

# **134 Delicious Smoothie Recipes**



***A compilation of recipes – no nonsense or fancy wording – just the ingredients and the methods, so you can get on with it!***

***Compiled by Mark Chandler***

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## Amazing Apple Smoothie

2 cups apple sauce  
1 cup apple cider  
1 cup orange juice  
2 tablespoons Vermont maple syrup  
1/2 teaspoons nutmeg  
1/2 teaspoons cinnamon

Combine all ingredients in a blender and blend until smooth.  
Pour into glasses and serve

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## Apple Carrot Quencher Smoothie

2 cups carrot juice  
1/2 cups apple juice  
6 ounces non fat vanilla or plain yogurt, frozen  
1 banana

Put all ingredients into blender.  
Blend until smoothie consistency is reached!

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## Apples and Cream Smoothie

2 cups vanilla low-fat ice cream  
1 cup unsweetened applesauce  
1/4 teaspoons ground cinnamon or apple pie spice  
1 cup fat free skim or 1% low fat milk  
Ground cinnamon (optional)

In a blender container combine low fat ice cream, applesauce, and the 1/4 teaspoons cinnamon or apple pie spice. Cover and blend until smooth. Add fat free skim or 1% low fat milk. Cover and blend until just mixed. Pour into glasses. If desired, sprinkle each serving with additional cinnamon. Serve immediately.

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## Apple Pie Smoothie

1 frozen banana  
1/2 peeled, chopped apple  
1 cup apple juice  
1/2 teaspoons cinnamon  
Pinch of nutmeg

Blend.

### **Apricot Apple Smoothie**

1 apple (golden delicious), peeled, cored & chopped  
1 cup apple juice  
4 apricots, fresh, pitted (skin optional)  
1 banana, peeled 3/4 cups yogurt, plain  
10 - 12 ice cubes  
1 tablespoon honey

Place all ingredients in a blender and puree until smooth.

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### **Arctic Forest Smoothie**

1 peach, frozen  
10 blueberries, frozen  
1 cup light (reduced sugar) fat-free vanilla yogurt, frozen  
1/2 cup 1% milk  
1/2 tablespoons crushed pecan  
1/2 teaspoons salt  
1/4 teaspoons vanilla extract

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Avocado Avalanche Smoothie**

1 large avocado  
2 teaspoons condensed milk  
1 cup ice

Scoop out avocado into blender. Add 2 teaspoons of condensed milk or a bit more depending on how sweet you like it. Then add the ice and blend all of it together until it's a semi-creamy texture.

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### **Avocado Banana Berry Smoothie**

Half a ripe avocado  
1 to 1 1/2 frozen bananas  
4 to 5 frozen or fresh strawberries  
Splash of non fat soy or other nut milk  
Pinch of cardamom  
Pinch of allspice  
Whatever else strikes your fancy...  
Nuts, fruits, spices, etc

Throw all ingredients into a blender and blend until desired texture is reached.  
Very, very delicious!

### **Banana Blueberry Smoothie**

2 bananas  
1/2 cups blueberries  
1 cup plain yogurt

Peel bananas, slice and place on a cookie sheet. Put in freezer and freeze until solid. Remove from freezer and place in blender. Slice berries and add to blender. Pour in yogurt. Blend until smooth. Pour into glass and serve.

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### **Banana Hazelnut Smoothie**

4 medium bananas, peeled and sliced into 1/2 inch pieces  
6 tablespoons light brown sugar  
1/4 cups hazelnuts  
1 cup ice cubes 1/4 cups milk  
1/4 cups dark rum or hazelnut liqueur  
2 tablespoons chopped hazelnuts, for garnish (optional)

Place the sliced bananas in a sealed plastic bag and put them in the freezer for 1 hour. Place the brown sugar and 1/4 cups hazelnuts in a blender and grind together until fine. Place the frozen bananas, ice cubes, milk, and rum in the blender with the sugar and nut mixture. Blend until smooth. Pour the smoothies into 4 goblets or tall glasses. Garnish with chopped nuts, if desired.

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### **Banana Nutbread Smoothie**

1 ounce hazelnut liqueur  
1 ounce banana liqueur  
1 ounce vanilla syrup  
2 ounces half and half  
1 banana  
2 cups of ice  
1 teaspoon chopped walnuts  
2 ounces whipped cream

Pour liqueurs, syrup, half and half, banana and half of the walnuts into blender. Add ice and blend until smooth. Pour into glass and top with whipped cream. Sprinkle chopped nuts on top.

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### **Banana Oatmeal Smoothie**

1 cup milk  
1 packet instant oatmeal, regular flavour  
1 whole banana, cut in chunks

1 cup orange juice

Combine all ingredients in a blender. Cover and blend on high speed for 1 minute

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### **Banana Orange Twist**

3 ounces frozen orange juice concentrate  
1/4 teaspoons vanilla  
1/2 cups milk  
1/2 cups water  
1/2 small banana, sliced  
5 ice cubes

Combine everything except ice and blend for 15 seconds. Add ice and blend for 2 minutes.

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### **Banana Pearberry Smoothie**

1 medium banana  
1 cup pear nectar (Goya brand is very good)  
1 tablespoon seedless raspberry jam (use Polaner all-fruit if possible)  
6 ice cubes or . . .  
1 cup of ice

Place all ingredients into a blender. Blend on high speed until all of the ice has dissolved and the consistency is smooth, about 2 minutes.

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### **Banana Split Smoothie**

1 cup non-fat milk  
1 1/2 cups frozen banana slices  
1/2 cups pineapple chunks  
5 frozen strawberries  
1 1/2 to 2 tablespoons sweetened cocoa powder (to taste)

Pour milk into the blender first. Add cocoa and then fruit. Put cover on and blend until smooth.

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### **Basic Fruit Smoothie**

1 quarter strawberries, hulled  
1 banana, broken into chunks  
2 peaches  
1 cup orange or peach or mango or apple juice

2 cups ice

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.

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### **Berry Almond Blast Smoothie**

1/2 cups frozen whole berries (use blackberries, strawberries or raspberries)  
1 cup non-fat soy milk  
3/4 teaspoons almond extract  
1/2 cups silken tofu (about 4 ounces)  
2 tablespoons granulated sugar or Equal

Combine all ingredients in blender and blend until smooth.

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### **Berry Banana Smoothie**

1 large banana, peeled, sliced and frozen  
3/4 cups frozen or fresh strawberries, raspberries or blueberries  
3/4 cups low- or non fat vanilla frozen yogurt  
1 12ounces can or bottle of regular or diet ginger ale chilled

Place all the ingredients in a blender or food processor. Cover and blend at highest speed until smooth.

Note: if you use fresh berries, try to use a frozen banana, and if you use a fresh banana, go for frozen berries. Otherwise your drink will be too thin. Both fruits being frozen will give you a satisfyingly thick drink.

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### **Berry Bliss Smoothie**

2 scoops raspberry sherbet  
4 strawberries  
15 blueberries  
5 blackberries  
16 ounces orange juice (or juice of your choice)

Put all ingredients in a blender, juice last, then blend until smooth.

To add thickness try adding more sherbet or ice to the smoothie.

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### **Berry Blue Smoothie**

2 cups fresh or slightly thawed frozen blueberries  
1 (8-ounces) container low fat vanilla yogurt

1 (6-ounces) cups milk 1 (12-ounces) can pineapple juice  
3 tablespoons honey  
12 to 16 ice cubes

Place all ingredients, except the ice cubes, into container of electric blender and blend on high until smooth. With blender running, add 2 to 3 ice cubes at a time through the centre opening in the lid until all ice cubes have been added. Blend until smooth. Serve immediately.

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### **Beta Carotene Blast Smoothie**

3 small ice cubes  
2 apricots (sliced and pitted)  
1/2 papaya (frozen in chunks)  
1/2 mango (frozen in chunks)  
1/2 cups carrot juice  
1 tablespoon honey

Add ingredients (except for honey) to blender in the order listed, then blend on high speed for 30 seconds. Add honey and blend a few seconds more. Serve in a frosted glass.

