Razzy Blue Smoothie

Ingredients

| | |
|----------------------------|-----------------------------|
| 1 banana | 1 cup frozen blueberries |
| 16 whole almonds | 1 cup raspberry yogurt |
| 1/4 cup rolled oats | 1/4 cup Concord grape juice |
| 1 tablespoon flaxseed meal | 1 cup 1% buttermilk |

Directions

Peel the banana and cut into 1/2-inch chunks. Chill in freezer until solid, about 2 hours. Place the almonds, oats, and flaxseed meal into a blender; pulse until finely ground. Add the frozen banana, frozen blueberries, yogurt, grape juice, and buttermilk; puree until smooth.

Pineapple Delight Smoothie

Ingredients

| | |
|-------------------------------|--------------------|
| 2 cups milk | 6 pineapple rings |
| 2 bananas, frozen and chunked | 1 tablespoon honey |

Directions

In a blender combine milk, frozen bananas, pineapple and honey. Blend until smooth.

Back to the Basics Smoothie

Ingredients

1 (11 ounce) can mandarin oranges, frozen
1 banana, frozen and chunked
1 frozen Gala apple, peeled, cored and chopped
1 (12 ounce) package tofu
1 cup orange juice

Directions

In a blender, combine mandarin oranges, banana, apple and tofu. Pour in orange juice. Blend until smooth. Pour into glasses and serve.

Four-Berry Smoothies

Ingredients

| | |
|----------------------------------------|-----------------------------------------|
| 1 1/2 cups fat-free milk | 1/2 cup frozen unsweetened strawberries |
| 1/2 cup frozen blackberries | 2 tablespoons lemonade concentrate |
| 1/2 cup frozen blueberries | 1 tablespoon sugar |
| 1/2 cup frozen unsweetened raspberries | 1/2 teaspoon vanilla extract |

Directions

In a blender or food processor, combine all of the ingredients. Cover and process until smooth. Pour into glasses; serve immediately.

Melon Smoothie

Ingredients

1/4 cantaloupe - peeled, seeded and cubed
1/4 honeydew melon - peeled, seeded and cubed
1 lime, juiced
2 tablespoons sugar

Directions

In a blender, combine cantaloupe, honeydew, lime juice and sugar. Blend until smooth. Pour into glasses and serve.

Very Berry Blueberry Smoothie

Ingredients

1 banana, chopped 1 kiwi, sliced
3/4 cup blueberries 1 cup ice cubes
1 (8 ounce) container vanilla yogurt

Directions

Combine the banana, kiwi, blueberries, ice cubes, and vanilla yogurt in a blender; blend until smooth.

Pineapple Smoothies

Ingredients

1 1/2 cups unsweetened pineapple juice
1 cup 1% buttermilk
2 cups ice cubes
2 (8 ounce) cans unsweetened crushed pineapple
1/4 cup sugar

Directions

Combine all ingredients in a blender or food processor; cover and process until smooth. Pour into glasses; serve immediately.

Delicious Blueberry Smoothie

Ingredients

1/4 cup apple juice
1 tablespoon instant iced tea powder
1/2 cup frozen blueberries
1 frozen banana
1 tablespoon lemon juice (optional)

Directions

Place the apple juice, iced tea powder, blueberries, banana, and lemon juice into a blender pitcher. Blend on high until smooth.

Sugar-Free Cardamom-Mango Smoothie

Ingredients

| | |
|---------------------------------------|----------------------------------------------------------------------|
| 2 ripe mangoes, peeled, pitted, diced | 1/4 teaspoon ground cardamom (optional) |
| 1 cup fat-free plain yogurt | |
| 8 cubes ice | 1/2 cup granular sucrolose sweetener (such as Splenda®), or to taste |
| 2/3 cup nonfat milk | |

Directions

Place mango, yogurt, ice, and milk into a blender. Sprinkle in cardamom and sweetener to taste. Puree until smooth, frothy, and creamy.

Tofuberry Smoothie

Ingredients

| | |
|---------------------------|---------------------|
| 1/4 cup diced silken tofu | 1/2 cup raspberries |
| 2 tablespoons soy milk | 1/4 banana |
| 1/4 cup fruit yogurt | 2 cups orange juice |

Directions

Place tofu, soy milk, yogurt, raspberries, banana, and orange juice in a blender. Blend until smooth. Pour in glasses over ice or vanilla ice cream.

Orange Pineapple Smoothie

Ingredients

| | |
|----------------------------------------------------|--------------------------------|
| 1 (8 ounce) can canned pineapple chunks, undrained | 2 tablespoons sugar |
| 1 (6 ounce) can frozen orange juice concentrate | 1 tablespoon lime juice |
| 1 cup white rum | 1 tray ice |
| | 4 maraschino cherries, garnish |

Directions

In a blender, combine pineapple, orange juice concentrate with juice, rum, sugar, lime juice and ice cubes. Blend until smooth. Pour into glasses, garnish with cherries, and serve.

Space Needle Smoothie

Ingredients

| | |
|---------------------------------------------------|----------------------------------|
| ice | 1 fluid ounce coconut cream |
| 2 fluid ounces amaretto (almond-flavored liqueur) | 3 fluid ounces whipping cream |
| 2 fluid ounces white creme de cacao | 6 maraschino cherries (optional) |

Directions

Fill a blender with ice; add the amaretto, creme de cacao, coconut cream, and whipping cream; blend until smooth. Divide into 6 glasses, garnishing each with a cherry, to serve.

Janie's Amazing Smoothie

Ingredients

1 zucchini, cubed
5 ice cubes
1 cup orange juice

2 tablespoons granular sucrolose
sweetener (such as Splenda®)
3/4 teaspoon vanilla extract

Directions

Place the zucchini, ice cubes, orange juice, sweetener, and vanilla extract into a blender. Cover, and blend until smooth, about 1 minute.

PHILADELPHIA 'Fruit Smoothie' No-Bake

Ingredients

2 cups HONEY MAID Graham Cracker Crumbs
6 tablespoons butter, melted
3 tablespoons sugar
4 (8 ounce) packages PHILADELPHIA
1/3 Less Fat Cream Cheese, softened
3/4 cup sugar
1 (12 ounce) package frozen mixed berries (strawberries, raspberries, blueberries and blackberries), thawed, drained
1 (8 ounce) tub COOL WHIP LITE Whipped Topping

Directions

Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan. Mix graham crumbs, butter and 3 Tbsp. sugar; press onto bottom of prepared pan.

Refrigerate while preparing filling.

Beat cream cheese and 3/4 cup sugar in large bowl with electric mixer until well blended. Add drained berries; beat on low speed just until blended. Gently stir in whipped topping. Spoon over crust; cover.

Refrigerate 4 hours or until firm. Use foil handles to remove cheesecake from pan before cutting to serve. Store leftovers in refrigerator.

Mango-Pineapple Smoothie

Ingredients

1 cup vanilla yogurt
1 cup unsweetened pineapple juice
1/2 banana, sliced

1 mango - peeled, seeded and chopped
1/2 cup nonfat milk
2 tablespoons cream of coconut

Directions

In a blender, blend the vanilla yogurt, pineapple juice, banana, mango, milk, and cream of coconut until smooth.

Island Smoothie

Ingredients

1 cup ice
2 cups pineapple juice 1/2 cup ginger ale
3 tablespoons coconut milk 1 tablespoon white sugar

Directions

Combine the ice, pineapple juice, ginger ale, coconut milk, and sugar in a blender; blend until smooth.

