

40 Smoothie Recipes



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!
(345 calories)

APPLE CARROT QUENCHER

2 cups carrot juice
1/2 cups apple juice
6 ounces nonfat vanilla or plain yogurt, frozen
1 banana
Put all ingredients into blender. Blend until smoothie consistency is reached!
(212 calories)

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

(412 calories)

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.

(408 calories)

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.

(505 calories)

BERRY ALMOND BLAST

1/2 cups frozen whole berries (use blackberries, strawberries or raspberries)

1 cup nonfat soy milk

3/4 teaspoons almond extract

1/2 cups silken tofu (about 4 ounces)

Combine all ingredients in blender and blend until smooth.

Makes 2 smoothies.

(392 calories)

BETA CAROTENE BLAST

3 small ice cubes

2 apricots (sliced and pitted)

1/2 papaya (frozen in chunks) Copyright 2004 <http://SportSpecific.com>

Smoothies for Athletes

1/2 mango (frozen in chunks)

1 large carrot

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.

(391 calories)

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 is best to wait until near the end, and just blend long enough to mix the protein powder or whatever in. You can also substitute apple juice for the soymilk to create a tangier concoction.

(298 calories)

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!
(312 calories)

BLUEBERRY MAPLE SMOOTHIE

1 cup low-fat blueberry yogurt
3/4 cups low-fat milk
1 tablespoon pure maple syrup (not Aunt Jemima's or commercial blend)
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.
(412 calories)

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.
(302 calories)

CITRUS TEA SMOOTHIE

1 cup orange segments, chilled
1/2 cups grapefruit segments, chilled
1/2 cups strong-brewed earl grey tea, chilled
2 ice cubes, crushed
Combine the orange segments, grapefruit segments, and tea in a blender. Add the ice. Blend until smooth.
(233 calories)

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.

(244 calories)

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.

(245 calories)

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.

(312 calories)

FRUIT SALAD SMOOTHIE

1 medium ripe peach

3/4 cups fresh or frozen strawberries

1/2 banana peeled

2 cups skimmed evaporated milk chilled

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.

(408 calories)

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

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

(256 calories)

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.

(412 calories)

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.

(344 calories)

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.

(302 calories)

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.

(344 calories)

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.

(312 calories)

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. Serves 4

(344 calories)

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.

(298 calories)

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.

(412 calories)

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.
(233 calories)

PEANUT BUTTER SUNDAE SMOOTHIE

1/4 cups organic/pure 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.
312 calories)

PINA COLADA SMOOTHIE

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

PINK SMOOTHIE DELUXE

2 cups sliced banana
1 1/2 cups frozen strawberries
1 cup chopped ruby red grapefruit
1 cup orange juice
1 cup ice crystals
Place ingredients in a blender and puree until smooth.
(433 calories)

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.

(298 calories)

RASPBERRY PEACH SMOOTHIE

1 cup lowfat 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.

(418 calories)

RASPBERRY WATERMELON SMOOTHIE

2 cups seeded watermelon chunks

1/2 pint raspberries

1 cup ice cubes

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

(328 calories)

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.

(512 calories)

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.

(433 calories)

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.

(244 calories)

STRAWBERRY LEMONADE SMOOTHIE

1/2 cups lemon juice, freshly squeezed

1/4 cups cold water

1/4 cups sugar

3 cups strawberries, sliced and partially frozen

2 1/4 cups ice chips

(402 calories)

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.

(344 calories)

VITAMIN CUPS SMOOTHIE

2 bananas

1 orange

2 kiwis

10-12 frozen strawberries

1/2 cups of frozen blueberries

1/2 cups of freshly squeezed orange juice

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

(266 calories)

ZIPPY PINEAPPLE CARROT SMOOTHIE

1/2 cups pineapple chunks

1 cup soy milk, any flavor

1 carrot, peeled and sliced

1"-1.5" 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

(199 calories)