Option: add orange juice for a thinner consistency.

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### **Black and Blue Bomber Smoothie**

1/4 cups blueberries  
1/4 cups blackberries  
1 banana  
1/2 cups apple juice  
1/3 cups raspberry sorbet

Put all ingredients into blender.

Blend until smoothie consistency is reached!

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### **Blackberry Smoothie**

3/4 cups apple juice  
1/2 cups plain yogurt  
1 1/2 cups frozen blackberries  
1 banana

Pour liquid ingredients into the blender first. (Yogurt is a liquid ingredient.) All fruit goes into blender at one time.

Put cover on and blend until smooth.

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### **Blueberry Smoothie**

1/2 bag of frozen blueberries  
2 tablespoons blueberry preserves  
7 or 8 ice cubes  
1 1/2 cups of soymilk  
1 banana

This is super easy. Just toss everything into a blender. Switch to the highest setting, and let fly until you stop hearing ice cubes crunching and everything is fairly smooth. There are an infinite number of variations on this using different combinations of fruit and jam. You might also consider adding protein powder, ground flax seed, or any other supplement that strikes your fancy. It's best to wait until near the end, and just blend long enough to mix the protein powder of whatever in. You can also substitute apple juice for the soymilk to create a tangier concoction.

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### **Blueberry Banana Smoothie**

1 banana, preferably frozen  
A handful of blueberries, frozen or fresh  
1 cup of milk reduced fat or skim milk (or soy milk)

Combine in a blender or with a hand blender. Enjoy!

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### **Blueberry Maple Smoothie**

1 cup low-fat blueberry yogurt  
3/4 cups low-fat milk  
1 tablespoon maple syrup  
1/2 teaspoons cinnamon  
2 cups fresh blueberries, frozen

Combine the yogurt, milk, syrup, and cinnamon in a blender. Add the blueberries and blend until smooth.

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### **Blueberry Orange Smoothie**

12 ounces frozen blueberries, unthawed. . .  
Or. . . 2 1/2 cups fresh blueberries  
8 ounces vanilla low fat yogurt  
1/2 cups orange juice  
1/2 cups milk

1 teaspoon vanilla extract

Whirl all ingredients together in a blender until smooth. Serve immediately.

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### **Cappuccino Smoothie**

2 cups brewed double strength coffee  
1 pint coffee ice cream  
6 cups ice  
1 1/2 cups milk  
Whipped cream, if desired  
Cinnamon for garnish

Place coffee, ice cream, ice and milk in blender. Mix until smooth. Top with whipped cream and cinnamon.

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### **Carob Smoothie**

3-4 dates, pitted and soaked 20 minutes  
1 cup nut or grain milk  
1 frozen banana, cut in chunks  
34 tablespoons carob powder  
Dash vanilla (optional)

Place dates in a small bowl with just enough water to cover. Let them soak 20 minutes, drain. In blender, combine the dates, nut milk, banana, carob powder and vanilla. Blend until smooth. Drink immediately.

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### **Cherry Berry Smoothie**

1 cup low-fat cherry yogurt  
1/4 cups cranberry juice  
1 cup frozen, pitted cherries  
3/4 cups frozen, unsweetened blueberries

Combine the yogurt and cranberry juice in a blender. Add the cherries and berries. Blend until smooth. Makes about 2-1/2 cups, serves 2.

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### **Cherry Cantaloupe Smoothie**

1/2 cantaloupe (peeled, seeded, and sliced)  
1/2 cups apple or apricot juice  
2-3 pitted cherries  
1/4 cups raspberries or blackberries  
3-4 ice cubes

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Cherry Vanilla Smoothie**

1 cup frozen vanilla yogurt  
1 cup apple juice  
2 cups frozen cherries

Pour liquid ingredients into the blender first. (Yogurt is a liquid ingredient.) Add cherries. Put cover on and blend until smooth.

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### **Chocolate Banana Smoothie**

1 frozen banana -- peeled  
6 ounces light (reduced sugar) fat-free vanilla or cherry frozen yogurt  
2 tablespoons Hershey's chocolate syrup  
1/2 cups non fat milk

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Chocolate Mint Smoothie**

4 scoops peppermint ice cream  
1 1/2 cups milk  
2 drops peppermint extract  
1 teaspoon vanilla extract  
4 tablespoons bittersweet chocolate syrup

Combine in a blender container and blend until no white shows. Serve immediately.

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### **Chocolate Peanut Butter Banana**

1/2 cups rice milk  
1/2 cups silken tofu  
1/3 cups creamy peanut butter  
2 fresh bananas, frozen and sliced  
2 tablespoons chocolate syrup  
6 ice cubes

Combine the rice milk, tofu and peanut butter in a blender. Add the bananas, chocolate syrup and ice cubes. Blend until smooth, about 30 to 40 seconds. Makes 2 servings.

### **Citrus Cooler Smoothie**

6 1/2 cups ruby red or pink grapefruit juice, divided  
2 cups pineapple juice  
1 (6 ounces) can frozen orange juice concentrate, thawed and undiluted  
2 cups lime-flavoured sparkling mineral water, chilled  
Garnish: lime slices

Pour 2 1/2 cups grapefruit juice into ice trays, filling 28 sections, freeze.  
Combine remaining 4 cups grapefruit juice, pineapple juice, and orange juice concentrate, stir well. Cover and chill at least 3 hours. Stir in mineral water just before serving. Place 3 frozen grapefruit juice cubes in each of 9 glasses, fill each fruit juice mixture.

Garnish, if desired. Serve immediately.

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### **Citrus Tea Smoothie**

1 cup orange segments, chilled  
1/2 cups grapefruit segments, chilled  
1/2 cups strong-brewed earl grey tea, chilled  
3/4 cups orange sherbet  
2 ice cubes, crushed

Combine the orange segments, grapefruit segments, and tea in a blender.  
Add the sherbet and ice. Blend until smooth.

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### **Cocoa Berry Smoothie**

3/4 cups apple juice  
1 cup vanilla yogurt  
2 cups mixed frozen berries  
2 to 3 tablespoons sweetened powdered cocoa

Pour liquid ingredients into the blender first. (Yogurt is a liquid ingredient.)  
Add berries and cocoa. Put cover on and blend until smooth

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### **Coconut Ginger Smoothie**

1/4 cups apple juice  
1 pinch coconut, grated or . . .  
1 tablespoon coconut milk  
1/2 banana  
1/4 teaspoons ginger root -- fresh, peeled, grated  
1/2 cups crushed ice -- or 2 small ice cubes  
Dried coconut or purchased bottled.

Do not use the canned coconut mix for mixed drinks as it is very sweet and different.

If using fresh coconut, cut coconut meat into 1" pieces & place equal amounts of coconut & hot water in food processor or blender. Puree at high speed for a couple of minutes, let steep for 30 minutes. Then pour into a strainer set over a bowl. Press on the pulp and squeeze by the handful to extract as much milk as possible. Pour the milk through a fine-mesh strainer.

For dried coconut: use 1 cup p unsweetened, dried coconut with 1 1/2 cups hot tap water. Allow to stand for 5 minutes. Puree one minute and proceed as above.

Will keep up to three days refrigerated and indefinitely, if frozen. Blend all ingredients in a blender or food processor until smooth.

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### **Coffee Smoothie**

3 to 4 tablespoons instant coffee powder  
1 cup milk (non-fat okay)  
1 cup vanilla frozen yogurt  
1 cup frozen bananas

Pour liquid ingredients into the blender first. (Yogurt is a liquid ingredient.) Add bananas. Put cover on and blend until smooth.