A Very Intense Fruit Smoothie

Ingredients

1 (10 ounce) package frozen mixed berries
1 (15 ounce) can sliced peaches, drained
2 tablespoons honey

Directions

In a blender, combine frozen fruit, canned fruit and honey. Blend until smooth.

Pumpkin Smoothie

Ingredients

1 (16 ounce) can pumpkin puree 2 cups milk
1/4 cup brown sugar
2 teaspoons ground cinnamon

Directions

Place the pumpkin puree in a freezer bag; store in freezer for at least 24 hours. Heat the bag of pumpkin puree in the microwave on HIGH to soften, 1 to 2 minutes. Pour the milk into a blender. Add the brown sugar, cinnamon, and pumpkin; blend until smooth.

Simple Summer Smoothie

Ingredients

| | |
|---------------------------|-------------------------------|
| 1 banana | 4 ice cubes |
| 1 cup frozen strawberries | 1/2 cup orange juice |
| 1 cup frozen blueberries | 3/4 cup vanilla yogurt |
| 1 cup frozen cherries | 1/2 teaspoon honey (optional) |

Directions

Place the banana, strawberries, blueberries, cherries, and ice cubes into a blender. Pour in the orange juice, vanilla yogurt, and honey. Puree until smooth.

Groovy Green Smoothie

Ingredients

1 banana, cut in chunks
1 cup grapes
1 (6 ounce) tub vanilla yogurt

1/2 apple, cored and chopped
1 1/2 cups fresh spinach leaves

Directions

Place the banana, grapes, yogurt, apple and spinach into a blender. Cover, and blend until smooth, stopping frequently to push down anything stuck to the sides. Pour into glasses and serve.

Banana Fruit Smoothie

Ingredients

1 cup pineapple juice
3 bananas, sliced
1 tablespoon honey
2 cups ice

Directions

In a blender, combine pineapple juice, bananas, honey and ice. Blend until smooth. Pour into glasses and serve.

Purple Cow Smoothie

Ingredients

1/2 cup grape soda
2 cups vanilla ice cream
10 cubes ice
1 teaspoon vanilla extract milk

Directions

In a blender, combine grape soda, ice cream, ice cubes and vanilla. Blend until smooth. If mixture is too thick, add milk until desired consistency is achieved. Pour into glasses and serve.

Vodka Smoothie

Ingredients

6 fluid ounces vodka
18 fluid ounces orange juice
1 cup frozen strawberries

4 scoops orange sherbet
1 cup crushed ice

Directions

In a blender, mix the vodka, orange juice, strawberries, orange sherbet, and ice. Blend until smooth.

Cool Off Smoothie

Ingredients

2 cups strawberries, hulled
1 cup orange juice
1 (8 ounce) container strawberry yogurt

2 cups ice
1 banana

Directions

In a blender combine strawberries, orange juice, yogurt, ice and banana. Blend until smooth.

Strawberry Oatmeal Breakfast Smoothie

Ingredients

1 cup soy milk
1/2 cup rolled oats
1 banana, broken into chunks

14 frozen strawberries
1/2 teaspoon vanilla extract
1 1/2 teaspoons white sugar

Directions

In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.

Berry Good Smoothie

Ingredients

16 cubes ice
1/2 cup water
1/2 cup mixed berry fruit juice

1/2 cup frozen red raspberries
2 1/4 cups frozen mixed berries
1/4 cup frozen blueberries

Directions

Blend 16 ice cubes in a blender until crushed. Pour in water and juice. Blend. Pour in frozen berries. Blend until smooth. Pour into chilled glasses.

Mindy's Berry Nice Smoothie

Ingredients

1/2 cup vanilla soy milk
1/2 cup orange juice
1/4 cup wheat germ
2 cups frozen mixed berries

Directions

In a blender, combine soy milk, orange juice, wheat germ and frozen berries. Blend until smooth. Pour into glasses and serve.

Asian Pear and Strawberry Smoothie

Ingredients

1/2 cup ice
1 Asian pear, cored and cubed
2 large strawberries, hulled
2/3 cup vanilla fat-free yogurt
1/4 cup fat-free milk
2 teaspoons white sugar

Directions

Place the ice, Asian pear, strawberries, yogurt, milk, and sugar into a blender; blend until smooth.

Banana and Strawberry Smoothie

Ingredients

1 banana
5 strawberries, hulled
1 teaspoon ground cinnamon
1 cup cold milk
1 drop red food coloring (optional)

Directions

Combine the banana, strawberries, cinnamon, milk, and food coloring in a blender; blend until smooth; serve immediately.

Gator Smoothies

Ingredients

2 cups ice
2 cups grape flavored sports drink
2 scoops vanilla ice cream

Directions

In a blender, combine ice, sports drink and ice cream. Blend until smooth. Pour into glasses and serve.

Gloomy Day Smoothie

Ingredients

1 mango - peeled, seeded, and cut into chunks
1 banana, peeled and chopped
1 cup orange juice
1 cup vanilla nonfat yogurt

Directions

Place mango, banana, orange juice, and yogurt in a blender. Blend until smooth. Serve in clear glasses, and drink with a bendy straw!

Vanilla-Banana Smoothie

Ingredients

2 bananas, broken into chunks
1 cup vanilla ice cream
1/2 teaspoon vanilla extract

1/2 cup fresh orange juice
1 cup milk

Directions

Place banana and vanilla ice cream into a blender. Pour in vanilla extract, orange juice, and milk. Puree until thick and smooth.

Sweet Fruit Smoothies

Ingredients

1 (14 ounce) can sweetened condensed milk
1 (8 ounce) container strawberry yogurt
2 tablespoons lemon juice

1 (8 ounce) can crushed pineapple, undrained
1 medium ripe banana, sliced
1 cup halved fresh strawberries
1 cup crushed ice

Directions

In batches, process the milk, yogurt, lemon juice and fruit in a blender or food processor until smooth. Add ice; cover and process until smooth. Pour into glasses; serve immediately.

Lemon Pineapple Smoothies

Ingredients

2 cups vanilla ice cream
1 (20 ounce) can pineapple tidbits, drained

1 cup chilled lemon-lime soda
2 tablespoons lemonade concentrate
1 drop yellow food coloring

Directions

In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately.

Basic Fruit Smoothie

Ingredients

1 quart strawberries, hulled
1 banana, broken into chunks
2 peaches

1 cup orange-peach-mango juice
2 cups ice

Directions

In a blender, combine strawberries, banana and peaches. Blend until fruit is pureed. Blend in the juice. Add ice and blend to desired consistency. Pour into glasses and serve.

Chocolate Covered Blueberry Smoothie

Ingredients

1 cup skim milk
1 cup frozen blueberries
1 (1 ounce) envelope instant hot chocolate mix
1 tablespoon chocolate syrup

Directions

Pour the milk, blueberries, hot cocoa mix, and chocolate syrup into the container of a blender. Blend to desired consistency, and pour into a tall glass.

Mango Lime Smoothie

Ingredients

3 mangoes, peeled, pitted, and cut into 1-inch chunks
2 tablespoons fresh lime juice
2 tablespoons confectioners' sugar
1 tray ice cubes

Directions

Place the mangoes, lime juice, confectioners' sugar, and ice cubes in a blender. Blend until slushy.

Strawberry Banana Smoothie

Ingredients

1 1/2 cups vanilla yogurt
2 bananas, cut up
1/2 cup frozen strawberries
2 tablespoons wheat germ
1 tablespoon honey

Directions

Combine the yogurt, bananas, strawberries, wheat germ, and honey in a blender; blend until smooth, about 1 minute.

