



# Smoothies & Milkshakes



## Smoothies and Milkshake Recipes - Collection 1

This collection of smoothies and milkshakes is perfect for all ages. Kids adore smoothies and as a mom it is a great way to create a quick and nutritious breakfast or snack for any time of the day. The combinations have excellent nutritional value - just right for little growing bodies.

As with any smoothie, many nutritious "extras" 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 or use soya milk, flaxseed oil, etc. All of these products are available in health 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, fruit juices, buttermilk, etc.

All you need is a blender and the right ingredients and off you go. Smoothies are a great alternative to those expensive protein bars, which usually have lots of additives and usually taste like chalk.

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33. DELUXE MELON SMOOTHIE
34. BANANA AND FLAXSEED SMOOTHIE
35. WHEAT GERM POWER SMOOTHIE
36. FROZEN FRUIT COMBO SMOOTHIE
37. FRUIT COCKTAIL SMOOTHIE
38. SUNFLOWER FRUIT SMOOTHIE

Enjoy!

Happy Smoothies!





# Smoothies & Milkshakes



## Tips for Great Smoothies

- Smoothies are usually made with ice cubes and frozen juice. But they can be made with frozen yogurt, buttermilk, sorbet or a scoop of real ice cream.

This makes them rich and creamy. Even using ice-cream, they are still good for you, loaded up with fresh or frozen fruit.

Great for summer and who says you cant have them in winter too? I never could understand why people think you cant eat ice cream in the winter!

- Only a scoop or two of yogurt or sorbet will do. Don't add too much. Make it just a little bit rich, not an ice cream shake, although thats always an Yummy option!
- Frozen fruits work best. Without frozen fruit, you will be tempted to add too much frozen yogurt or ice and the smoothie gets watery too quickly.
- Keep it simple. Too many flavors are confusing to the palate. The very best smoothies have only three or four flavors.

- Use whatever fruit is in season - when ripe, cut it into small chunks that your blender can handle and then freeze the chunks in tightly sealed plastic bags - use sandwich bags for just the right amount for a single smoothie.

- Almost every fruit on the planet can be frozen for a smoothie. Even bananas, watermelon, strawberries and peaches!

- Obviously all non-fat milk e.g. skim milk or low fat yoghurt in any recipe can be substituted with full cream milk, full cream soy milk and so on for that added nutritional value.

- Smoothies decorated with small pieces of chopped fruit (arranged as a smiley face) and served with a straw always get a toddler's attention.

- Serve with Lady Biscuits (Boudoir) or healthy digestive biscuits for a good and healthy snack.

- Serve smoothies with pieces of whole fruit on the side.

- Sprinkle the top of a smoothie with extra nutritional things such as chopped walnuts, sunflower seeds, muesli, grated cheese or even chocolate "ants". How about some crushed wholewheat biscuits for decoration?

## BREAKFAST OATMEAL AND BANANA SMOOTHIE

- 1 cup milk
- 1 packet instant oatmeal, regular flavor (optional - use baby cereal)
- 1 whole banana, cut in chunks
- 1 cup orange juice (freshly squeezed if possible)

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

## BREAKFAST GRANOLA SMOOTHIE

- 1 ripe, medium-size peach or banana
- 2 teaspoons lemon juice
- 2 teaspoons honey
- ½ cup yogurt
- 2 tablespoons granola or buckwheat crunchies

Blend the first four ingredients.

Sprinkle granola or buckwheat or even sunflower seeds on top.

## QUICK BREAKFAST SMOOTHIE

- ½ to 1 cup milk
- 1 packet of instant breakfast cereal, preferably chocolate flavoured
- 1 spoonful of peanut butter
- 1 frozen banana

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.

Breakfast in a glass - It's fast and delicious.





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## GRAPEFRUIT SLIMMERS SMOOTHIE

- 1 large grapefruit, peeled and sectioned
- 1 cup 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 SORBET SMOOTHIE

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

Blend until smooth.

## HONEYDEW MELON SMOOTHIE

- 2 cups cubed 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.

## HONEY YOGURT SMOOTHIE

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

Place berries and 1/2 cup 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.

## JELLY SMOOTHIE

- 1/2 cup prepared jelly - any flavor
- 1/2 cup milk
- 1/2 cup sorbet - 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 drink.

## BREAKFAST OATMEAL FRUIT SMOOTHIE

- 1 cup soy milk
- 1/2 cup rolled oats - quick cooking or instant kind
- 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.

## PEANUT BUTTER ICE CREAM SMOOTHIE

- 1/4 cup 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 MILK SMOOTHIE

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

Place all ingredients in blender.

Blend until smooth.

Pour into glasses & serve immediately.





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## PEANUT BUTTER AND WHEAT GERM SMOOTHIE

- 1/4 cup smooth peanut butter
- 2 tablespoons honey
- 1/3 cup 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.

## PEPPERMINT ICE CREAM 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.

## PINEAPPLE BUTTERMILK SMOOTHIE

- 1 410g tin unsweetened pineapple chunks
- 1 cup buttermilk
- 2 teaspoons vanilla extract
- 2 teaspoons liquid sweetener
- Mint leaves - optional

Drain pineapple, reserving 1/2 cup 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 YOGURT SWIRL

- 1/2 cup pineapple juice concentrate, thawed
- 1/2 cup water
- 1/2 cup skim milk
- 1 cup plain yogurt
- 2 tablespoons sugar
- 1 1/2 teaspoons vanilla essence
- 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.

## SMOOTHIE POWER BLEND

- 1 cup (nonfat) soy milk
- 1/2 cup orange juice
- 1 banana
- 1/2 cup cantaloupe
- 1 tablespoon peanut butter
- 1/2 cup 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.

## SUGAR FREE STRAWBERRY SMOOTHIE

- 1 cup plain nonfat yogurt
- 1/4 cup skim milk
- 1 Tablespoon Equal or Sugar-Free Sweetener (or to taste)
- 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.

## TOFU AND FRUIT SMOOTHIE

- 1/2 cup apple juice
- 1/2 cup frozen vanilla nonfat yogurt, or any flavor of sorbet
- 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 cup ice cubes
- Fresh whole berries for garnish (optional)

Place all ingredients into container of electric blender.

Blend on high until smooth, about 30 seconds.