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### **Cucumber Mint Smoothie**

1 cucumber, peeled, seeded and chopped  
3 tablespoons mint leaves & mint sprigs -- finely chopped  
1 1/2 cups apple juice or still cider  
1 cup lemon sorbet  
1 cup ice cubes

Place the cucumber, mint, apple juice or cider, sorbet and ice in a blender, and blend until smooth.

Garnish with mint, and serve.

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### **Daiquiri Twist Smoothie**

1 cup apple-cranberry juice  
1/2 cups orange juice  
1/2 cups frozen blackberries  
1/2 cups kiwis  
1/2 cups crushed ice

1/2 teaspoons sugar or Equal  
1 scoop vanilla ice cream

Place ingredients in a blender and puree until smooth.

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### **Date Yogurt Smoothie**

1/2 cups chopped dates  
1 banana, chopped, (about 1/2 cup)  
1/2 cups orange juice  
1/2 cups plain non-fat yogurt  
1/2 cups crushed ice

Combine dates, banana slices, and orange juice in a blender and puree until dates are finely chopped. Add yogurt and ice, blend until just combined.

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### **Double Apple Smoothie**

2 bananas  
1 green apple  
1 red apple  
10-12 frozen strawberries  
1-2 cups apple juice

Put all the ingredients in the blender in the order listed and mix on high until fully blended.

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### **Double Melon Smoothie**

1 1/2 cups seeded and chopped watermelon  
1 1/2 cups seeded and chopped honeydew melon  
Juice of 2 limes  
1 cup vanilla low fat yogurt  
1 cup ice cubes

Place all ingredients in a blender and blend until smooth.

Pour into glasses.

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### **Everything Smoothie**

2 bananas  
1 orange  
1 apple  
2 chunks of fresh pineapple  
2 kiwis

1/2 cups of frozen blueberries  
10-12 frozen strawberries  
1-2 cups cranberry juice  
1 (14-ounces) can eagle brand sweetened condensed milk (not evaporated milk)  
1 (8-ounces) carton plain yogurt  
1 small banana, cut up  
1 cup frozen or fresh whole strawberries  
1 (8-ounces) can crushed pineapple packed with juice, chilled  
2 tablespoons real lemon juice from concentrate  
1 cup ice cubes  
Halved fresh strawberries, optional

Chill eagle brand. In blender container, combine eagle brand, yogurt, banana, whole strawberries, pineapple with its juice and real lemon, cover and blend until smooth. With blender running, gradually add ice cubes, blending until smooth. Garnish with halved strawberries if desired. Serve immediately.

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### **Flaxseed Smoothie**

1 medium banana or fruit of choice  
1/4 cups yogurt or tofu  
1 to 2 tablespoons concentrated fruit juice  
1/4 teaspoons vanilla  
1/3 cups soy milk  
1 tablespoon flaxseed oil  
1 tablespoon flaxseed meal  
Dash cinnamon or mace

Blend all together until creamy smooth.

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### **Frosty Fruit Smoothie with Wheat Germ**

1 cup low-fat vanilla yogurt  
1 cup sliced peaches, fresh, frozen or canned  
1 ripe banana, cut into chunks  
1/4 cups wheat germ  
1/4 cups orange juice  
1 cup ice cubes  
Peach or banana slices, opt.  
2 teaspoons wheat germ, optional

In blender or food processor, combine yogurt, peaches, banana, wheat germ, 1/4 cups orange juice and ice cubes. Cover and blend about 1 minute, or until smooth. Serve immediately, poured into tall glasses and garnished with peach or banana slices and sprinkled with 2 teaspoons wheat germ.

### **Fruit Smoothie**

1/2 cups frozen bananas  
1/2 cups frozen peaches  
1/2 cups frozen strawberries  
2 cups milk  
1/4 cups orange juice  
2 tablespoons honey

In a blender, combine all the above until smooth. Pour in tall glasses, pop a straw in and enjoy! Wonderful for those hot days in the summertime.

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### **Fruit Cocktail Smoothie**

8 ounces canned fruit cocktail, chilled  
1 cup milk  
1/4 cups non-fat dry milk powder  
1/2 teaspoons vanilla  
1/2 cups ice cubes  
2 dashes ground cinnamon

In a blender container combine undrained fruit cocktail and remaining ingredients. Cover, blend till combined. Add ice cubes, cover and blend till smooth. Sprinkle with additional cinnamon (for garnish) if desired.

Serve immediately.

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### **Fruit Salad Smoothie**

1 medium ripe peach  
3/4 cups fresh or frozen strawberries  
1/2 banana -- peeled  
2 cups skimmed evaporated milk -chilled  
4 teaspoons frozen orange juice concentrate  
1 teaspoon vanilla  
4-6 ice cubes

Cinnamon -- optional

Combine everything in blender except ice and cinnamon. With blender running, add ice cubes one at a time. Divide smoothie into 4 chilled glasses and sprinkle with cinnamon.

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### **Fruit Sunflower Smoothie**

1/3 20ounces bag frozen strawberries

1 banana  
1/2 15ounce can pineapple (including juice),  
or several slices of fresh pineapple  
3 tablespoons low-fat plain yogurt  
2 tablespoons unsalted sunflower seeds  
6 ounces orange juice

Blend for about 30 seconds, then serve.

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### **Fuzzy Navel Smoothie**

1 cup orange juice  
1 1/2 tablespoons honey  
2 cups peeled and diced peaches (2 large peaches)  
1 cup sliced bananas (1 large banana)

Place the juice, honey, peach, and banana in a blender, and mix on low speed until the mixture is blended. Continue mixing, gradually increasing the speed, until the mixture is smooth. Pour into glasses and garnish the rim of each glass with an Orange Wheel (see Garnishes with a Flourish), if desired.

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### **Ginger Root Smoothie**

1 apple, cored, peeled, and sliced  
1 lemon, peeled and seeded  
1/2 cups filtered water  
1/2 cups ice  
1 (2-inch) piece fresh gingerroot, peeled and crushed

This is a good smoothie for a queasy tummy.

Drink it slowly. Blend all ingredients until smooth.

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### **Granola Peach Smoothie**

1 ripe, medium-size peach  
2 teaspoons lemon juice  
2 teaspoons honey  
1/2 cups yogurt  
2 tablespoons granola or buckwheat crunchies

Blend the first four ingredients.

Sprinkle granola or buckwheat on top.

### **Grape Cherry Guzzler Smoothie**

2 cups 100% grape juice from concord grapes (bottled or frozen reconstituted)  
2 tablespoons lemon juice  
1 cup frozen dark sweet pitted cherries  
1/2 teaspoons cinnamon  
1/2 cups plain non-fat yogurt

Process all in blender until smooth.

Pour over crushed ice.

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### **Grapefruit Smoothie**

1 large grapefruit, peeled and sectioned  
1 8ounces container vanilla,  
orange or apricot-flavoured low fat yogurt  
2 teaspoons sugar or Equal  
4 ice cubes  
Fresh mint for garnish (optional)

In blender container, place grapefruit sections, yogurt, and sugar. Cover and blend on medium speed. While machine is running, add ice cubes one at a time through hole in cover, cover and blend for 45 to 60 seconds at high speed until frothy. If desired, to remove pulp, pour through strainer to serve. Garnish with fresh mint if desired.

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### **Guava Smoothie**

1 frozen banana  
1 cup of frozen strawberries  
1 cup peach sorbet  
1 can guava nectar

Blend until smooth.

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### **Hawaiian Silk Smoothie**

1 cup soy milk  
1/2 cups pineapple juice  
1 frozen banana  
1 tablespoon maple syrup  
2 tablespoons non-fat dry milk  
Ice cubes  
1 tablespoon coconut milk

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Holiday Punch Smoothie**

2 cups orange juice  
2 cups lemon juice  
2 cups grenadine syrup  
3 quarts ginger ale  
1 pint of quartered strawberries or sliced fruit in season

Mix juices and syrup. Pour over block of ice to chill. Just before serving, add ginger ale and fruit.