Cherry Almond Smoothie

Ingredients

1 (8 ounce) container cherry yogurt
1 (11 ounce) can mandarin oranges, drained
1/2 banana, peeled and sliced
1/4 cup half-and-half cream
1 teaspoon almond extract

Directions

In a blender, mix yogurt, oranges, banana, half-and-half and almond extract. Blend until smooth.

A Berry-Purple Smoothie

Ingredients

- 1 (20 ounce) can crushed pineapples in juice, chilled
- 1 (16.5 ounce) can blueberries or blackberries in light syrup, chilled and drained
- 1 1/2 cups small ice cubes
- 1 (6 ounce) container low-fat lemon or vanilla yogurt

Directions

Combine all of the ingredients in a blender and puree until smooth. Serve immediately or keep chilled for up to one hour. Mix again before serving.

Fruit Smoothie II

Ingredients

- | | |
|--------------------------------------|---------------------------|
| 1 cup blueberries | 3/4 cup seedless grapes |
| 2 apples - peeled, cored and chopped | 3 tablespoons white sugar |
| 1 1/2 cups raspberries | 1 tray ice cubes |

Directions

In a blender, combine blueberries, apples, raspberries, grapes, sugar and ice. Blend until smooth. Pour into glasses and serve.

Pineapple and Banana Smoothie

Ingredients

- 4 ice cubes
- 1/4 fresh pineapple - peeled, cored and cubed
- 1 large banana, cut into chunks
- 1 cup pineapple or apple juice

Directions

Place ice cubes, pineapple, banana, and pineapple juice into the bowl of a blender. Puree on high until smooth.

Green Slime Smoothie

Ingredients

- | | |
|----------------------------|---------------------|
| 2 cups spinach | 2 tablespoons honey |
| 2 cups frozen strawberries | 1/2 cup ice |
| 1 banana | |

Directions

Place the spinach in the freezer until frozen, at least 1 hour. Combine the spinach, strawberries, banana, honey, and ice in a blender. Blend until smooth. Serve immediately.

Yummy Smoothies

Ingredients

1/2 cup frozen peach slices
1/2 cup frozen strawberries
1/4 cup milk
1/2 cup ice cubes

Directions

In a blender, blend the peaches, strawberries, milk, and ice cubes until smooth.

Supergirl Summer Smoothie

Ingredients

| | |
|----------------------------------|----------------------------------------------|
| 2 bananas, broken into chunks | 3 cubes ice cubes (optional) |
| 1 cup cubed papaya (optional) | 2 (6 ounce) containers fruit flavored yogurt |
| 1 cup cubed fresh pineapple | 1/2 cup orange juice, or as needed |
| 1 cup cubed honeydew | |
| 1 cup seedless grapes (optional) | |

Directions

Place bananas, papaya, pineapple, honeydew, grapes, ice cubes, and yogurt into the bowl of a blender. Pour in orange juice. Cover and puree until smooth, adding additional orange juice if needed to achieve desired consistency.

Green Smoothie

Ingredients

1 banana, thickly sliced, frozen 2 cups chopped kale
1 tablespoon flax seed meal (optional)
1 tablespoon coconut oil (optional) 1/4 cup milk
1/3 cup orange juice

Directions

Place the banana, kale, flax seed meal, and coconut oil into a blender, pour in the milk and orange juice. Cover, and puree until smooth; serve.

Banana Berry Smoothie III

Ingredients

| | |
|------------------------------|------------------------|
| 1 banana, frozen and chunked | 3/4 cup orange juice |
| 1 cup frozen raspberries | 1/4 cup vanilla yogurt |

Directions

In a blender, combine banana, raspberries, orange juice and yogurt. Blend until smooth. Pour into glasses and serve.

Peaches 'N Cream Banana Breakfast Smoothie

Ingredients

1 1/4 cups milk
1/4 cup vanilla yogurt
1 banana, broken into chunks
1 packet peaches and cream flavor
instant oatmeal
2 packets granular no-calorie sucralose sweetener (such as Splenda®) (optional)
5 ice cubes

Directions

Place the milk, yogurt, banana, instant oatmeal, sweetener, and ice cubes into a blender. Cover, and puree until smooth. Pour into glasses to serve.

Papaya Surprise Smoothie

Ingredients

1 papaya - peeled, seeded and diced
1 banana, peeled and sliced
1/2 cup sliced fresh strawberries
1/3 cup milk
1/4 cup sugar
15 ice cubes

Directions

In a blender, blend the papaya, banana, strawberries, milk, sugar, and ice cubes until smooth.

Mango Pina Colada Smoothie

Ingredients

1 mango - peeled, seeded and cubed
1 1/4 cups pineapple juice
1/2 cup heavy cream
2 tablespoons white sugar
1 (14 ounce) can coconut milk

Directions

Place the mango cubes, ice, sugar, pineapple juice, cream, and coconut milk into a blender. Puree until smooth, pour into glasses and serve.

Blueberry, Banana, and Peanut Butter Smoothie

Ingredients

1 tablespoon flax seed meal or wheat germ
1 banana
1/2 cup frozen blueberries
1 tablespoon peanut butter
1 teaspoon honey
1/2 cup plain yogurt
1 cup milk

Directions

Put ground flax seed meal or wheat germ into blender to grind and further breakdown. This will also eliminate any bitterness from the flax seed. Place the banana, blueberries, peanut butter, honey, yogurt, and milk into the blender. Cover, and puree until smooth. Pour into glasses to serve.

Cantaloupe Berry Smoothie

Ingredients

1/2 cantaloupe - peeled, seeded and cubed
1/2 cup plain yogurt
1 cup raspberries
3 tablespoons white sugar

Directions

In a blender, combine cantaloupe chunks, yogurt, raspberries and sugar. Blend until smooth. Pour into glasses and serve.

Mango-Peach Smoothie

Ingredients

1 peach, sliced
1 mango, peeled and diced
1/2 cup vanilla soy milk
1/2 cup orange juice, or as needed

Directions

Place the peach, mango, soy milk, and orange juice into a blender. Cover, and puree until smooth. Pour into glasses to serve.

Easy Avocado Smoothie

Ingredients

1/2 Chilean Hass avocado
1 cup orange juice
1 (6 ounce) container vanilla nonfat yogurt

Directions

Put all ingredients in a blender. Blend until smooth. Serve in tall glass.

Peachy Keen Smoothie

Ingredients

1 cup sliced peaches 4 cubes ice
(optional)
1/4 teaspoon ground nutmeg
1/2 teaspoon vanilla extract
1/2 teaspoon honey
2 teaspoons wheat germ
1 tablespoon rolled oats
1 cup vanilla soy milk

Directions

Place the peaches, ice, nutmeg, vanilla extract, honey, wheat germ, oats, and soy milk into a blender. Cover, and puree until smooth. Pour into glasses to serve.

Cucumber-Honeydew Smoothie

Ingredients

1 cucumber, peeled, seeded and chopped
2 cups cubed honeydew melon

2 cups passion fruit juice
8 sprigs fresh mint, or amount to taste
2 cups crushed ice

Directions

Combine cucumber, honeydew melon, passion fruit juice, and ice in a blender. Pull leaves from mint sprigs and add to blender. Blend mixture until smooth. Pour into tall glasses.

Berry Banana Smoothies

Ingredients

1 1/2 cups vanilla or plain yogurt
2/3 cup orange juice
2 ripe bananas, cut into chunks

1 cup halved fresh strawberries
2 teaspoons honey

Directions

In a blender, combine all ingredients; cover and process until smooth. Pour into chilled glasses; serve immediately.

