

# Healthy Smoothie Recipes



### **APPLE BERRY SMOOTHIE**

½ cup O.J.

1 Cup fresh Apple Cider

4-6 Strawberries with stem left on

1 Frozen Banana 1 cup Yogurt (Sugar & Fat Free flavored)

¼ cup Almonds

2 Tbs. Wheat Germ

Blend until a nice smooth consistency. This makes enough for 3.

### **APPLE CINNAMON SMOOTHIE**

¾ cup Apple Sugar free Syrup

¼ cup Cinnamon Sugar free Syrup

2 scoops VegeFuel

1 ½ cups crushed ice

¼ cup Heavy Cream (optional)

Blend until smooth.

### **APRICOT NECTARINE SMOOTHIE**

½ nectarine

1 apricot

6 oz. light (reduced sugar) fat-free peach yogurt, frozen

(This is one container of Yoplait)

4 oz. Crystal Light or other sugar-free lemonade

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

### **BAHAMA MAMA SMOOTHIE**

¼ cup tofu

1 ½ cups tropical V-8 Splash or other pineapple/citrus blend

¼ cup plain non fat yogurt

½ banana

Frozen strawberries, pineapple, and mango

water or soy milk to taste/consistency

Optional:

3 or 4 baby carrots (you'll never know they're in there!)

1 tbs. wheat germ or 4-5 almonds

Blend all ingredients in blender until smooth.

### **BANANA-BERRY POWER SMOOTHIE**

¼ cup orange juice

½ cup plain, low-fat yogurt

½ small, peeled ripe banana

¼ cup stemmed, sliced strawberries

honey to taste

1 ½ tablespoons vanilla soy protein powder

Place all the ingredients in a blender. Blend on high speed until smooth.

### **BANANA LIME SUBLIME SMOOTHIE**

- 2 cups limeade
- 1 banana
- 1 cup lime sherbet
- 3 Tbs. coconut milk
- 1 cup ice

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Each recipe serves 3-5.

### **BANANA MOLASSES SMOOTHIE**

- 5 pitted prunes
- 1 medium banana, peeled and cut into 1-inch pieces
- 2 cups low-fat vanilla soymilk.
- 1 tablespoon blackstrap molasses
- 1/4 teaspoon ground cardamom
- 3 ice cubes

Place prunes in small bowl and cover with hot tap water. Let rest for 15 minutes or until plump. Drain. Combine plumped prunes and remaining ingredients in blender and whip until smooth.

### **BANANA PEANUT BUTTER SMOOTHIE**

- 8 oz skim milk
- 1/3 small banana
- 1 tbsp reduced fat peanut butter
- 2 sweet n' low or other sugar substitute
- 5 ice cubes

In blender combine milk, banana, peanut butter and sweet n' low. Add ice cubes and pulse.

### **BERRY BLAST SMOOTHIE**

- 1 cup apple juice
- 1 1/2 cups lemonade
- 1 cup frozen raspberries
- 1/2 cup frozen strawberries
- 1 cup raspberry sherbet

Pour all liquid ingredients into the blender. Add all frozen ingredients. Blend at MIX setting for 30 seconds then blend at SMOOTH setting until smooth. While the machine is running, move the stir stick around counter-clockwise to aid mixing. Serve immediately. Each recipe serves 3-5.

**BERRY GOOD PEACH SMOOTHIE**

1/2 cup apple juice  
1/2 cup nonfat vanilla yogurt  
1 cup fresh peaches, sliced, partially frozen  
1/2 cup raspberries, partially frozen  
1 1/2 cups ice chips

Pour ingredients into a blender and blend until smooth. Serves 2.

**BLUEBERRY BUTTERMILK SMOOTHIE**

1 banana, ripe, peeled and cut into chunks  
1/2 cup frozen blueberries  
1 tablespoon granulated sugar  
4 ice cubes  
1 cup buttermilk

Place all ingredients in blender and process until smooth. Serves 2

**BLUEBERRY PINEAPPLE SMOOTHIE**

2 cups chilled fresh or frozen blueberries, slightly thawed  
1 cup chilled pineapple-orange juice, or pineapple-orange-strawberry juice  
1 8-ounce carton vanilla nonfat yogurt  
1 tablespoon sugar

In a blender container, combine all ingredients. Cover and blend for 1 to 2 minutes or until almost smooth. Makes 3 servings.