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### **Honey Raspberry Smoothie**

1 cup frozen raspberries  
1 cup cold skim milk  
1 cup plain low fat yogurt  
2 tablespoons honey  
1 banana  
1/4 teaspoons vanilla  
6-8 crushed ice cubes

Place berries and 1/2 cups milk in blender. Blend on high for one minute until smooth. Add remaining milk, yogurt, honey, banana and vanilla. Beat for another minute. Add crushed ice cubes. Blend slowly until smooth.

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### **Honeydew Melon Smoothie**

2 cups scooped-out honeydew melon  
1 teaspoon fresh lemon juice  
1 1/2 cups vanilla frozen yogurt

In a blender purée the melon with the lemon juice and a pinch of salt.

Add the frozen yogurt and blend until it is smooth.  
Makes about 3 cups, serving 2.

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### **Honeydew Mint Smoothie**

2 1/2 cups honeydew melon  
2 tablespoons of chopped fresh mint  
1 tablespoon fresh lime juice  
pinch of salt  
1/3 cups of ginger ale or lemon and lime soda

6 ice cubes

Blend until smooth. Serves two. Sinfully delicious.

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### **Honey Peach Smoothie**

1 1/4 cups plain low fat yogurt  
1 pound ripe peaches, peeled, pitted, sliced  
2 tablespoons fresh lemon juice  
1/4 cups honey  
1/4 teaspoons vanilla extract

Divide 1 cup yogurt among 8 sections of ice cube tray. Freeze until yogurt cubes are solid, at least 4 hours. (can be prepared 1 day ahead, keep frozen) puree peaches with lemon juice in processor or blender. Add remaining 1/4 cups yogurt, honey and vanilla. Process until mixture is well blended. Add frozen yogurt cubes and process until mixture is smooth and frothy. Pour into chilled tall glasses and serve. 2 servings.

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### **Instant Breakfast Smoothie**

8 to 12 ounces of milk  
1 packet of instant breakfast, preferably chocolate  
1 spoonful of peanut butter  
1 frozen banana  
About 3 ice cubes

Pour milk into blender. Add remaining ingredients. Put the blender on blend till Banana and ice are chopped up then whip it for about 5 seconds.

It's fast and Delicious.

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### **Island Escape Smoothie**

2 cups vanilla frozen yogurt  
1 cup sliced mango  
1 cup sliced and peeled papaya  
1 tablespoon pina colada mix  
1/4 cups kiwi  
1/2 cups ice

Place ingredients in a blender and puree until smooth

### **Jello Smoothie**

4 ounces prepared jello - any flavour  
4 ounces milk  
4 ounces sherbet - flavour should match the jello flavour

Mix in a blender. Top with whipped cream and coloured sugar, if desired.

This makes a great and easy summer beverage

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### **Kiwi Smoothie**

9 kiwifruit  
4 cups pineapple juice  
8 ice cubes  
2 cups sparkling water  
8 large strawberries

Peel the kiwis and cut into small pieces. Place half in a blender with 2 cups juice and 4 ice cubes. Blend until smooth. Stir in 1 cup sparkling water. Repeat with the remaining kiwis, 2 cups juice, 4 ice cubes, and 1 cup sparkling water. Pour into tall glasses and garnish each with a strawberry.

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### **Kiwi Peach Smoothie**

4 kiwifruit, peeled  
4 peaches, peeled and frozen  
16 ounces can pineapple juice  
1/4 cups powdered sugar  
1/4 cups frozen limeade concentrate  
1/4 teaspoons coconut extract  
1 cup ice cubes  
Garnish: kiwifruit slices

If fresh peaches are unavailable, substitute 1 1-pounds Bag frozen peaches. Process first 7 ingredients in a blender until smooth, stopping to scrape down sides.

Garnish, if desired, and serve immediately.

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### **Lemon Lime Smoothie**

10 ounces lemon lime soda  
2 ounces lemons  
2 ounces limes  
1 scoops lemon sherbet

1 scoop lime sherbet  
1/2 banana  
1 cup ice  
2/3 cups granulated sugar

Place ingredients in a blender and puree until smooth.

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### **Lemon Watermelon Smoothie**

1-1/2 cups seeded watermelon, diced  
1 cup lemon sorbet  
8-10 ice cubes  
1 tablespoon fresh lemon juice

Place all the ingredients in a blender. Blend until smooth. The tart lemon sorbet is a perfect match with the sweet, juicy watermelon. To make an even thicker smoothie, freeze the watermelon first. Serves 2.

*Variation: add a shot of vodka, for a wonderful, slushy, frozen cocktail!*

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### **Lemonade Sweet Tart Smoothie**

1 (6-ounces) can frozen lemonade concentrate  
1 cup milk  
1 cup water  
1/4 cups sugar - or to taste  
1 teaspoon vanilla extract  
10 to 12 ice cubes

Place all ingredients into container of electric blender. Blend on high until smooth, about 30 seconds. Serve immediately.

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### **Mango Smoothie**

1 ripe mango, peeled, pitted, chopped -- (approx. 1-1/4 cups)  
3/4 cups milk, skim -- chilled  
1/4 cups non-fat vanilla yogurt  
3/4 teaspoons vanilla extract  
3 ice cubes  
Pinch of salt  
Fresh mint sprigs

Combine all ingredients except mint in blender. Blend until smooth and creamy. Garnish with mint.

### **Mango Tango Smoothie**

1 cup frozen mango  
1 frozen banana  
1 cup peach sorbet  
1 can papaya nectar

Blend until smooth.

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### **Mango Papaya Smoothie**

1 mango (about 1 1/2 pounds), peeled, pitted, and chopped coarse  
1 papaya, peeled, seeded, and chopped coarse  
2 cups plain yogurt  
2 tablespoons fresh lime juice plus 4 lime slices for garnish  
3 tablespoons honey, or to taste  
1/4 teaspoons almond extract

In a blender blend the mango, the papaya, the yogurt, the lime juice, the honey, the almond extract and 1 cup ice cubes in batches until the mixture is smooth and blend in another 1/2 cups ice cubes if desired to thin the smoothie mixture to desired consistency. Divide the mixture among 4 chilled large glasses and garnish each smoothie with a lime slice.

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### **Mango Peach Smoothie**

1 cup peeled mango chunks  
1 large peach, peeled, pitted, and cut into chunks  
1 cup peach nectar  
2 tablespoons lime juice

Combine all ingredients in blender and blend until smooth.

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### **Mexican Smoothie**

1 cup tomato juice  
1/2 teaspoons chopped jalapeno pepper  
1/4 teaspoons cayenne  
1/4 cups chopped onion  
1/2 cups chopped parsley  
2 cloves garlic, peeled

Chop and blend all the ingredients together. Serve immediately.

### **Nectarine Smoothie**

1 nectarine  
6 ounces light (reduced sugar) fat-free peach frozen yogurt (this is one container of yoplait)  
1/2 cups dole pineapple-orange-guava juice (comes in a carton)  
1/2 cups crystal light or other sugar-free lemonade  
1 packet equal sweetener or. . .  
2 teaspoons sugar if equal is not available

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Oatmeal Fruit Smoothie**

1 cup soy milk  
1/2 cups rolled oats  
1 banana, broken into chunks  
14 frozen strawberries  
1/2 teaspoons vanilla extract  
1-1/2 teaspoons white sugar or Equal

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

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### **Orange Pineapple Smoothie**

1/2 cups orange juice  
1/4 cups pineapple juice  
1/2 banana  
1/4 teaspoons ginger root -- fresh, peeled, grated, up to 1/2 teaspoons  
1/2 cups crushed ice -- or 2 small ice cubes

Blend all ingredients in a blender or food processor until smooth.

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### **Orange Pineapple Coconut Smoothie**

1/4 cups orange juice  
1/4 cups pineapple juice  
1 tablespoon coconut milk  
1/2 banana  
1/4 teaspoons ginger root -- fresh, peeled, grated  
1/2 cups crushed ice or 2 small ice cubes

Can be made from fresh or dried coconut or purchased bottled. Do not use the canned coconut mix for mixed drinks as it is very sweet and different.