Banana Banana Strawberry Smoothie

Ingredients

1 banana, broken into chunks
1 teaspoon banana extract
3/4 cup milk

1 (8 ounce) container strawberry yogurt
2 teaspoons white sugar

Directions

Place banana, banana extract, milk, yogurt, and sugar into a blender. Blend until smooth and serve.

Starlit Summer Smoothie

Ingredients

12 red seedless grapes
1/2 cup milk
1 (6 ounce) container peach yogurt

2 tablespoons white sugar
2 teaspoons vanilla extract
1 cup ice

Directions

In a blender, mix the grapes, milk, peach yogurt, sugar, vanilla, and ice. Blend until smooth.

Mango-Banana Smoothie

Ingredients

1 banana
1/2 cup frozen mango pieces
1/3 cup plain yogurt
1/2 cup orange-mango juice blend

Directions

Combine the banana, mango, yogurt, and juice in a blender; blend until nearly smooth.

Heavenly Blueberry Smoothie

Ingredients

1 frozen banana, thawed for 10 to 15 minutes
1/2 cup vanilla soy milk
1 cup vanilla fat-free yogurt
1 1/2 teaspoons flax seed meal
1 1/2 teaspoons honey
2/3 cup frozen blueberries

Directions

Cut banana into small pieces and place into the bowl of a blender. Add the soy milk, yogurt, flax seed meal, and honey. Blend on lowest speed until smooth, about 5 seconds. Gradually add the blueberries while continuing to blend on low. Once the blueberries have been incorporated, increase speed, and blend to desired consistency.

Energetic Strawberry Smoothie

Ingredients

1 (8.3 ounce) can citrus flavored energy drink (e.g. Red Bull[®])
2 cups frozen strawberries

Directions

In the container of a blender, combine the energy drink and frozen strawberries. Blend until smooth and creamy, about 1 minute. Add some water if blending is difficult. Pour into 2 big glasses.

Tropical Cooler Smoothie

Ingredients

1 cup orange juice
2 cups pineapple chunks, drained
1 banana, coarsely chopped
1/4 cup skim milk
2 tablespoons honey
1 cup crushed ice

Directions

In a blender combine orange juice, pineapple chunks, milk, honey and crushed ice. Blend until smooth.

Tropical Fruit Smoothie

Ingredients

1 mango, peeled and seeded
1 papaya, peeled and seeded
1/2 cup fresh strawberries

1/3 cup orange juice
5 cubes ice

Directions

Place the mango, papaya, strawberries, orange juice, and ice cubes in an electric blender. Process until the ingredients are smooth.

Apple Banana Smoothie

Ingredients

1 frozen bananas, peeled and chopped
1/2 cup orange juice
1 Gala apple, peeled, cored and chopped
1/4 cup milk

Directions

In a blender combine frozen banana, orange juice, apple and milk. Blend until smooth. pour into glasses and serve.

Orange Cream Smoothie

Ingredients

1/4 cup fat free half-and-half
4 cubes ice cubes
1/2 cup 1% milk
3/4 cup frozen orange juice concentrate

1/4 teaspoon vanilla extract
1 scoop vanilla flavored whey protein powder
1 teaspoon orange-flavored fish oil

Directions

Place half-and-half and ice cubes into a blender. Pulse until ice is crushed. Pour milk, orange juice concentrate, vanilla extract, protein powder, and fish oil into the half-and-half mixture. Blend until smooth. Serve immediately.

Groovie Smoothie

Ingredients

2 small bananas, broken into chunks
1 cup frozen unsweetened strawberries
1 (8 ounce) container vanilla low-fat yogurt
3/4 cup milk

Directions

In a blender, combine bananas, frozen strawberries, yogurt and milk. Blend until smooth. Pour into glasses and serve.

Raspberry Blackberry Smoothie

Ingredients

1 small banana
1/2 cup blackberries
1 cup fresh raspberries
1 (6 ounce) container vanilla yogurt
1 tablespoon honey
4 ice cubes

Directions

Place banana, blackberries, raspberries, yogurt, honey, and ice cubes into a blender. Blend until smooth.

Strawberry Banana Protein Smoothie

Ingredients

1 banana
1 1/4 cups sliced fresh strawberries
10 whole almonds
2 tablespoons water
1 cup ice cubes
3 tablespoons chocolate flavored protein powder

Directions

Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

Peanut Butter and Jelly Smoothie

Ingredients

2 cups milk
2 tablespoons blackberry jelly /jam
2 tablespoons peanut butter
1 bananas, frozen and chunked
2 tablespoons honey
2 teaspoons wheat germ

Directions

In a blender combine milk, jelly, peanut butter, banana, honey and wheat germ. Blend until smooth.

Kiwi Strawberry Smoothie

Ingredients

1 banana
6 strawberries 1 kiwi
1/2 cup vanilla frozen yogurt
3/4 cup pineapple and orange juice blend

Directions

Place the banana, strawberries, kiwi, vanilla frozen yogurt, and pineapple and orange juice blend in a blender. Blend until smooth.

Mint and Fruit Smoothie

Ingredients

1/4 cup red seedless grapes, frozen
1/4 cup unsweetened applesauce, or to taste
1 tablespoon fresh lime juice
3 frozen strawberries
1 cup cubed fresh pineapple
3 fresh mint leaves

Directions

Place frozen grapes, applesauce, and lime juice into a blender. Puree until smooth. Add frozen strawberries, cubed pineapple, and mint leaves. Pulse a few times until the strawberries and pineapple are in small bits.

Peanut Butter and Banana Smoothie

Ingredients

1 banana
1/8 cup peanut butter
1/2 cup soy milk
2 tablespoons honey

Directions

In a blender, combine banana, peanut butter and soy milk. Blend until smooth. Pour into glasses and drizzle with honey for garnish.

Chocolate Strawberry Smoothie

Ingredients

2 bananas, frozen and chunked
1/2 cup frozen strawberries
2 tablespoons chocolate syrup
1 cup plain yogurt

Directions

In a blender combine bananas, strawberries, chocolate syrup and yogurt. Blend until smooth.

Strawnana Smoothie Bread

ingredients

1/4 cup yogurt
3/4 cup chopped strawberries
1/4 cup milk
1 cup mashed banana
1 tablespoon orange juice
1 cup white sugar
1/2 teaspoon vanilla extract
1/4 teaspoon ground nutmeg
1 1/2 cups all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. Place yogurt, strawberries, milk, bananas and orange juice in blender or food processor; puree until smooth. Mix in sugar, nutmeg and vanilla. In a medium bowl sift together flour, baking powder and baking soda. Stir flour mixture to the smoothie mixture until batter is smooth. Pour into prepared pan. Bake in preheated oven for 1 hour, or until a toothpick inserted into center of loaf comes out clean.

Cranberry-Orange Power Smoothie

Ingredients

| | |
|---------------------------------------|------------------------------|
| 1 cup cranberry juice | 1/2 cup strawberries, hulled |
| 1 large banana | 1/4 cup raspberry sherbet |
| 1 medium orange, peeled and segmented | 1 cup ice cubes |
| | 1/4 cup whey protein powder |

Directions

Place cranberry juice, banana, orange, strawberries, sherbet, ice, and protein powder in the bowl of a blender. Blend on high speed until smooth, about one minute. Adjust the consistency by adding more sherbet if it's too thin, or more cranberry juice if it's too thick. Pour into two glasses and use a straw!

Purple Monstrosity Fruit Smoothie

Ingredients

| | |
|---------------------------------------------------|---------------------------------------|
| 2 frozen bananas, skins removed and cut in chunks | 1 cup orange juice |
| 1/2 cup frozen blueberries | 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.

