

# The Smoothie Cookbook

133 Recipes

# Table Of Contents

Orange Banana Smoothie	1
Banana Smoothie II	2
Chocolate and Blueberry Smoothie	3
Bananerberry Smoothie	4
Kiwinanaberry Cream Smoothie	5
Banana Berry Smoothie II	6
Apple Pie Smoothie	7
Peach Smoothie	8
Papaya Passion Smoothie	9
Hailey's Smoothie	10
B and L's Strawberry Smoothie	11
Fresh Grapefruit Juice Smoothie	12
Berry Good Smoothie II	13
Amaretto Smoothie	14
Nectarine Sunshine Smoothie	15
Strawberry Orange Coconut Smoothie	16
Yam Smoothie	17
Fruity Red Smoothies	18
Strawberry-Banana-Peanut Butter Smoothie	19
Cherry Berry Smoothies	20
Pumpkin Pie Smoothie	21
Orange Sunrise Smoothie	22
California Smoothie	23
Tropical Pineapple Smoothies	24
Flax Seed Smoothie	25
Kale and Banana Smoothie	26
Pineapple Sunrise Smoothies	27
Banana-Orange Smoothie	28
The Most Awesome Smoothie You'll Ever Make	29
Cold Cocoa Smoothie	30
Banana Smoothie I	31
Dana's Tropical Fruit Smoothie	32
Raspberry Lemon Smoothie	33
Chocolate-Cherry-Banana Breakfast Smoothie	34
Chocolate Banana Smoothie	35

# Table Of Contents

Mongolian Strawberry-Orange Juice Smoothie	36
Fig Smoothie	37
Berry Smoothie	38
Red, White, and Blue Fruit Smoothie	39
Razzy Blue Smoothie	40
Pineapple Delight Smoothie	41
Back to the Basics Smoothie	42
Four-Berry Smoothies	43
Melon Smoothie	44
Very Berry Blueberry Smoothie	45
Pineapple Smoothies	46
Delicious Blueberry Smoothie	47
Sugar-Free Cardamom-Mango Smoothie	48
Tofuberry Smoothie	49
Orange Pineapple Smoothie	50
Space Needle Smoothie	51
Janie's Amazing Smoothie	52
PHILADELPHIA 'Fruit Smoothie' No-Bake Cheesecake	53
Mango-Pineapple Smoothie	54
Island Smoothie	55
A Very Intense Fruit Smoothie	56
Pumpkin Smoothie	57
Simple Summer Smoothie	58
Groovy Green Smoothie	59
Banana Fruit Smoothie	60
Purple Cow Smoothie	61
Vodka Smoothie	62
Cool Off Smoothie	63
Strawberry Oatmeal Breakfast Smoothie	64
Berry Good Smoothie	65
Mindy's Berry Nice Smoothie	66
Asian Pear and Strawberry Smoothie	67
Banana and Strawberry Smoothie	68
Gator Smoothies	69
Gloomy Day Smoothie	70

# Table Of Contents

Vanilla-Banana Smoothie	71
Sweet Fruit Smoothies	72
Lemon Pineapple Smoothies	73
Basic Fruit Smoothie	74
Chocolate Covered Blueberry Smoothie	75
Mango Lime Smoothie	76
Strawberry Banana Smoothie	77
Cherry Almond Smoothie	78
A Berry-Purple Smoothie	79
Fruit Smoothie II	80
Pineapple and Banana Smoothie	81
Green Slime Smoothie	82
Yummy Smoothies	83
Supergirl Summer Smoothie	84
Green Smoothie	85
Banana Berry Smoothie III	86
Peaches 'N Cream Banana Breakfast Smoothie	87
Papaya Surprise Smoothie	88
Mango Pina Colada Smoothie	89
Blueberry, Banana, and Peanut Butter Smoothie	90
Cantaloupe Berry Smoothie	91
Mango-Peach Smoothie	92
Easy Avocado Smoothie	93
Peachy Keen Smoothie	94
Cucumber-Honeydew Smoothie	95
Berry Banana Smoothies	96
Banana Banana Strawberry Smoothie	97
Starlit Summer Smoothie	98
Mango-Banana Smoothie	99
Heavenly Blueberry Smoothie	100
Energetic Strawberry Smoothie	101
Tropical Cooler Smoothie	102
Tropical Fruit Smoothie	103
Apple Banana Smoothie	104
Orange Cream Smoothie	105