If using fresh coconut, cut coconut meat into 1" pieces & place equal amounts of coconut & hot water in food processor or blender. Puree at high speed for a couple of minutes, let steep for 30 minutes. Then pour into a strainer set over a bowl. Press on the pulp and squeeze by the handful to extract as much milk as possible. Pour the milk through a fine-mesh strainer.

For dried coconut: use 1 cup unsweetened, dried coconut with 1 1/2 cups hot tap water. Allow to stand for 5 minutes. Puree one minute and proceed as above.

Will keep up to three days refrigerated and indefinitely, if frozen.

Blend all ingredients in a blender or food processor until smooth.

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### **Orange Creamsicle Smoothie**

2 whole seedless oranges, peeled  
3 tablespoons high protein shake powder (vanilla flavoured)  
1 cup water  
1/2 cups vanilla frozen yogurt (optional)

Place all ingredients in a blender and blend until smooth.

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### **Orange Fruit Smoothie**

1 medium banana, peeled and cut into 1-inch pieces  
1 ripe peach, peeled, halved, pitted and diced  
1 cup raspberries  
1 1/2 cups freshly squeezed orange juice  
3 ice cubes

Combine all ingredients in blender and blend until smooth.

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### **Orange Julius Smoothie**

1 cup water  
1/2 cup frozen concentrated orange juice  
2 cups milk  
3/4 teaspoon vanilla extract  
1 teaspoon salt  
2 eggs (optional)  
5 or 6 ice cubes

Mix everything in blender and enjoy.

## **Organic Smoothie**

2 cups organic calcium-fortified orange juice  
1 cup frozen organic strawberries  
1/3 cups frozen organic blueberries (more or less - to taste)  
1 banana

Blend in your blender till smooth, then add the following optional ingredients, if desired: slightly less than 1/4 cups flax oil 2. 5 scoops of your favourite powdered protein supplement.

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## **Papaya Smoothie**

2 papayas, ripe  
1/2 cups orange juice  
1/2 cups vanilla frozen yogurt

Peel, seed and coarsely chop papayas. Combine all ingredients in a blender or food processor and blend until smooth. Makes 2 servings. About 2 cups of papaya cubes would make two tall glasses of smoothie. Select the ripest for best flavour. If not ripe enough, you may have to add a little sugar or sweetener to the smoothie.

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## **Passionate Peach Smoothie**

1 can peaches in syrup  
1 frozen banana  
1 cup Ben and jerry's purple passion sorbet  
1 can peach nectar  
2 cups grape juice

Blend until smooth.

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## **Peach Smoothie**

1 cup frozen peach slices  
1/2 banana, sliced  
3 tablespoons non-fat vanilla yogurt  
1/4 cups orange juice or apple juice  
1/2 cups non-fat rice milk, optional

Sugar or Sweeten to taste. Throw all ingredients in the blender and chop and then puree for many seconds until it is delightfully smooth.

### **Peaches Dreams Smoothie**

10 ounces of apple cider  
3-5 slices of peach  
4 large strawberries  
1 banana  
1/8 teaspoons of cinnamon

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Peanut Butter Smoothie**

1/4 cups peanut butter, chunky or smooth  
1 cup vanilla ice cream  
1 cup of Milk

Place all ingredients into blender and blend on high until just combined.

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### **Peanut Butter Banana Smoothie**

2 large ripe bananas, peeled, sliced, frozen  
2 cups milk  
1/4 cups creamy peanut butter  
2 tablespoons sugar  
1 teaspoon imitation banana extract

Place all ingredients in blender. Blend until smooth. Pour into tall glasses and serve immediately.

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### **Peanut Butter Jelly Smoothie**

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

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

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### **Peanut Butter Sundae Smoothie**

1/4 cups smooth peanut butter  
2 tablespoons honey

1/3 cups milk  
3 cups vanilla ice milk  
1/4 teaspoons wheat germ

Stir peanut butter, honey and milk together. Cook over low heat, stirring constantly. Remove from heat when peanut butter has melted, stir in ice milk and wheat germ, serve chilled.

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### **Pear Avocado Smoothie**

1 large pear, chopped  
1/2 cups green grapes  
1/4 avocado  
2 teaspoons honey  
1 teaspoon lemon juice

Blend and top with chopped pecans.

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### **Pear Raspberry Smoothie**

2/3 cups soy milk  
1/4 cups dole country raspberry concentrate  
3 ripe pears, cored  
12 ice cubes

Place soy milk (or your choice of any other milk or non-dairy substitute) and all remaining ingredients in blender in order given. Blend until smooth and creamy.

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### **Pecan Pie Smoothie**

1 ounce hazelnut syrup  
1 ounces caramel syrup  
1 ounces Irish cream syrup  
4 ounces cold milk  
2 cups of ice

Garnish: Whipped cream and chopped pecans

Pour syrups, and milk into blender. Add ice and blend until smooth. Pour into glass and top with whipped cream. Sprinkle nuts on top.

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### **Peppermint Smoothie**

4 scoops peppermint ice cream

1 1/2 cups milk  
2 drops peppermint extract  
1 teaspoon vanilla extract

Combine in blender container and blend until smooth. Serve immediately.

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### **Persimmon Smoothie**

5 persimmons, without skin and seeds  
2 cups orange juice  
1 cup frozen berries

Blend all ingredients and serve.

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### **Pina Banana Smoothie**

1 cup pineapple juice  
1/3 cups coconut milk  
1 1/2 cups frozen banana slices  
1/2 cups pineapple chunks

Pour liquid ingredients into the blender first. All fruit goes into blender at one time. Put cover on and blend until smooth.

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### **Pina Colada Smoothie**

1 frozen banana  
1 cup milk/soymilk  
1-2 teaspoons shredded coconut  
1/4 cups chopped or crushed pineapple (fresh is best, but canned is pretty good too)

Blend.

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### **Pineapple Smoothie**

2 cups non-fat milk  
2 bananas, frozen and chunked  
6 slices canned pineapple  
1 tablespoon honey

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

### **Pineapple Buttermilk Smoothie**

20 ounces unsweetened pineapple chunks  
1 cup buttermilk  
2 teaspoons vanilla extract  
2 teaspoons liquid sweetener  
Mint leaves--optional

Drain pineapple, reserving 1/2 cups juice. Freeze pineapple chunks. Place juice, buttermilk, vanilla, sweetener and frozen pineapple into a blender container. Blend until smooth. Pour into glasses and garnish with mint if desired.

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### **Pineapple Carrot Smoothie**

1/2 cups pineapple chunks  
1 cup soy milk, any flavour  
1 carrot, peeled and sliced  
1/3 cups pineapple juice  
1-1" piece ginger, peeled and minced

Honey to taste

Place all ingredients in blender container and blend until everything is smooth. Add ice if you like it frosty. The ginger adds the "zip".

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### **Pineapple Banana Smoothie**

1 cup orange juice  
1 1/2 cups frozen papaya chunks  
1 cup pineapple chunks  
1 to 2 tablespoons unsweetened shredded coconut (optional)

Pour orange juice into the blender first. Add coconut, if using, and then fruit. Put cover on and blend until smooth.

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### **Pineapple Papaya Smoothie**

1 cup orange juice  
1 1/2 cups frozen papaya chunks  
1 cup pineapple chunks  
1 to 2 tablespoons unsweetened shredded coconut (optional)

Pour orange juice into the blender first. Add coconut, if using, and then fruit. Put cover on and blend until smooth.

