Smoothies for Athletes.com

126 Easy Recipes for Maximum Sports Performance!

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Inside this book, you'll find quick and easy recipes for athletes on the go.

Enjoy!

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Ryan Lee, MS, CSCS is considered one of the world's most innovative strength and conditioning professionals.

Ryan has helped thousands of athletes improve their performance, and has been featured in USA Today, The Wall Street Journal, Personal Fitness Professional, Men's Fitness, Golf Illustrated, Men's Exercise, Personal Trainer Today, and dozens of industry publications. He holds a Master's Degree in Exercise Physiology and is certified by the National Strength and Conditioning Association and the American College of Sports Medicine.

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About the Book

Thanks for purchasing 'Smoothies for Athletes'

This collection of recipes is perfect for all athletes. Whether you're looking for a quick nutritious breakfast or a powerful post-workout shake, you'll find the recipe you're looking for.

As with any smoothie, many additives can be added for a variety of reasons. You can add any powdered product and it won't affect taste, such as protein powder, wheat germ, oatmeal, 100% bran cereal, soy powder, rice powder, flaxseed oil, bee pollen, etc. All of these products are available in health food stores.

You can throw just about anything in a smoothie to enhance its flavor such as honey, tofu, jams, any combination of fruits, peanut butter, juices, etc., but keep in mind it will effect the nutritional values listed below.

I put a lot of time and effort into this cookbook and hope you enjoy them as much as I do. For most of the recipes, all you need is a blender. Plus, you'll save lots of money by making smoothies instead of buying expensive protein bars, which usually have lots of additives and usually taste like chalk.

Once you start making these nutritious smoothies, you'll never go back to protein bars.

Enjoy and happy 'smoothing'.

Ryan Lee, MS, CSCS

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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.

APPLE CARROT QUENCHER

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!

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. Makes 4 (8-ounces) servings.

APPLE PIE SMOOTHIE

1 frozen banana
1/2 peeled, chopped apple
1 cup apple juice
1/2 teaspoons cinnamon
Pinch of nutmeg
Blend. Great substitute for applesauce! Control the consistency by adding more or less chopped apple.

APRICOT APPLE SMOOTHIE

1 apple (golden delicious), peeled, cored & chopped
1 cup apple juice

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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.

ARTIC FOREST SMOOTHIE

1 peach, frozen
10 blueberries, frozen
1 cup light (reduced sugar) fat-free vanilla yogurt, frozen
1/2 cups 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!

AVOCADO AVALANCHE

1 large avocado
2 teaspoons condensed milk
1 cup ice
Scoop out avocado into blender. Add 2 teaspoons condensed milk or a little 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.

AVOCADO BANANA BERRY SMOOTHIE

Half a ripe avocado
1 to 1 1/2 frozen bananas
4 to 5 frozen or fresh strawberries
Splash non-fat soy or other nut milk
Pinch cardamom
Pinch allspice
Whatever else strikes your fancy. . . Nuts, fruits, spices, etc throw all ingredients into a blender and blend until desired texture is reached. I prefer it smooth, but some like a chewable drink. Very, very delicious! Serves: 1

BANANA BLUEBERRY SMOOTHIE

2 bananas
1/2 cups blueberries
1 cup plain yogurt

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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.

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. Serve immediately.

BANANA NUTBREAD SMOOTHIE

1 ounce hazelnut liqueur
ounces banana liqueur
ounces vanilla syrup
2 ounces half and half
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.

BANANA OATMEAL SMOOTHIE

1 cup milk
1 packet instant oatmeal, regular flavor
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.

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.

BANANA SPLIT SMOOTHIE

1 cup nonfat 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.

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.

BERRY ALMOND BLAST

1/2 cups frozen whole berries (use blackberries, strawberries or raspberries)
1 cup nonfat soy milk
3/4 teaspoons almond extract

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1/2 cups silken tofu (about 4 ounces)
2 tablespoons granulated sugar
Combine all ingredients in blender and blend until smooth. Makes 2 smoothies.

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.

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. Pour into a tall glass to serve.

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 center opening in the lid until all ice cubes have been added. Blend until smooth. Serve immediately. Makes 4 servings.

BETA CAROTENE BLAST

3 small ice cubes
2 apricots (sliced and pitted)
1/2 papaya (frozen in chunks)

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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.