All-Around Good Smoothie

Ingredients

| | |
|-------------------------------------------|-----------------------------|
| 1/2 cup nonfat milk | 1 1/2 tablespoons flax seed |
| 1/2 cup fat-free plain yogurt | 1 teaspoon honey |
| 1/2 frozen banana, peeled and chopped | 1/2 cup frozen strawberries |
| 2 tablespoons powdered protein supplement | |

Directions

In a blender, blend the milk, yogurt, banana, protein supplement, flax seed, honey, and strawberries until smooth.

Coconut Avocado Smoothie

Ingredients

| | |
|--------------------------------|--------------------------|
| 1 Hass avocado, diced | 1/4 cup cream of coconut |
| 1/2 cup low-fat vanilla yogurt | 8 ice cubes |
| 1/2 cup whole milk | |

Directions

Combine avocado, yogurt, milk, cream of coconut, and ice cubes in a blender; blend until smooth.

Strawberry Sensation Smoothie

Ingredients

3/4 cup frozen strawberries
1/2 orange, peeled
1/2 cup apple juice

1/4 cup vanilla yogurt
1 teaspoon finely ground almonds

Directions

Blend the strawberries, orange pieces, apple juice, vanilla yogurt, and almonds together in a blender until smooth.

Penny's Smoothie

Ingredients

1 banana
1/4 cup frozen blueberries
3/4 cup frozen peach slices

1/4 cup yogurt
2 tablespoons all fruit blueberry syrup
1/8 cup rice milk

Directions

In a blender, combine banana, frozen blueberries, frozen peach slices, yogurt and syrup. Blend until smooth. add rice milk and blend to desired consistency. Pour into glasses and serve.

Un-Tofu Tofu Smoothie

Ingredients

1/3 (10.75 ounce) package dessert tofu
3 frozen strawberries
5 frozen peach slices

1 (8 ounce) container strawberry yogurt
1 cup orange juice

Directions

In a blender, combine tofu, strawberries, peach slices, yogurt and orange juice. Blend until smooth.

Three Melon Smoothie

Ingredients

2 cups seedless watermelon, cubed
1 cup honeydew melon, cubed
1 cup cantaloupe melon, cubed

1/2 cup ice cubes
1/2 cup lemon-lime soda pop

Directions

Place the watermelon, honeydew, cantaloupe, and ice in a blender. Pour in the lemon-lime soda and puree until smooth.

Lemon Berry Smoothie

Ingredients

1 (8 ounce) container blueberry nonfat yogurt
1 1/2 cups skim milk
1 cup ice cubes

1 cup fresh blueberries
1 cup fresh strawberries
1 teaspoon powdered lemonade mix

Directions

Place yogurt, milk, ice cubes, blueberries, strawberries, and lemonade mix in a blender. Pulse until smooth and creamy.

Caramel Apple Smoothie

Ingredients

1 cup apple juice
1 cup chunky applesauce
1 cup low-fat vanilla yogurt

1/4 cup caramel ice cream topping
2 tablespoons smooth peanut butter
1 tablespoon caramel ice cream topping

Directions

Pour the apple juice into a plastic container and freeze until hard, about 2 hours.

Remove from container and break into pieces.

Place the frozen juice into the bowl of a blender along with the applesauce, yogurt, 1/4 cup of caramel topping, and peanut butter. Puree until smooth, then pour into 3 glasses; swirl in the remaining tablespoon of caramel topping before serving.

Honey-Mango Smoothie

Ingredients

1 mango - peeled, seeded and cubed
1 tablespoon white sugar
2 tablespoons honey

1 cup nonfat milk
1 teaspoon lemon juice
1 cup ice cubes

Directions

Place the mango, sugar, and honey in a blender pitcher; pour in the milk and lemon juice, and blend until smooth. Divide the ice cubes between two serving glasses. Pour the mango smoothie over ice to serve.

Orange Smoothie

Ingredients

1 (6 ounce) can frozen orange juice concentrate
1 cup milk
1 cup water

1 teaspoon vanilla extract
1/3 cup white sugar
10 cubes ice

Directions

In a blender, combine orange juice concentrate, milk, water, vanilla, sugar and ice. Blend until smooth. Pour into glasses and serve.

Eggnog Smoothie

Ingredients

1 quart eggnog
1 (5.1 ounce) package instant vanilla pudding mix
1 (12 ounce) container frozen whipped topping
1/2 cup rum, or amount desired

Directions

Pour the eggnog into a mixing bowl. Whisk in the pudding mix, whipped topping, and rum until evenly blended. Cover and refrigerate until well chilled, or about 2 hours. Serve cold.

Super Healthy Fruit Smoothie

Ingredients

| | |
|------------------------------------|---------------------|
| 1/3 cup fresh blueberries | 1/3 cup mango juice |
| 1/3 cup fresh raspberries | 2/3 cup milk |
| 4 large fresh strawberries, hulled | 2 tablespoons honey |
| 1/3 cup pomegranate juice | |

Directions

Place the blueberries, raspberries, strawberries, pomegranate and mango juices, milk, and honey into a blender. Cover, and puree until smooth. Pour into glasses to serve.

Avocado Smoothie

Ingredients

| | |
|-----------------------------------|---------------------|
| 1 ripe avocado, halved and pitted | 3 tablespoons honey |
| 1 cup milk | 8 ice cubes |
| 1/2 cup vanilla yogurt | |

Directions

Combine the avocado, milk, yogurt, honey, and ice cubes in a blender; blend until smooth.

Raspberry Chocolate Smoothie

Ingredients

| | |
|-------------------------------------------|-------------------------------|
| 3/4 cup chocolate flavored soy milk | 1/2 banana, peeled and sliced |
| 3/4 cup chocolate sorbet | 1 leaf fresh mint, chopped |
| 1 1/4 cups frozen unsweetened raspberries | |

Directions

In a blender, blend the soy milk, sorbet, raspberries, and banana until smooth. Garnish with mint to serve.

Suicide Smoothie

Ingredients

| | |
|------------------------------------|---------------------------------------------------|
| 1 cup strawberries | 2 fluid ounces vodka |
| 1/2 cup bananas, sliced | 2 fluid ounces rum |
| 1/2 cup fresh raspberries | 2 fluid ounces whiskey, (such as Black Velvet,„ŷ) |
| 1/2 cup strawberry yogurt | 2 fluid ounces cherry vodka (such as UV RedB,„ŷ) |
| 1 tablespoon powdered lemonade mix | |
| 1/2 cup ice cubes | |

Directions

Place the strawberries, bananas, raspberries, yogurt, lemonade mix, and ice cubes into a blender. Pour in the vodka, rum, whiskey, cherry vodka. Puree until smooth, and pour into two large glasses to serve.

Banana Smoothie

Ingredients

| | |
|-----------------------|------------------------------|
| 2 cups milk | 1/4 cup honey |
| 2 medium ripe bananas | 1/2 teaspoon vanilla extract |

Directions

Combine all ingredients in a blender until smooth.

Triple Threat Fruit Smoothie

Ingredients

| | |
|------------------------------|------------------------------------|
| 1 kiwi, sliced | 1 cup ice cubes |
| 1 banana, peeled and chopped | 1/2 cup orange juice |
| 1/2 cup blueberries | 1 (8 ounce) container peach yogurt |
| 1 cup strawberries | |

Directions

In a blender, blend the kiwi, banana, blueberries, strawberries, ice, orange juice, and yogurt until smooth.



healthkick[®]

BLENDING & SMOOTHIE RECIPE BOOK

Smoothies are a great way of getting your 5 a day and are a delicious vitamin boost perfect for those in a hurry.