### **Pineapple Yogurt Whirl**

6 ounces can pineapple juice concentrate, thawed  
1/2 cups water  
1/2 cups skim milk  
8 ounces carton vanilla yogurt  
2 tablespoons sugar  
1 1/2 teaspoons vanilla  
2 cups ice cubes

Pineapple wedges, for garnish

In a blender container, combine the pineapple juice concentrate, water, milk, yogurt, sugar, and vanilla. Blend mixture until smooth. With the blender running, add ice cubes slowly through the opening in the lid and blend mixture until slushy. Pour into tall glasses and decorate each serving with fresh pineapple wedge.

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### **Pink Smoothie**

2 cups sliced banana  
1 1/2 cups frozen strawberries  
1 cup ruby red grapefruit juice  
1 cup orange juice  
1 cup ice crystals

Place ingredients in a blender and puree until smooth.

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### **Pistachio Banana Smoothie**

1 container plain non-fat yogurt  
2-3 ounces pistachio instant pudding mix  
1 ripe banana  
1/4 cups skim milk  
Handful or more of crushed ice

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Pumpkin Pie Smoothie**

1 (15 ounces) can solid pack pumpkin puree  
1 (12 fluid ounces) can frozen apple juice concentrate  
1/8 teaspoons ground nutmeg  
1 teaspoon ground cinnamon  
2 1/2 cups water

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.

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### **Purple Passion Smoothie**

1 banana  
1 cup non-fat yogurt  
1/3 cups blueberries (can be frozen)  
1/3 cups strawberries (can be frozen)  
2/3 cups ice

Place all ingredients into blender and blend until smooth.

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### **Quad Berry Smoothie**

2 bananas  
1 cup low-fat strawberry yogurt or frozen yogurt  
1/2 cups cranberry juice cocktail  
1-1/2 cups strawberries, hulled, frozen  
1 cup raspberries, frozen

Place all the ingredients in a blender. Blend until smooth.

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### **Rainbow Smoothie**

10 ounces apple-cranberry juice  
4 ounces strawberries  
2 ounces pineapple chunks  
2 scoops rainbow sherbet  
1/2 banana  
1/2 cups ice

Place ingredients in a blender and puree until smooth.

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### **Raspberry Banana Smoothie**

2 bananas, peeled and sliced  
1 1/2 cups pineapple juice  
1 packet vanilla low-fat yogurt (8 ounces)  
1 cup fresh or frozen raspberries

Place the bananas in a single layer on a baking sheet, freeze until hard. Combine the bananas, pineapple juice, yogurt and raspberries in the container of an electric blender, process until smooth. Serve immediately.

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### **Raspberry Smoothie**

2 cups fresh or frozen red raspberries  
1 cup non-fat or 1% milk  
3 tablespoons red raspberry preserves  
4 ice cubes  
2 scoops plain or vanilla soy protein powder

Combine ingredients in blender. Cover and blend at high speed for about 1 minute.

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### **Raspberry Orange Smoothie**

2 cups milk  
2 cups plain yogurt  
2 cups fresh raspberries (other berries may be substituted)  
1 cup frozen orange juice concentrate  
1 cup ice cubes  
1 teaspoon vanilla extract

Combine all ingredients in an electric blender and process until smooth.

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### **Raspberry Peach Smoothie**

1 cup low-fat peach yogurt  
3/4 cups peach nectar  
1/2 cups fresh raspberries, frozen  
1 1/2 cups diced fresh peaches, frozen

Combine yogurt and nectar in a blender. Add peaches and raspberries. Blend until smooth.

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### **Raspberry Watermelon Smoothie**

2 cups seeded watermelon chunks  
1/2 pint raspberries  
1 cup ice cubes  
1 tablespoon Sugar

Put all ingredients in blender. Set to blend. Blend until all ingredients have blended and there are no chunks of ice left.

### **Raw Vegetable Smoothie**

1 - 2 tablespoons fresh lemon juice OR balsamic vinegar  
4 tablespoons picante salsa  
1 cup raw broccoli  
1 raw tomato, quartered  
1/2 raw carrot, cut into 1-inch pieces  
1 cup raw kale, or any leafy green  
1 - 2 cloves raw garlic  
1/2 cup raw hulled sunflower seeds  
1/2 cup raw un-hulled sesame seeds  
1 - 2 slices onion

Start by pouring liquid ingredients (lemon juice, salsa) into blender. Add remaining ingredients and blend until texture is that of a creamy milkshake.

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### **Smoothie Power Shake**

1 cup non-fat soy milk  
1/2 cups orange juice  
1 banana  
1/2 cups cantaloupe  
1 tablespoon peanut butter  
1/2 cups strawberries, fresh or frozen (without sugar)

Put all ingredients in blender. Set to blend. Blend until all ingredients have blended and there are no chunks of ice left.

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### **Southwest Smoothie**

1/2 cups banana, sliced  
1/2 cups mango, papaya, or guava  
2 cups milk  
1 tablespoon honey

Fruit should be of one kind listed and be chopped. Place all ingredients in food processor work bowl fitted with steel blade or in blender container, cover and process on high speed until smooth. Strain if using mango.

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### **Spiced Date Smoothie**

1 cup non-fat milk  
1 cup vanilla low fat frozen yogurt  
3 dates, pitted and chopped  
1/8 teaspoons ground cloves  
1/8 teaspoons ground cardamom  
1/8 teaspoons ground cinnamon

1/4 teaspoons pure vanilla extract

Blend all ingredients until smooth. Serve.

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### **Spinach Smoothie**

1 blender container loosely filled with spinach  
1/2 banana  
3/4 to 1 cup soymilk  
1/4 of a 12 ounces can frozen dole pineapple juice concentrate  
Ice (optional)

Blend until smooth. Note: apple juice concentrate can be used in place of pineapple juice.

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### **Strawberry Banana Smoothie**

1 banana  
4 strawberries  
1/2 cups skim milk  
1/2 cups apple juice

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Strawberry Blueberry Smoothie**

1/2 cups frozen blueberries  
1 cup frozen strawberries  
1 frozen banana (peel before freezing)  
1 1/2 cups milk  
1/2 cups frozen vanilla or strawberry yogurt

Whirl all ingredients together in a blender until smooth. Serve immediately.

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### **Strawberry Smoothie**

2/3 cups oat milk (or use soy milk)  
1 cup pineapple juice  
2/3 cups apple juice concentrate  
1/2 teaspoons vanilla  
6 large frozen strawberries  
10 ice cubes

Blend well, adding 1 tablespoon flaxseed oil and 2 teaspoons wheat germ, if desired.

### **Strawberry Kiwi Smoothie**

3 peeled kiwi  
1 cup frozen banana slices  
3/4 cups pineapple juice  
1/2 cups frozen strawberries

Put all ingredients into blender. Blend until smoothie consistency is reached!

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### **Strawberry Lemonade Smoothie**

Pour into blender:  
1/2 cups lemon juice, freshly squeezed  
1/4 cups cold water  
Add and blend together:  
1/4 cups sugar  
3 cups strawberries, sliced and partially frozen  
2 1/4 cups ice chips

Blend and Serve

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### **Strawberry Lemon Yogurt Smoothie**

1 cup low-fat yogurt  
1/2 cups orange juice  
1 1/2 cups strawberries  
1/2 cups ice crystals  
1 tablespoon lemon juice  
1/2 teaspoons lemon rind / zest

Place ingredients in a blender and puree until smooth.

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### **Strawberry Orange Smoothie**

1/2 cup chopped strawberries  
1/2 cup orange juice  
1/2 cup crushed ice  
1/4 teaspoon honey

Combine strawberries, orange juice, ice, and honey in blender. Blend until smooth. Garnish with sliced strawberries.

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### **Strawberry Raspberry Smoothie**

1 1/2 cups orange juice

1 banana  
1 cup frozen strawberries  
1 cup frozen raspberries

Pour liquid ingredients into the blender first. Yogurt is a liquid ingredient. All fruit goes into blender at one time. Put cover on and blend until smooth.

