

## **Smoothie Recipes**

### **Smoothie Starter**

Pick a Juice

Orange

Cranberry

Grapefruit

Pineapple

Pick a Fruit – I like to freeze mine. If I have any fruit I have in the house if they have the chance to start getting too ripe I cut them up and freeze them.

Bananas

Peaches

Blueberries

Strawberries

These measurements are an estimate; I usually make my best guess.

In a blender add 1 cup of vanilla yogurt

½ cup of juice

½ cup of fruit

½ cup of ice (This is only needed if your fruit is not frozen)

Blend together to your liking

Frozen fruit works best. If you don't have frozen be sure to add ice cubes. Put ingredients in blender, blend until smooth. Very easy!!

### **Cherry Vanilla**

1-cup apple juice

½ cup low-fat vanilla yogurt

1 tsp vanilla extract

1 ½ cups frozen pitted cherries

### **Purple Mango**

1-cup pineapple juice

½ cup orange juice

1 cup frozen blueberries

1 cup cubed frozen mango

### **Pineapple Crush**

½ cup orange juice

½ cup pineapple juice

1 cup frozen pineapple chunks

½ frozen very ripe medium banana

### **Pink Banana**

1-cup apple juice or cider  
2 ounces soft silken tofu (about 1/4) cup (we use yogurt instead)  
1 cup frozen strawberries  
1 frozen very ripe medium banana

### **Peach Refresher**

2 cups peach nectar or apple juice  
1-cup vanilla frozen yogurt  
½ banana  
1 cup peach yogurt  
1 ½ cups frozen peach slices

### **Berry Blast**

1-cup apple juice  
1 ½ cups lemonade  
1 cup frozen raspberries  
½ cup frozen strawberries  
1 cup raspberry sherbet (we use yogurt)

### **Strawberry Lemon Surprise**

2 cups lemonade  
2 cups frozen strawberries  
1 cup strawberry yogurt

### **Lemon Louis**

2 cups lemonade  
1 cup lemon yogurt  
1 ½ cups frozen pineapple chunks  
1-cup pineapple sherbet (we use yogurt)

### **Mango Tango**

1-cup pineapple juice  
1 cup orange juice  
½-frozen banana (chunks)  
1-cup pineapple sherbet (yogurt)  
1 ½ cups frozen mango slices

### **Banana Split Smoothies**

2 medium ripe bananas  
1 can (8ounces) crushed pineapple, drained  
1-1/2 cups milk  
½ cup fresh or frozen strawberries  
2 tablespoons honey  
5 ice cubes  
You may also add maraschino cherries

### **Strawberry banana Smoothie**

1 cup Apple juice  
1 cup milk  
1 frozen banana  
1 ½ cups frozen strawberries  
1 cup strawberry yogurt

### **Raspberry Cream Smoothie**

1 Cup orange Juice  
1 Cup raspberry yogurt  
1 Cup vanilla frozen yogurt  
½ frozen banana chunks  
1 ½ cup frozen raspberries

### **Lemon Louie Smoothie**

2 Cups Lemonade  
1 Cup lemon yogurt  
1 ½ Cups frozen pineapple chunks  
1 Cup pineapple sherbet

### **Mango Tango Smoothie**

1 Cup Pineapple juice  
1 Cup orange juice  
½ Cup frozen Banana  
1 Cup pineapple sherbet  
1 ½ Cups frozen mango

### **Raspberry Sunrise Smoothie**

2 ½ cups Orange Juice  
1 ½ cups frozen raspberries  
1 Cup raspberry sherbet

### **Strawberry Lemon Surprise**

2 cups lemonade  
2 cups frozen strawberries  
1 Cup strawberry yogurt

### **Orange Banana Cream Smoothie**

1 Cup milk  
1 ½ Cups orange juice  
½ tsp. vanilla  
½ frozen banana  
1 Cup vanilla frozen yogurt  
½ cup orange yogurt  
3 tbs. orange juice concentrate

### **Blueberry Smoothie**

1 Cup Vanilla yogurt  
1 Cup Pineapple, or orange juice  
2 cups blueberries

Thinner smoothies add more liquid ingredients.  
Thicker smoothies add more frozen ingredients.

Check out these websites for other recipes. (These two sites are my favorite for finding any type of recipe). In the search box, type smoothies.

<http://www.kraftfoods.com/kf/Pages/home.aspx>

<http://www.tasteofhome.com/Simple---Delicious-Magazine>

As you will see the possibilities are endless. You can use any recipe and adjust the liquid and fruit to suit your needs. We try to buy fruit in season or on sale and freeze it so we always have some on hand. We try to keep the ingredients to a minimum.