The smoothie recipes are quick and easy to follow. Just add your ingredients into a liquidiser, smoothie machine or use a hand blender and mix until smooth.

WELCOME

Fresh Fruit Juice is something most of us love, but vegetable juice, not so much. Fresh Fruit Juices taste wonderful, sweet, and delicious but when we think about Vegetable Juices, we tend to associate them with bad tastes.

Vegetable Juice is very nutritional, so here are some ways to make vegetable juicing taste good!

1. Adding fruits or carrots to your juicing recipes will give them a sweeter flavour while mellowing out some of the harsher veggie flavours like those of broccoli and spinach.
2. Selecting certain produce will also add benefits, example using a granny smith apple rather than other apples to juices, as these types of apples have the least amount of sugar in them. Lemons and limes are also great to add to any smoothie recipe as they tend to mask harsh flavours while adding a tang to your smoothie. You will have to experiment with your smoothie recipes and see what engages your palate and what tastes best to you.
3. Test out different fruits and vegetables and see what each one tastes like individually. Take a small or medium size slice of cucumber, and then juice it into a small glass. Do the same with other vegetables or fruits like kale, spinach, apples, carrot, celery, beetroot, artichokes, broccoli, mango, oranges, lemons, etc. Try a little sip from each one so you have a feel for how strong or sweet they are. Then start by mixing something strong with something sweet. Take the kale and mix in some apple, lemon, or carrot until you come to a happy medium with the flavours. This is a great way to test out different ideas or smoothie recipes without having to make a full juice that you don't like but force yourself to drink.
4. Always select the freshest and most organic fruits and vegetables for your blending recipes. The fresher your produce, the better it will taste and the more nutritional value it will have.
5. The skins are where a lot of the nutritional value is. If you peel and skin them, you are throwing away very healthy nutrients. It's best to leave it on with the exception of butternut squash, pumpkin or super hardened produce.
6. Use a wide variety of ingredients in your smoothie recipes. Don't simply mix one fruit or one vegetable, go crazy and try mixing numerous things together. Remember, you are juicing for the health benefits and not so much for the taste itself. The more of a variety of vegetables and fruits you use, the more nutritious and healthy your juicing experience can and will be.
7. As a general rule, drink fruit juices mostly in the first half of the day, or at the start of your day as it provides the complex carbohydrates to fuel energy. For the later part of the day, drink smoothies that are less sweet, like partial or full green juices.

All blending should always be done as part of a calorie controlled diet. Always consult your doctor before entering any form of diet.



STARTING YOUR JUICING

Step 1: Start with the more common produce first which are easier on your stomach, like carrots, apples, oranges or watermelons. They are gentle and mild on your taste bud and on your stomach.

Step 2: After blending these a few times, you may feel ready to add something new to your menu. Use carrots and green apples as a base in most of juices and add other items to it to make great-tasting and healthy smoothie. This is when you begin to add some vegetables.

Step 3: The greener the vegetables, the more nutritionally valuable they are, and less palatable. When you think you are ready for green vegetables, remember your base (carrot and green apples), add any greens you fancy: broccoli, cauliflower, cabbage, celery, cucumber, lettuce, spinach, kale, swiss chard, etc. The more greens you have, you may want to add more green apples (up to 2-3 depending on how much you're juicing), and 1/4 or 1/2 slice of lemon to go with it for taste. Lemon is a super food that not only helps detoxify your system, it also multiplies your nutrients absorption rate by up to 5 times. Blend it with the peel for its bioflavonoid and essential oils that make it a super immunity booster.

Step 4: You are well on your way when you have achieved Steps 1, 2 and 3 above. You may now start to experiment with all other kinds of fruits and vegetables!

Note: Beetroots are both powerful cleansers and builders of the blood and kidney therefore; its consumption should be limited to no more than one/week if you're just starting.



RECIPES FOR NUTRITIONAL BLENDS

BERRY SUPER SHAKE

Packed with protein, fibre, healthy fats, phyto-nutrients and probiotics. It can be taken for breakfast, lunch, or dinner and help you lose weight.

340ml water
1 cup spinach
2 cups frozen mixed berries
1/2 cup plain low-fat yogurt
2 scoops vanilla protein powder
1 tbsp walnuts
1 tbsp ground flaxseed

500 calories
57 g protein
54 g carbs
14 g fibre
11 g fat



APPLE & OATS SHAKE

High in protein.
Leave the apple skin on for extra phyto-nutrients.

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein
1 apple, core removed, and sliced into wedges
1 cup of spinach
2 tbsp of almonds
1/4 cup of uncooked oats
Ice as needed
Cinnamon to taste

535 calories
58 g protein
13 g fat
46 g carbs
9 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



20 fantastic recipes to try.
Nutritional values are provided as a guide only.

CHOCOLATE, PEANUT BUTTER, AND BANANA SHAKE

You'd never guess that a cup of spinach is hiding in this delicious chocolate and peanut butter shake.

340ml water, milk, or yogurt
2 scoops chocolate flavoured protein powder
1 banana
1 cup of spinach
2 tbsp of natural peanut butter
1 tbsp cacao nibs or dark cocoa powder

585 calories
59 g protein
22 g fat
38 g carbs
8 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



STRAWBERRY BANANA SHAKE

High protein shake with extra fibre, heart-healthy omega-3 fats, and disease-fighting lignans

340ml water, milk, or yogurt
2 scoops vanilla or strawberry flavoured protein powder
1 banana
1 cup of frozen strawberries
1 cup of spinach
2 tbsp of ground flax (linseed)

490 calories
55 g protein
9 g fat
47 g carbs
11 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



CHOCOLATE CHERRY RECOVERY SHAKE

Cherries can potentially ease soreness after a workout, making this a perfect recovery shake

340ml water, milk, or yogurt
2 scoops chocolate flavoured protein powder
2 cups of sweet dark cherries, pits removed
1 cups of spinach
1 tbsp of walnuts
1 tbsp ground flax
1 tbsp cacao nibs or dark cocoa powder

530 calories
56 g protein
13 g fat
47 g carbs
9 g fibre (accounts for using water as
the fluid instead of milk or yogurt)



VANILLA PUMPKIN SHAKE

A great source of Vitamin A, which is good for your eyes, skin, and immune system

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein powder
¼ cup of pureed pumpkin
1 tbsp of walnuts
1 tbsp of ground flax
½ cup of uncooked oats
Cinnamon and vanilla extract to taste
Ice as needed

535 calories
60 g protein
13 g fat
45 g carbs
13 g fibre (accounts for using water as
the fluid instead of milk or yogurt)



BAKED APPLE SHAKE

Great tasting protein shake with a helping of magnesium and selenium.

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein powder
1 apple, core removed, and sliced into wedges
1 cup of spinach
1 tbsp of almonds
1 tbsp of ground flax
1 tbsp of sesame seeds
Cinnamon to taste
Ice as needed

510 calories
57 g protein
15 g fat
36 g carbs
10 g fibre (accounts for using water as
the fluid instead of milk or yogurt)



TROPICAL POWER SHAKE

High protein and a cup of spinach.