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### **Strawberry Sunrise Smoothie**

8 ounces carton vanilla yogurt  
1/2 cups frozen strawberries  
1/4 cups apple juice  
1 frozen banana, chopped

Place all ingredients in a blender, cover and blend until desired consistency.  
Serves 2.

Note: this is a good way to use up bananas that are about to get overripe. Don't let them go too far though. While still tasty, cut up and place on wax paper on a flat dish or pan that will fit in your freezer. As soon as they are frozen, dump into a zipper freezer bag. Use for this and other banana smoothies or slushies.

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### **Sugar Free Strawberry Smoothie**

1 8 ounces carton plain non-fat yogurt  
1/4 cups skim milk  
3 packets equal or 1 teaspoon equal measure  
3 cups frozen strawberries  
1 cup ice cubes

In a blender container combine yogurt, milk, and equal. With the blender running, add berries a few at a time through opening in lid. Blend until smooth, then add ice cubes one at a time through opening in lid, blending until slushy. Pour into glasses.

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### **Summer Smoothie**

1 envelope unflavoured gelatine  
1 cup orange juice, divided  
6 strawberries, washed and hulled  
1 ripe banana  
1 cup vanilla frozen yogurt  
6 large ice cubes

Additional strawberries and orange slices, for garnish sprinkle gelatine over

1/4 cups orange juice in saucepan, let stand 1 minute. Over low heat, stir until gelatine completely dissolves, about 2 minutes. Blend remaining orange juice, strawberries, banana and vanilla yogurt in blender at high speed until smooth. Add gelatine mixture, process until blended. Add ice cubes, process at high speed until smooth and frosty. Garnish with additional strawberries and orange slices. Serve immediately.

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### **Sweet Potato Smoothie**

2 medium-size sweet potatoes (about 2 cup)  
1 tablespoons brown rice syrup  
1 tablespoon sucanat  
1 teaspoon vanilla flavouring  
1/4 to 1/2 teaspoons butterscotch flavouring  
2 to 2 1/2 cups water  
2 ice cubes (opt. )  
2 teaspoons sesame tahini (ethnic food department)

Bake sweet potatoes until tender. Let cool (in refrigerator when not too warm). Peel skins sweeteners and flavourings. Begin blending. After several seconds of blending, stop the unit and mix the ingredients, if necessary, using a long utensil. Reblend to a creamy consistency. Serve warm or chilled.

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### **Tangerine Smoothie**

1 cup tangerine juice  
2 ripe bananas  
1 ripe papaya, seeded, skin removed and diced

Blend all ingredients and serve.

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### **Tofu Fruit Smoothie**

1/2 cups apple juice  
1/2 cups frozen vanilla non-fat yogurt, or any flavour of sorbet  
4 ounces (1/2 cup) soft tofu, drained  
1 cup fresh or frozen sliced strawberries or peaches  
1 banana, peeled and broken into chunks  
1 teaspoon honey  
1/2 cups ice cubes  
Fresh whole berries for garnish (optional)

Place all ingredients into container of electric blender. Blend on high until smooth, about 30 seconds.

### **Tropical Smoothie**

1/2 cups each ripe pineapple and mango, cut up  
1/2 cups milk  
1/2 cups plain yogurt  
2 teaspoons fresh lime juice

Process ingredients in blender or food processor until smooth and sweeten to taste.

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### **Tropical Fruit Smoothie**

1 cup frozen honeydew melon  
1 cup frozen mango  
1 frozen banana  
1 cup plain yogurt  
8 ounces peach nectar

Blend until smooth. Serves two.

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### **Tropical Strawberry Smoothie**

1 cup guava nectar  
1 cup pineapple chunks  
3/4 cups frozen peaches  
3/4 cups frozen strawberries

Pour guava nectar into the blender first. All fruit goes into blender at one time. Put cover on and blend until smooth.

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### **Ultimate Smoothie**

1 cup fresh-squeezed orange juice  
Flesh of 2 mangos  
8 ounces (small package) of fresh or frozen blueberries  
1 frozen banana  
2 tablespoons flax seeds  
1 teaspoon honey or maple syrup

Put all the ingredients in the blender in the order listed and mix on high until fully blended.

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### **Vitamin Smoothie**

2 bananas

1 orange  
2 kiwis  
10-12 frozen strawberries  
1/2 cups of frozen blueberries  
1-2 cups of orange juice

Put all the ingredients in the blender in the order listed and mix on high until fully blended.

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### **Vegetable Spice Smoothie**

2 cups tomato juice  
1/2 cup chopped red bell pepper  
1/2 cup cucumber, peeled and chopped  
3 tablespoons lemon juice  
2 tablespoons chopped scallions  
2 teaspoons Worcestershire sauce  
1/4 teaspoon salt  
1/4 teaspoon fresh ground pepper  
1/4 teaspoon hot pepper sauce

Combine all ingredients in blender and blend until smooth. Chill for at least 30 minutes before serving.

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### **Watermelon Smoothie**

2 cups seeded watermelon chunks  
1 cup cracked ice  
1/2 cups plain yogurt  
1 tablespoon sugar  
1/2 teaspoons ground ginger  
1/8 teaspoons almond extract

Combine all ingredients in blender container, blend until smooth.

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### **Watermelon Ecstasy Smoothie**

1 cup pineapple juice  
1 tablespoon honey  
2 cups seeded and cubed watermelons (1/4 melon)  
1 1/2 cups blueberries

Place the juice, honey, watermelon, and blueberries in a blender, and mix on low speed until the mixture is blended. Continue mixing, gradually increasing the speed, until the mixture is smooth. Pour into glasses and garnish the rim

of each glass with Berries on a Skewer (see Garnishes with a Flourish), if desired.

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## Nutritional Information

Smoothie Recipe	Calories (16oz)	Carbs (16oz)	Fat (16oz)	Protein (16oz)
Apple Smoothie	233.0	98.0	3.5	2.4
Apple Carrot Quencher	212.0	77.0	2.8	3.7
Apples Cream Smoothie	245.0	102.0	5.2	8.9
Apple Pie Smoothie	333.0	66.0	8.8	7.6
Apricot Apple Smoothie	312.0	54.0	4.2	11.8
Artic Forest Smoothie	345.0	37.0	5.3	12.2
Avocado Avalanche	488.0	107.0	6.9	15.3
Avocado Banana Berry Smoothie	412.0	66.0	9.8	16.8
Banana Blueberry Smoothie	408.0	34.0	2.8	3.5
Banana Hazelnut Smoothie	512.0	55.0	5.2	6.8
Banana Nutbread Smoothie	544.0	77.0	8.8	7.9
Banana Oatmeal Smoothie	477.0	44.0	4.2	11.4
Banana Orange	388.0	32.0	3.5	12.2
Banana Pearberry Smoothie	364.0	63.0	2.8	9.7
Banana Split Smoothie	505.0	98.0	5.2	13.1
Basic Fruit Smoothie	210.0	77.0	8.8	2.4
Berry Almond Blast	392.0	62.0	4.2	7.6
Berry Banana Smoothie	344.0	66.0	6.2	4.2
Berry Bliss Smoothie	256.0	54.0	4.8	3.5
Berry Blue Smoothie	284.0	37.0	1.9	2.4
Beta Carotene Blast	391.0	66.0	2.7	7.9
Black and Blue Bomber	302.0	54.0	3.2	1.2
Blackberry Smoothie	344.0	37.0	2.8	2.0
Blueberry Smoothie	298.0	47.0	2.8	2.0
Blueberry Banana Smoothie	312.0	66.0	5.2	4.8
Blueberry Maple Smoothie	412.0	34.0	6.8	6.7
Blueberry Orange Smoothie	344.0	55.0	4.2	5.2
Cappuccino Smoothie	278.0	27.0	3.5	11.8
Carob Smoothie	302.0	44.0	2.8	12.2
Cherry Berry Smoothie	422.0	32.0	5.2	15.3
Cherry Cantaloupe Smoothie	277.0	36.0	8.8	16.8
Cherry Vanilla Smoothie	264.0	34.0	4.2	7.5
Chocolate Banana Smoothie	412.0	65.0	6.2	8.8
Chocolate Mint Smoothie	419.0	67.0	4.8	11.9