# Table Of Contents

Groovie Smoothie	106
Raspberry Blackberry Smoothie	107
Strawberry Banana Protein Smoothie	108
Peanut Butter and Jelly Smoothie	109
Kiwi Strawberry Smoothie	110
Mint and Fruit Smoothie	111
Peanut Butter and Banana Smoothie	112
Chocolate Strawberry Smoothie	113
Strawnana Smoothie Bread	114
Cranberry-Orange Power Smoothie	115
Purple Monstrosity Fruit Smoothie	116
All-Around Good Smoothie	117
Coconut Avocado Smoothie	118
Strawberry Sensation Smoothie	119
Penny's Smoothie	120
Un-Tofu Tofu Smoothie	121
Three Melon Smoothie	122
Lemon Berry Smoothie	123
Caramel Apple Smoothie	124
Honey-Mango Smoothie	125
Orange Smoothie	126
Eggnog Smoothie	127
Super Healthy Fruit Smoothie	128
Avocado Smoothie	129
Raspberry Chocolate Smoothie	130
Suicide Smoothie	131
Banana Smoothie	132
Triple Threat Fruit Smoothie	133

# 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.



# Bananerberry 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 and cubed  
2 cups milk  
1/4 cup white sugar  
1/4 cup sweetened condensed milk  
1 cup vanilla yogurt  
2 tablespoons cream cheese  
2 cups ice

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

## 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  
1/2 cup skim milk  
1/2 cup plain yogurt  
3 tablespoons white sugar  
2 teaspoons vanilla extract  
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 Smoothie

## Ingredients

2 medium yams  
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 nonfat 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 cup plain yogurt  
1 banana  
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 1/2 cups vanilla yogurt  
1 lemon, quartered and seeded  
1 cup raspberries  
3 tablespoons honey

## 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  
1 cup frozen unsweetened strawberries  
1 cup frozen unsweetened raspberries  
3 tablespoons sugar  
1 cup ice cubes

## 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 banana, cut into pieces and frozen  
2 large fresh strawberries, rinsed and sliced  
1/4 cup blueberries  
1/2 cup milk  
1 teaspoon vanilla extract  
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  
16 whole almonds  
1/4 cup rolled oats  
1 tablespoon flaxseed meal  
1 cup frozen blueberries  
1 cup raspberry yogurt  
1/4 cup Concord grape juice  
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  
2 bananas, frozen and chunked  
6 pineapple rings  
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 blackberries  
1/2 cup frozen blueberries  
1/2 cup frozen unsweetened raspberries  
1/2 cup frozen unsweetened strawberries  
2 tablespoons lemonade concentrate  
1 tablespoon sugar  
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,  
and diced  
1 cup fat-free plain yogurt  
8 cubes ice  
2/3 cup nonfat milk  
1/4 teaspoon ground cardamom  
(optional)  
1/2 cup granular sucrolose  
sweetener (such as Splenda®), or  
to taste

## 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  
2 tablespoons soy milk  
1/4 cup fruit yogurt  
1/2 cup raspberries  
1/4 banana  
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  
1 (6 ounce) can frozen orange juice concentrate  
1 cup white rum  
2 tablespoons sugar  
1 tablespoon lime juice  
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  
2 fluid ounces amaretto (almond-flavored liqueur)  
2 fluid ounces white creme de cacao  
1 fluid ounce coconut cream  
3 fluid ounces whipping cream  
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  
1 cup frozen strawberries  
1 cup frozen blueberries  
1 cup frozen cherries  
4 ice cubes  
1/2 cup orange juice  
3/4 cup vanilla yogurt  
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  
2 apples - peeled, cored and  
chopped  
1 1/2 cups raspberries  
3/4 cup seedless grapes  
3 tablespoons white sugar  
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 cups frozen strawberries  
1 banana  
2 tablespoons honey  
1/2 cup ice

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

## 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  
1 cup frozen raspberries  
3/4 cup orange juice  
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 ice cubes  
2 tablespoons white sugar  
1 1/4 cups pineapple juice  
1/2 cup heavy cream  
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<sup>®</sup>)  
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 (such as Land o Lakes®)  
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  
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 large banana  
1 medium orange, peeled and segmented  
1/2 cup strawberries, hulled  
1/4 cup raspberry sherbet  
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  
1/2 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.

# All-Around Good Smoothie

## Ingredients

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

## 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  
1/2 cup low-fat vanilla yogurt  
1/2 cup whole milk  
1/4 cup cream of coconut  
8 ice cubes

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

## 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  
1 cup milk  
1/2 cup vanilla yogurt  
3 tablespoons honey  
8 ice cubes

## 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  
3/4 cup chocolate sorbet  
1 1/4 cups frozen unsweetened raspberries  
1/2 banana, peeled and sliced  
1 leaf fresh mint, chopped

## 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  
1/2 cup bananas, sliced  
1/2 cup fresh raspberries  
1/2 cup strawberry yogurt  
1 tablespoon powdered lemonade mix  
1/2 cup ice cubes  
2 fluid ounces vodka  
2 fluid ounces rum  
2 fluid ounces whiskey, (such as Black Velvet<sup>®</sup>)  
2 fluid ounces cherry vodka (such as UV Red<sup>®</sup>)

## 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  
2 medium ripe bananas  
1/4 cup honey  
1/2 teaspoon vanilla extract

## Directions

Combine all ingredients in a blender until smooth.

# Triple Threat Fruit Smoothie

## Ingredients

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

## Directions

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