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein powder
½ banana
1 cup of pineapple
1 cup of spinach
1 tbsp of ground flax
2 tbsp of unsweetened coconut flakes
½ cup plain yogurt or vegan alternative

525 calories
58 grams protein
12 g fat
46 g carbs
8.5 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



SUPERFOOD SHAKE

Nutrients in deeply coloured fruits and vegetables like beets and cherries can boost athletic performance and help muscle recovery

1/2 cup frozen cherries
230ml water
1/2 cup chopped raw beets
1/2 cup frozen strawberries
1/2 cup frozen blueberries
1/2 banana
1 scoop chocolate whey protein
1 tbsp ground flaxseed

329 calories
28 g protein
4 g fat
52 g carbs
11 g fibre



BLUEBERRY POWER SHAKE

Good for your brain and heart

¼ cup low fat cottage cheese
1 cup blueberries (fresh or frozen)
1 scoop vanilla protein powder
2 tbsp flaxseed meal
2 tbsp walnuts, chopped
1½ cups water
3 ice cubes

389 calories
33 g protein
17 g fat
34 g carbs



DOUBLE CHOC MINT SMOOTHIE

Low calorie chocolate fix

1 scoop chocolate protein powder
3/4 cup Almond milk, dark chocolate
1 tbsp walnuts
2 tbsp cocoa powder, unsweetened
1 tbsp cacao nibs
2 mint leaves
4 ice cubes
1/4 cup water

292 calories
25 g protein
12 g fat
32 g carbs



COCONUT ALMOND SMOOTHIE

A decadent creamy treat

1 scoop chocolate protein powder
1 tbsp unsweetened coconut flakes
1 cup Almond milk, dark chocolate
1 rounded tbsp almond butter
1 1/2 cups water
3 ice cubes

405 calories
27 g protein
21 g fat
33 g carbs



ORANGE CREAMSICLE

A treat with real ingredients and no added sugar.

1 scoop vanilla protein powder
1 orange
¼ orange peel
1 tbsp walnuts
2 tbsp flaxseed meal
1 cup water
½ cup orange juice
3 ice cubes

399 calories
32 g protein
14 g fat
39 g carbs



STRAWBERRY & BANANA POST-WORKOUT SMOOTHIE

Loaded with muscle-building protein, but also boasts a blend of healthful nutrients that speed recovery and nourish your body

Water as needed
1 cup plain low-fat kefir
2 tbsp walnuts
1 cup chopped strawberries
1 banana
1 scoop vanilla whey protein

489 calories
39 g protein
11 g fat
59 g carbs
7 g fibre



CHOCOLATE PEANUT BUTTER SMOOTHIE

The perfect afternoon snack.

Packed with protein, fibre, and antioxidants, and a nearly even amount of carbs and fat.

Water as needed

2 tbsp flaxmeal (linseed)

1 tbsp unsweetened cocoa powder

1 tbsp natural peanut butter

1 scoop chocolate whey protein powder

347 calories

33 g protein

17 g fat

19 g carbs

9 g fibre



BLUEBERRY BREAKFAST SMOOTHIE

A balanced breakfast.

High dose of protein

1 cup blueberries

1/2 banana

1 1/2 scoops protein powder

2 tbsp walnuts

2 tbsp oats

1 tbsp chia seeds

536 calories

42 g protein

59 g carbs

12 g fibre

18 g fat



MANGO TANGO SHAKE

Refreshing drink

2 scoops vanilla whey protein powder
1 cup frozen chopped mango
1 oz of walnuts
12 oz orange juice
Ice as needed

700 calories
53 g protein
20 g fat
74 g carbs



THE GREEN BEAST

Avocado can unlock the full nutrition potential of certain vegetables and improve the absorption of antioxidants. It's delicious, too.

340ml water
2 stalks kale, stems optional
1 cup grapes
1/2 cup frozen mango chunks
1 strip lemon rind
1/2 avocado
Ice as needed

346 calories
9 g protein
12 g fat
62 g carbs
11 g fibre



SUMMERTIME BLAST

Refreshing drink

2/3 cup seedless watermelon
2 tsp lemon juice
1/2 cantaloupe
1 banana
1/4 cup pineapple
2/3 cup ice
4 to 5 fresh basil leaves

182 calories
3 g protein
1 g fat
47 g carbs
5 g fibre



BLUE CHEESE

For a tiny fruit, blueberries are packed with nutrition including vitamin C, fibre and antioxidants and the Cottage cheese is loaded with casein protein, a slow-digesting protein to help supply your muscles with a steady level of fuel. Bonus: the omega-3 fats in flax are good for your heart and brain.

1 cup milk
3/4 cup plain cottage cheese
2 tbsp ground flaxseed
1 tsp orange zest
1 tsp honey
1/8 tsp almond extract
3/4 cup frozen blueberries

395 calories
34 g protein
42 g carbs
7g fibre
12g fat



GOOD GREEN TEA SMOOTHIE

This green smoothie is packed with grapes, spinach, green tea and avocado. A touch of honey adds sweetness. Gluten Free and low on saturated fats which is good for healthy heart.

- 3 cups frozen white grapes
- 2 packed cups baby spinach
- 1 ½ cups strong brewed green tea, cooled
- 1 medium ripe avocado
- 2 teaspoons honey

Combine grapes, spinach, green tea, avocado and honey in a blender; blend until smooth. Serve immediately.

- Per serving:
- 345 calories;
 - 15 g fat (2 g sat, 10 g mono);
 - 0 mg cholesterol;
 - 56 g carbohydrate;
 - 6 g added sugars;
 - 5 g protein;
 - 9 g fibre;
 - 36 mg sodium;
 - 1,110 mg potassium



CLEAN BREEZE SMOOTHIE

This refreshing smoothie is made with cucumber and kiwi and gets a kick from ginger-flavoured kombucha and fresh cilantro. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 small cucumber, chopped
- 2 ripe kiwis, peeled
- 1 cup ginger-flavoured kombucha
- ½ cup low-fat plain Greek yogurt
- 2 tablespoons fresh cilantro leaves
- 6 ice cubes

Combine cucumber, kiwis, kombucha, yogurt, cilantro and ice cubes in blender; blend until smooth. Serve immediately.

- Per serving:
- 116 calories;
 - 2 g fat (1 g sat, 0 g mono);
 - 4 mg cholesterol;
 - 21 g carbohydrate;
 - 1 g added sugars;
 - 6 g protein;
 - 3 g fibre;
 - 32 mg sodium;
 - 424 mg potassium



POMEGRANATE BERRY SMOOTHIE

This berry smoothie is made with pomegranate juice and packs lots of satisfaction from banana and cottage cheese. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

2 cups frozen mixed berries
1 cup pomegranate juice
1 medium banana
½ cup nonfat cottage cheese
½ cup water

Combine mixed berries, pomegranate juice, banana, cottage cheese and water in a blender; blend until smooth. Serve immediately.

Per serving:
206 calories;
1 g fat (0 g sat, 0 g mono);
3 mg cholesterol;
49 g carbohydrate;
0 g added sugars;
6 g protein;
6 g fibre;
133 mg sodium;
625 mg potassium



BANANA SPICE SMOOTHIE

This healthy banana smoothie is made with vanilla kefir and spiked with warming spices. Gluten Free.

2 ripe bananas
2 cups vanilla kefir
½ teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon ground allspice
12 ice cubes

Combine kefir, bananas, cinnamon, nutmeg, allspice and ice cubes in a blender; blend until smooth. Serve immediately.

Per serving:
283 calories;
5 g fat (3 g sat, 0 g mono);
16 mg cholesterol;
56 g carbohydrate;
15 g added sugars;
10 g protein;
6 g fibre;
98 mg sodium;
427 mg potassium



TOFU TROPIC SMOOTHIE

Mango, pineapple and lime flavour this tropical smoothie. Silken tofu adds staying power. Gluten Free and low on saturated fats which is good for healthy heart.