Smoothie Recipe	Calories (16oz)	Carbs (16oz)	Fat (16oz)	Protein (16oz)
Chocolate PB Banana Smoothie	555.0	54.0	6.9	1.2
Citrus Cooler	244.0	32.0	2.7	2.0
Citrus Tea Smoothie	233.0	63.0	3.5	2.0
Cocoa Berry Smoothie	345.0	98.0	2.8	4.8
Coconut Ginger Smoothie	367.0	77.0	5.2	6.7
Coffee Smoothie	244.0	22.0	8.8	5.2
Cucumber Mint Smoothie	212.0	36.0	4.2	1.8
Daiquiri Twist Smoothie	344.0	54.0	5.3	7.6
Date Yogurt Smoothie	402.0	67.0	6.9	8.2
Double Apple Smoothie	375.0	56.0	4.8	3.5
Double Melon Smoothie	245.0	34.0	2.8	2.4
Everything Smoothie	333.0	57.0	4.2	11.8
Flaxseed Smoothie	312.0	66.0	6.8	10.2
Frosty Fruit Smoothie	345.0	34.0	4.2	8.0
Fruit Smoothie	488.0	55.0	3.5	2.0
Fruit Cocktail Smoothie	412.0	27.0	2.8	4.8
Fruit Salad Smoothie	408.0	24.0	5.2	6.7
Fruit Sunflower Smoothie	412.0	32.0	8.8	7.2
Gingerroot Smoothie	256.0	33.0	4.2	6.4
Granola Peach Smoothie	284.0	28.0	6.2	3.7
Grape Cherry Guzzler	391.0	47.0	4.8	8.9
Grapefruit Smoothie	302.0	12.0	1.9	1.6
Guava Smoothie	344.0	46.0	2.7	7.8
Hawaiian Silk Smoothie	298.0	54.0	3.2	12.2
Holiday Punch Smoothie	312.0	37.0	2.8	15.3
Honey Raspberry Smoothie	412.0	36.0	2.8	16.8
Honeydew Melon Smoothie	344.0	27.0	5.2	3.5
Honeydew Mint Smoothie	278.0	24.0	4.2	6.8
Honey Peach Smoothie	302.0	32.0	6.2	7.9
Instant Breakfast Smoothie	422.0	33.0	4.8	11.4
Island Escape Smoothie	277.0	28.0	1.9	12.2
Jello Smoothie	212.0	47.0	2.7	10.7
Kiwi Smoothie	344.0	12.0	3.2	12.7
Kiwi Peach Smoothie	402.0	46.0	2.8	2.4
Lemon Lime Smoothie	375.0	54.0	2.8	4.6

Smoothie Recipe	Calories (16oz)	Carbs (16oz)	Fat (16oz)	Protein (16oz)
Lemon Watermelon Smoothie	245.0	37.0	5.2	4.2
Lemonade Sweet Tart Smoothie	333.0	36.0	8.8	3.5
Mango Smoothie	312.0	54.0	4.2	8.4
Mango Tango Smoothie	302.0	37.0	5.3	11.9
Mango Papaya Smoothie	344.0	36.0	3.9	9.2
Mexican Smoothie	298.0	27.0	4.8	15.3
Nectarine Smoothie	312.0	24.0	2.8	2.0
Oatmeal Fruit Smoothie	412.0	32.0	4.2	4.8
Orange Pineapple Smoothie	344.0	33.0	6.8	6.7
Orange Pineapple Coconut Smoothie	244.0	28.0	4.2	5.2
Orange Creamsicle Smoothie	233.0	47.0	3.5	11.8
Organic Smoothie	345.0	12.0	2.8	8.0
Papaya Smoothie	367.0	46.0	5.2	6.0
Passionate Peach Smoothie	244.0	54.0	4.8	7.8
Peach Smoothie	212.0	37.0	4.2	1.7
Peaches and Dreams Smoothie	344.0	36.0	5.3	7.2
Peanut Butter Smoothie	402.0	77.0	6.9	11.4
Peanut Butter Banana Smoothie	375.0	72.0	4.8	13.7
Peanut Butter and Jelly Smoothie	245.0	66.0	2.8	18.9
Peanut Butter Sundae Smoothie	333.0	74.0	4.2	11.6
Pear Avocado Smoothie	312.0	67.0	6.8	17.8
Pear Raspberry Smoothie	345.0	56.0	4.2	12.2
Pecan Pie Smoothie	402.0	34.0	3.5	11.4
Peppermint Smoothie	375.0	57.0	2.8	7.9
Persimmon Smoothie	422.0	66.0	5.2	8.2
Pina Banana Smoothie	384.0	34.0	4.8	15.3
Pina Colada Smoothie	377.0	55.0	4.2	9.0
Pineapple Buttermilk Smoothie	344.0	27.0	4.2	14.8
Pineapple Carrot Smoothie	199.0	48.0	3.2	6.8
Pineapple Papaya Smoothie	309.0	34.0	6.2	6.7
Pineapple Yogurt Whirl	287.0	57.0	4.8	5.2
Pink Smoothie	433.0	66.0	1.9	11.8
Pistachio Banana Smoothie	512.0	34.0	2.7	8.0
Pumpkin Pie Smoothie	436.0	55.0	3.2	6.0
Purple Passion Smoothie	298.0	27.0	2.8	4.8
Quad Berry Smoothie	444.0	36.0	2.8	6.7

<b>Smoothie Recipe</b>	<b>Calories (16oz)</b>	<b>Carbs (16oz)</b>	<b>Fat (16oz)</b>	<b>Protein (16oz)</b>
Rainbow Smoothie	398.0	77.0	5.2	5.2
Raspberry Banana Smoothie	412.0	72.0	4.2	1.8
Raspberry Smoothie	454.0	66.0	6.2	7.6
Raspberry Orange Smoothie	402.0	74.0	4.8	8.2
Raspberry Peach Smoothie	418.0	67.0	1.9	3.5
Raspberry Watermelon Smoothie	328.0	56.0	2.7	2.4
Smoothie Power Shake	505.0	34.0	3.2	11.8
Southwest Smoothie	512.0	57.0	2.8	10.2
Spiced Date Smoothie	433.0	66.0	7.9	8.0
Spinach Smoothie	345.0	24.0	0.7	9.0
Strawberry Banana Smoothie	367.0	66.0	3.2	10.5
Strawberry Blueberry Smoothie	244.0	34.0	2.8	8.8
Strawberry Smoothie	212.0	67.0	2.8	11.9
Strawberry Kiwi Smoothie	344.0	56.0	5.2	11.2
Strawberry Lemonade Smoothie	402.0	34.0	4.2	4.0
Strawberry Lemon Yogurt Smoothie	375.0	57.0	6.2	5.0
Strawberry Raspberry Smoothie	245.0	46.0	4.8	4.8
Strawberry Sunrise Smoothie	266.0	34.0	1.9	6.7
Sugar Free Strawberry Smoothie	188.0	55.0	2.7	2.2
Summer Smoothie	198.0	67.0	3.2	4.8
Sweet Potato Smoothie	377.0	34.0	2.8	14.6
Tangerine Smoothie	298.0	57.0	4.8	3.2
Tofu Fruit Smoothie	212.0	44.0	1.9	11.5
Tropical Smoothie	344.0	34.0	2.7	2.4
Tropical Fruit Smoothie	402.0	48.0	3.2	5.8
Tropical Strawberry Smoothie	375.0	54.0	2.8	4.2
Ultimate Smoothie	245.0	36.0	4.8	9.7
Vitamin Smoothie	266.0	64.0	1.9	10.8
Watermelon Smoothie	249.0	65.0	2.7	2.4