BLACK AND BLUE BOMBER

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!

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.

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.

BLUEBERRY BANANA SMOOTHIE

1 banana, preferably frozen
a handful of blueberries, frozen or fresh

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1 cup of milk reduced fat or skim milk (or soy milk)
Combine in a blender or with a hand blender. Enjoy!

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.

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.

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.

CAROB SMOOTHIE

3-4 dates, pitted and soaked 20 minutes
1 cup nut or grain milk
1 frozen banana, cut in chunks
3-4 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.

CHERRY BERRY SMOOTHIE

1 cup low-fat cherry yogurt

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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.

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!

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.

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!

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.

CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

1/2 cups rice milk
1/2 cups silken tofu
1/3 cups creamy peanut butter
2 fresh bananas, frozen and sliced

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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

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-flavored 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.

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.

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.

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

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* 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 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.

COFFEE SMOOTHIE

3 to 4 tablespoons instant coffee powder
1 cup milk (nonfat 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.

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.

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
1 scoop vanilla ice cream
Place ingredients in a blender and puree until smooth.

DATE YOGURT SMOOTHIE

1/2 cups chopped dates

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1 banana, chopped, (about 1/2 cup)
1/2 cups orange juice
1/2 cups plain nonfat 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.

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.

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.

EVERYTHING BUT THE KITCHEN SINK 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

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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.

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.

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.

FROZEN 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 nonfat 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.

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.

FRUITY SUNFLOWER SMOOTHIE

1/3 20ounces bag frozen strawberries
1 banana
1/2 15ounces 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.

GINGERROOT 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

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This is a good smoothie for a queasy tummy. Drink it slowly. Blend all ingredients until smooth.

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

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 nonfat yogurt
Process all in blender until smooth. Pour over crushed ice.

GRAPEFRUIT SMOOTHIE

1 large grapefruit, peeled and sectioned
1 8ounces container vanilla, orange or apricot-flavored low fat yogurt
2 teaspoons sugar
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.

GUAVA SMOOTHIE

1 frozen banana
1 cup of frozen strawberries
1 cup peach sorbet
1 can guava nectar
Blend until smooth.

HAWAIIAN SILK SMOOTHIE

1 cup soy milk
1/2 cups pineapple juice
1 frozen banana

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1 tablespoon maple syrup
2 tablespoons nonfat dry milk
Ice cubes
1 tablespoon coconut milk
Put all ingredients into blender. Blend until smoothie consistency is reached!

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.

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.

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.

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

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Blend until smooth. Serves two. Sinfully delicious.

HONEY OF A 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.

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.

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 flavor
4 ounces milk
4 ounces sherbet - flavor should match the jello flavor
Mix in a blender. Top with whipped cream and colored sugar, if desired. This makes a great and easy summer beverage

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KIWI COOLER

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.

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.

LEMON LIME SMOOTHIE

10 ounces lemon lime soda
2 ounces lemons
2 ounces limes
1 scoops lemon sherbet
1 scopp lime sherbet
1/2 banana
1 cup ice
2/3 cups granulated sugar
Place ingredients in a blender and puree until smooth.

LEMON WATERMELON SMOOTHIE

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

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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!

LEMONADE SWEET TART SMOOTHIE

Just think of a sweet-tart lemon milkshake. . . Only slushy! 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.

MANGO SMOOTHIE

1 ripe mango, peeled, pitted, chopped -- (approx. 1-1/4 cups)
3/4 cups milk, skim -- chilled
1/4 cups nonfat 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.

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

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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. Serves

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!

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

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 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.

ORANGE CREAMSICLE SMOOTHIE

2 whole seedless oranges, peeled
3 tablespoons high protein shake powder (vanilla flavored)
1 cup water
1/2 cups vanilla frozen yogurt (optional)
Place all ingredients in a blender and blend until smooth.

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 favorite powdered protein supplement this recipe makes a lot of smoothie, enough to feed myself & my 2 sons for breakfast. It also freezes really well (for smoothie Popsicles). If you only need to feed yourself, then you can cut the ingredients in half. . . . . .

PAPAYA SMOOTHIE

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

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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 flavor. If not ripe enough, you may have to add a little sugar to the smoothie.

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. It lives up to it's name.