- 2 cups diced frozen mango
- 1 ½ cups pineapple juice
- ¾ cup silken tofu
- ¼ cup lime juice
- 1 teaspoon freshly grated lime zest

Combine mango, pineapple juice, tofu, lime juice and lime zest in a blender; blend until smooth. Serve immediately.

- Per serving:
- 254 calories;
 - 3 g fat (0 g sat, 1 g mono);
 - 0 mg cholesterol;
 - 54 g carbohydrate;
 - 0 g added sugars;
 - 6 g protein;
 - 3 g fibre;
 - 10 mg sodium;
 - 714 mg potassium



ORANGE FLAX SMOOTHIE

This bright orange smoothie gets its colour from frozen peaches plus carrot and orange juice. Fresh ginger packs a flavourful punch. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 2 cups frozen peach slices
- 1 cup carrot juice
- 1 cup orange juice
- 2 tablespoons ground flaxseed
- 1 tablespoon chopped fresh ginger

Combine peaches, carrot juice, orange juice, flaxseed and ginger in blender; blend until smooth. Serve immediately.

- Per serving:
- 209 calories;
 - 4 g fat (0 g sat, 1 g mono);
 - 0 mg cholesterol;
 - 41 g carbohydrate;
 - 0 g added sugars;
 - 5 g protein;
 - 6 g fibre;
 - 38 mg sodium;
 - 964 mg potassium.



WAKE-UP SMOOTHIE

With a stash of berries in your freezer, you can jump-start your day with this nutritious, tasty smoothie in just minutes. It provides vitamin C, fibre, potassium and soy protein. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 ¼ cups orange juice, preferably calcium-fortified
- 1 banana
- 1 ¼ cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries
- ½ cup low-fat silken tofu or low-fat plain yoghurt
- 1 tablespoon sugar

Combine orange juice, banana, berries, tofu (or yogurt) and sugar (or Splenda), if using, in a blender; cover and blend until creamy. Serve immediately.

- Per serving:
- 139 calories;
 - 2 g fat (0 g sat, 0 g mono);
 - 0 mg cholesterol;
 - 28 g carbohydrate;
 - 0 g added sugars;
 - 4 g protein;
 - 4 g fibre;
 - 19 mg sodium;
 - 421 mg potassium



MANGO LASSI SMOOTHIE

A lassi is an Indian smoothie made with yogurt, sometimes offered as an aperitif or as a “side” to calm down a fiery meal. Thanks to a ripe mango and orange-flower water, this version is sweet and fragrant. It’s perfect for an afternoon refresher or an after-dinner treat. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 cup chopped peeled mango
- 1/3 cup peach sorbet
- ½ cup non-fat vanilla yogurt
- ¼ cup orange juice
- 1/8 teaspoon orange-flower water

Place ingredients in the order listed in a blender. Pulse twice to chop mango, stir well, then blend until smooth. Serve immediately.

- Per serving:
- 163 calories;
 - 0 g total fat (0 g sat, 0 g mono);
 - 1 mg cholesterol;
 - 37 g carbohydrate;
 - 16 g added sugars;
 - 4 g protein;
 - 2 g fibre;
 - 43 mg sodium;
 - 340 mg potassium.



CITRUS BERRY SMOOTHIE

This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants. Low on saturated fats which are good for healthy heart.

- 1 ¼ cups fresh berries
- ¾ cup low-fat plain yogurt
- ½ cup orange juice
- 2 tablespoons non-fat dry milk
- 1 tablespoon toasted wheat germ
- 1 tablespoon honey
- ½ teaspoon vanilla extract

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

- Per serving:
- 376 calories;
 - 4 g fat (2 g sat, 1 g mono);
 - 13 mg cholesterol;
 - 70 g carbohydrate;
 - 17 g added sugars;
 - 17 g protein;
 - 5 g fibre;
 - 180 mg sodium;
 - 1,128 mg potassium



RASPBERRY-AVOCADO SMOOTHIE

Avocado makes this sweet beverage extra creamy. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 avocado, peeled and pitted
- ¾ cup orange juice
- ¾ cup raspberry juice
- ½ cup frozen raspberries (not thawed)

Puree avocado, orange juice, raspberry juice and raspberries in a blender until smooth.

- Per serving:
- 18 calories;
 - 11 g fat (1 g sat, 7 g mono);
 - 0 mg cholesterol;
 - 31 g carbohydrate;
 - 0 g added sugars;
 - 2 g protein;
 - 6 g fibre;
 - 12 mg sodium;
 - 531 mg potassium



THERMOS-READY SMOOTHIE

A protein and fibre-rich drink to go. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

- 1 cup frozen mixed berries (not thawed)
- ½ banana
- ½ cup apple juice
- ¼ cup silken tofu

Combine berries, banana, apple juice and tofu in a blender; blend until smooth.

- Per serving:
- 276 calories;
 - 3 g fat (0 g sat, 0 g mono);
 - 0 mg cholesterol;
 - 62 g carbohydrate;
 - 0 g added sugars;
 - 6 g protein;
 - 7 g fibre;
 - 35 mg sodium;
 - 589 mg potassium



HAWAIIAN SMOOTHIE

For the best taste and colour, use a red-fleshed Hawaiian papaya for this exotic, lip-puckering taste of island summer. Papayas are loaded with papain, a digestive enzyme, so this smoothie is a good dessert to settle stomachs after a substantial meal. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 cup chopped fresh pineapple
- ½ cup chopped peeled papaya
- ¼ cup guava nectar (see Tip)
- 1 tablespoon lime juice
- 1 teaspoon grenadine
- ½ cup ice

Place ingredients in the order listed in a blender. Pulse three times to chop the fruit, then blend until smooth. Serve immediately.

- Per serving:
- 81 calories;
 - 0 g total fat (0 g sat, 0 g mono);
 - 0 mg cholesterol;
 - 21 g carbohydrate;
 - 1 g protein;
 - 2 g fibre;
 - 6 mg sodium;
 - 201 mg potassium



GREEN SMOOTHIE

Get your daily dose of dark leafy greens any time of day with this delicious green smoothie. Ground flaxseed adds omega-3s. Pour any extra into a freezer-pop mould and have it later as a frozen green smoothie ice pop. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

2 ripe medium bananas
1 ripe pear or apple, peeled if desired, chopped
2 cups chopped kale leaves, tough stems removed
½ cup cold orange juice
½ cup cold water
12 ice cubes

Slice banana and freeze until firm.
Blend tofu, soymilk, cocoa and honey in a blender until smooth.
With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth.

Per serving:
342 calories;
8 g fat (1 g sat, 1 g mono);
0 mg cholesterol;
61 g carbohydrate;
17 g added sugars;
16 g protein;
9 g fibre;
116 mg sodium;
742 mg potassium.



BANANA-COCOA SOY SMOOTHIE

With plenty of protein from both tofu and soymilk, this banana-split-inspired breakfast smoothie will keep you satisfied until lunchtime. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

1 banana
½ cup silken tofu
½ cup soymilk
2 tablespoons unsweetened cocoa powder
1 tablespoon honey

Slice banana and freeze until firm.
Blend tofu, soymilk, cocoa and honey in a blender until smooth.
With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth.

Per serving:
342 calories;
8 g fat (1 g sat, 1 g mono);
0 mg cholesterol;
61 g carbohydrate;
17 g added sugars;
16 g protein;
9 g fibre;
116 mg sodium;
742 mg potassium.