**BLUEBERRY SMOOTHIE**

1/4 cup orange juice  
1/2 cup plain, low-fat yogurt  
1/2 cup washed, stemmed blueberries  
honey to taste

**BREAKFAST SMOOTHIE**

1/2 cup orange juice  
1 banana  
6-7 frozen strawberries  
4-5 slices frozen peaches  
5-6 frozen blueberries  
6-7 ice cubes

fresh mint (optional)  
dash of nutmeg (optional)  
1 tsp. honey (optional)

Place all ingredients except ice cubes in blender. Puree until smooth. Add ice, and puree again. Pour into a glass and sprinkle nutmeg on top and garnish the some fresh mint.

### **CANTALOUPE SMOOTHIE**

1 Ripe banana  
1/4 Ripe cantaloupe  
1/2 c Nonfat or low-fat yogurt  
2 T Skim-milk powders  
1 1/2 T Orange-juice concentrate  
2 t Honey

Place unpeeled banana in the freezer overnight. Remove banana from the freezer and let it sit for 2 minutes, or until the skin begins to soften. With a paring knife, remove the skin. (Don't worry if a little fiber remains.) Cut the banana into chunks and put in a blender or food processor. Seed the cantaloupe quarter and cut the flesh from the rind. Cut the flesh into chunks and add to the blender. Add the remaining ingredients and blend until smooth. Serves 1.

### **CARROT SMOOTHIE**

2 cups carrot juice  
1/2 cup apple juice  
6 oz. non-fat vanilla or plain yogurt, frozen  
1 banana  
Put all ingredients into blender.  
Blend until smoothie consistency is reached!

### **CHERRY VANILLA SMOOTHIE**

1/4 cup Cherry Sugar free syrup  
1/4 cup Vanilla Sugar free syrup  
2 scoops VegeFuel  
1 1/2 cups crushed ice  
Blend until smooth.

### **CHOCOLATE BANANA SMOOTHIE II**

6 oz. SnackWell's Chocolate Cherry Non-Fat Yogurt  
1/4 cup skim milk  
1 banana  
3 large ice cubes  
Put all ingredients into blender.  
Blend well, adding more ice or milk if necessary, until smoothie consistency is reached!

### **CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE**

1 banana  
2 Tbs. Peanut Butter (chunky or smooth... whatever you prefer!)  
1-2 squirts of Hershey's reduced calorie chocolate syrup  
1 Tbs. wheat germ

6 oz. soy milk

Put all ingredients into blender.

Blend until smoothie consistency is reached!

### **CRANBERRY ORANGE SMOOTHIE**

1 cup cranberry juice

1/2 cup sorbet, raspberry-flavored

1 tablespoon orange juice concentrate

1 1/2 cup orange sections

1/2 cup fresh cranberries, or cherries

Combine the cranberry juice, sorbet, and orange juice concentrate in a blender. Add the orange sections and cranberries. Blend until smooth.

Serves 2

### **CREAMY BLUEBERRY SMOOTHIE**

6 oz. light (reduced sugar) fat-free blueberry yogurt, frozen

(This is one container of Yoplait)

1 cup blueberries, fresh

1 cup non-fat milk

Put all ingredients into blender. Blend until smoothie consistency is reached! 1/2 cup frozen blueberries may be added to make it thicker.

### **FAST TRACK BREAKFAST SMOOTHIE**

16 oz Low Fat Blueberry Or Strawberry Yogurt

1 1/4 C Skim Milk

3/4 C Fresh Or Frozen Blueberries Or Strawberries

3 Tbsp Dry Milk Powder

2 Tsp Honey

In a blender, blend until smooth. Good health: lower cholesterol, stronger immunity, makes 4. Can be frozen, leave in frig. to thaw overnight, stir well before drinking.

### **FAT FREE CANTALOUPE SMOOTHIE**

1/2 ripe cantaloupe, peeled, seeded, and cut into chunks

1 cup (250 ml) skim milk

1 cup (250 ml) unflavored or vanilla fat-free yogurt

1 cup (250 ml) crushed ice

2 T (30 ml) sugar, or to taste

Combine all ingredients in an electric blender and process until smooth. Serves 2.



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