PEACH SMOOTHIE

1 cup frozen peach slices
1/2 banana, sliced
3 tablespoons nonfat vanilla yogurt
1/4 cups orange juice or apple juice
1/2 cups nonfat rice milk, optional
Sugar to taste. Throw all ingredients in the blender and chop and then puree for many seconds until it is delightfully smooth.

PEACHES AND 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!

PEANUT BUTTER SMOOTHIE

1/4 cups peanut butter, chunky or smooth
1 cup vanilla ice cream
1 cup milk
Place all ingredients into blender and blend on high until just combined.

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

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

PEANUT BUTTER AND 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.

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.

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.

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.

PECAN PIE SMOOTHIE

1 ounce hazelnut syrup
ounces caramel syrup

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ounces Irish cream syrup
4 ounces cold milk
2 cups of ice
Garnish:
Whipped cream
teaspoons 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.

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.

PERSIMMON SMOOTHIE

5 persimmons, without skin and seeds
2 cups orange juice
1 cup frozen berries
Blend all ingredients and serve.

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.

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.

PINEAPPLE BUTTERMILK SMOOTHIE

20 ounces unsweetened pineapple chunks
1 cup buttermilk
2 teaspoons vanilla extract

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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.

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.

PINK SMOOTHIE DELUXE

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.

PISTACHIO BANANA GULP

1 container plain nonfat yogurt
2-3 ounces pistachio instant pudding mix
1 ripe banana

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1/4 cups skim milk
Handful or more of crushed ice
Put all ingredients into blender. Blend until smoothie consistency is reached!

PUMPACKETIN PIE SMOOTHIE

1 (15 ounces) can solid pack pumpacketin 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 pumpacketin from can and freeze for 1 hour. In a blender combine partially frozen pumpacketin, frozen apple juice concentrate, nutmeg and cinnamon. Blend until smooth. Continue to blend while adding water to fill the blender.

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.

QUAD BERRY QUENCHER

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.

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.

RASPBERRY BANANA SMOOTHIE

2 bananas, peeled and sliced

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1 1/2 cups pineapple juice
1 packet vanilla low-fat yogurt (8ounces)
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.

RASPBERRY BLAST SMOOTHIE

2 cups fresh or frozen red raspberries
1 cup nonfat 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.

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.

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.

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.

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SMOOTHIE POWER SHAKE

1 cup nonfat 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.

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.

SPICED DATE SMOOTHIE

1 cup nonfat 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.

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.

STRAWBERRY BANANA SMOOTHIE

1 banana
4 strawberries

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1/2 cups skim milk
1/2 cups apple juice
put all ingredients into blender. Blend until smoothie consistency is reached!

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.

STRAWBERRY FRAPPE 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!

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

STRAWBERRY LEMON YOGURT SMOOTHIE

1 cup low-fat yogurt
1/2 cups orange juice
1 1/2 cups strawberries

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1/2 cups ice crystals
1 tablespoon lemon juice
1/2 teaspoons lemon rind / zest
Place ingredients in a blender and puree until smooth.

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.

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.

SUGAR FREE STRAWBERRY SMOOTHIE

1 8 ounces carton plain nonfat 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.

SUMMER SMOOTHIE

1 envelope unflavored gelatin
1 cup orange juice, divided
6 strawberries, washed and hulled
1 ripe banana

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

SWEET POTATO SMOOTHIE

2 medium-size sweet potatoes (about 2 cup)
1 tablespoons brown rice syrup
1 tablespoon sucanat
1 teaspoon vanilla flavoring
1/4 to 1/2 teaspoons butterscotch flavoring
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 flavorings. 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.

TANGERINE DREAMS SMOOTHIE

1 cup tangerine juice
2 ripe bananas
1 ripe papaya, seeded, skin removed and diced
Blend all ingredients and serve.

TOFU FRUIT SMOOTHIE

1/2 cups apple juice
1/2 cups frozen vanilla nonfat yogurt, or any flavor 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.

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TROPICAL FLING 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.

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.

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.

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.

VITAMIN CUPS SMOOTHIE

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

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

WACKY 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.

ZIPPY PINEAPPLE CARROT SMOOTHIE

1/2 cups pineapple chunks
1 cup soy milk, any flavor
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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Nutritional Information

	Calories (per 16 ounces)	Carbs (per 16 ounces)	Fat (per 16 ounces)	Protein (per 16 ounces)
Amazing Apple Smoothie	233	98	3.5	2.4
Apple Carrot Quencher	212	77	2.8	3.7
Apples and Cream Smoothie	245	102	5.2	8.9
Apple Pie Smoothie	333	66	8.8	7.6
Apricot Apple Smoothie	312	54	4.2	11.8
Artic Forest Smoothie	345	37	5.3	12.2
Avocado Avalanche	488	107	6.9	15.3
Avocado Banana Berry Smoothie	412	66	9.8	16.8
Banana Blueberry Smoothie	408	34	2.8	3.5
Banana Hazelnut Smoothie	512	55	5.2	6.8
Banana Nutbread Smoothie	544	77	8.8	7.9
Banana Oatmeal Smoothie	477	44	4.2	11.4
Banana Orange Twist	388	32	3.5	12.2
Banana Pearberry Smoothie	364	63	2.8	9.7
Banana Split Smoothie	505	98	5.2	13.1
Basic Fruit Smoothie	210	77	8.8	2.4
Berry Almond Blast	392	62	4.2	7.6
Berry Banana Smoothie	344	66	6.2	4.2
Berry Bliss Smoothie	256	54	4.8	3.5
Berry Blue Smoothie	284	37	1.9	2.4
Beta Carotene Blast	391	66	2.7	7.9
Black and Blue Bomber	302	54	3.2	1.2
Blackberry Smoothie	344	37	2.8	2.0
Blueberry Smoothie	298	47	2.8	2.0
Blueberry Banana Smoothie	312	66	5.2	4.8
Blueberry Maple Smoothie	412	34	6.8	6.7
Blueberry Orange Smoothie	344	55	4.2	5.2
Cappucino Smoothie	278	27	3.5	11.8
Carob Smoothie	302	44	2.8	12.2
Cherry Berry Smoothie	422	32	5.2	15.3
Cherry Cantaloupe Smoothie	277	36	8.8	16.8

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Cherry Vanilla Smoothie	264	34	4.2	7.5
Chocolate Banana Smoothie	412	65	6.2	8.8
Chocolate Mint Smoothie	419	67	4.8	11.9
Chocolate PB Banana Smoothie	555	54	6.9	1.2
Citrus Cooler	244	32	2.7	2.0
Citrus Tea Smoothie	233	63	3.5	2.0
Cocoa Berry Smoothie	345	98	2.8	4.8
Coconut Ginger Smoothie	367	77	5.2	6.7
Coffee Smoothie	244	22	8.8	5.2
Cucumber Mint Smoothie	212	36	4.2	1.8
Daiquiri Twist Smoothie	344	54	5.3	7.6
Date Yogurt Smoothie	402	67	6.9	8.2
Double Apple Smoothie	375	56	4.8	3.5
Double Melon Smoothie	245	34	2.8	2.4
Everything But Kitchen Sink Smoothie	333	57	4.2	11.8
Flaxseed Smoothie	312	66	6.8	10.2
Frosty Fruit Smoothie with Wheatgerm	345	34	4.2	8.0
Frozen Fruit Smoothie	488	55	3.5	2.0
Fruit Cocktail Smoothie	412	27	2.8	4.8
Fruit Salad Smoothie	408	24	5.2	6.7
Fruity Sunflower Smoothie	412	32	8.8	7.2
Gingerroot Smoothie	256	33	4.2	6.4
Granola Peach Smoothie	284	28	6.2	3.7
Grape Cherry Guzzler	391	47	4.8	8.9
Grapefruit Smoothie	302	12	1.9	1.6
Guava Smoothie	344	46	2.7	7.8
Hawaiian Silk Smoothie	298	54	3.2	12.2
Holiday Punch Smoothie	312	37	2.8	15.3
Honey Raspberry Smoothie	412	36	2.8	16.8
Honeydew Melon Smoothie	344	27	5.2	3.5
Honeydew Mint Smoothie	278	24	4.2	6.8
Honey of a Peach Smoothie	302	32	6.2	7.9
Instant Breakfast Smoothie	422	33	4.8	11.4
Island Escape Smoothie	277	28	1.9	12.2
Jello Smoothie	212	47	2.7	10.7
Kiwi Cooler	344	12	3.2	12.7

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Kiwi Peach Smoothie	402	46	2.8	2.4
Lemon Lime Smoothie	375	54	2.8	4.6
Lemon Watermelon Smoothie	245	37	5.2	4.2
Lemonade Sweet Tart Smoothie	333	36	8.8	3.5
Mango Smoothie	312	54	4.2	8.4
Mango Tango Smoothie	302	37	5.3	11.9
Mango Papaya Smoothie	344	36	3.9	9.2
Mexican Smoothie	298	27	4.8	15.3
Nectarine Smoothie	312	24	2.8	2.0
Oatmeal Fruit Smoothie	412	32	4.2	4.8
Orange Pineapple Smoothie	344	33	6.8	6.7
Orange Pineapple Coconut Smoothie	244	28	4.2	5.2
Orange Creamsicle Smoothie	233	47	3.5	11.8
Organic Smoothie	345	12	2.8	8.0
Papaya Smoothie	367	46	5.2	6.0
Passionate Peach Smoothie	244	54	4.8	7.8
Peach Smoothie	212	37	4.2	1.7
Peaches and Dreams Smoothie	344	36	5.3	7.2
Peanut Butter Smoothie	402	77	6.9	11.4
Peanut Butter Banana Smoothie	375	72	4.8	13.7
Peanut Butter and Jelly Smoothie	245	66	2.8	18.9
Peanut Butter Sundae Smoothie	333	74	4.2	11.6
Pear Avocado Smoothie	312	67	6.8	17.8
Pear Raspberry Smoothie	345	56	4.2	12.2
Pecan Pie Smoothie	402	34	3.5	11.4
Peppermint Smoothie	375	57	2.8	7.9
Persimmon Smoothie	422	66	5.2	8.2
Pina Banana Smoothie	384	34	4.8	15.3
Pina Colada Smoothie	377	55	4.2	9.0
Pineapple Buttermilk Smoothie	344	27	4.2	14.8
Pineapple Papaya Smoothie	309	34	6.2	6.7
Pineapple Yogurt Whirl	287	57	4.8	5.2
Pink Smoothie Deluxe	433	66	1.9	11.8
Pistachio Banana Gulp	512	34	2.7	8.0
Pumpacketin Pie Smoothie	436	55	3.2	6.0
Purple Passion Smoothie	298	27	2.8	4.8
Quad Berry Quencher	444	36	2.8	6.7
Rainbow Smoothie	398	77	5.2	5.2

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Raspberry Banana Smoothie	412	72	4.2	1.8
Raspberry Blast Smoothie	454	66	6.2	7.6
Raspberry Orange Smoothie	402	74	4.8	8.2
Raspberry Peach Smoothie	418	67	1.9	3.5
Raspberry Watermelon Smoothie	328	56	2.7	2.4
Smoothie Power Shake	505	34	3.2	11.8
Southwest Smoothie	512	57	2.8	10.2
Spiced Date Smoothie	433	66	7.9	8.0
Spinach Smoothie	345	24	0.7	9.0
Strawberry Banana Smoothie	367	66	3.2	10.5
Strawberry Blueberry Smoothie	244	34	2.8	8.8
Strawberry Frappe Smoothie	212	67	2.8	11.9
Strawberry Kiwi Smoothie	344	56	5.2	11.2
Strawberry Lemonade Smoothie	402	34	4.2	4.0
Strawberry Lemon Yogurt Smoothie	375	57	6.2	5.0
Strawberry Raspberry Smoothie	245	46	4.8	4.8
Strawberry Sunrise Smoothie	266	34	1.9	6.7
Sugar Free Strawberry Smoothie	188	55	2.7	2.2
Summer Smoothie	198	67	3.2	4.8
Sweet Potato Smoothie	377	34	2.8	14.6
Tangerine Dreams Smoothie	298	57	4.8	3.2
Tofu Fruit Smoothie	212	44	1.9	11.5
Tropical Fling Smoothie	344	34	2.7	2.4
Tropical Fruit Smoothie	402	48	3.2	5.8
Tropical Strawberry Smoothie	375	54	2.8	4.2
Ultimate Smoothie	245	36	4.8	9.7
Vitamin Cups Smoothie	266	64	1.9	10.8
Wacky Watermelon Smoothie	249	65	2.7	2.4
Zippy Pineapple Carrot Smoothie	199	48	3.2	6.8

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