

# **80 Time Honored Smoothie Recipes: Great Smoothies to Suit All Tastes**

**The Best Smoothie Recipes to Suit All Occasions**

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# PUBLISHERS NOTES

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## **Kindle Edition 2013**

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## DEDICATION

This book is dedicated to my parents who never downplayed the value of a healthy meal.

# CHAPTER 1- THE BENEFITS OF SMOOTHIES AND WHY INVEST IN A SMOOTHIE BLENDER

The genius behind smoothies is that you retain most, if not all of the nutritional components of your fruits and vegetables in their original form when you create your incredible beverages. Processing, peeling and cooking simply removes too many vitamins and minerals, hence the smoothie revolution. However, the cost of a smoothie blender, along with the price of the ingredients and time involved is an obstacle for many people. Is going through the trouble and expense worth it?



A smoothie machine can cost anywhere from \$50 to \$500, and as is the case with anything you buy; you get what you pay for. Some blenders are simple to operate and clean, while others require a lot more thinking and even the use of an instruction manual. Certain models may yield a single glass from your efforts and some a whole day's worth of smoothies. There is literally a blender for every budget and lifestyle and careful consideration is necessary to select the right one. But, how do you know that smoothies are right for you? What exactly can they do for your body that makes all the time, effort and money a fair exchange?

Weight management- A fruit smoothie, made with nothing but the recommended ingredients, can fill you up without filling you out, and will hold you over until mealtime. Fulfilling this criterion on a regular basis can help anyone who is struggling to lose or maintain weight. Enjoying a healthy smoothie in place of a full breakfast and/or lunch means minimizing calories and an easy way to keep track of them. Reaching your ideal weight is easily one of the best things you can do for your body, period.

Immune health- If a glass of orange juice can help fend off the common cold, a smoothie can help keep you well all flu season long. Juicing packs a powerful punch for your immune system, and enables you to fight all kinds of bugs that might otherwise invade your body. When the right set of ingredients are used, the average smoothie provides you with vitamins C, E and A, along with plenty of antioxidants which are all essential to a strong and dependable immune system.

Digestive regulation- Many people suffer with the repercussions of eating foods that are not suited to optimum digestion. IBS, acid-reflux, bloating and gas can all happen when a diet consists of items that remain in the digestive tract in solid form or otherwise clog the internal plumbing. Since raw fruits and vegetables in smoothie form are so easy to digest, many of these common ailments disappear.

Lower blood-pressure- Sodium abounds in commercially prepared products, adding to existing problems with blood-pressure and likely creating new ones. Organic fruits and vegetables used to prepare smoothies don't contain all that added salt, making this addition to your diet very blood-pressure friendly.

Cancer prevention- It is quickly becoming an established scientific fact that a diet consisting of natural fruits and vegetables can decrease the likelihood of the occurrence of cancer. Many also believe that adding these nutritional options to the menu when you already have some types of cancer can improve your chances of beating it.

Greater energy- Most people could use a healthy boost of energy at some point throughout their day, and smoothies can provide this. As opposed to nibbling on something that will slow down your metabolism and decrease the actual energy your body is operating on, smoothies give that extra boost of energy and keep you going throughout the day. This is why they are so popular among athletes and other people who regularly expend a lot of energy.

Stable glucose production- anytime the blood sugar levels fluctuate, so does hunger, energy and mood. Popping a few of your favorite, fruits and vegetables that are naturally low in sugar into the blender can satisfy nutritional needs without spiking glucose levels.

Probiotics power- Including cultured milk in smoothies gives your body an infusion of probiotics. These microscopic organisms assist your body in balancing intestinal micro flora, impede the production of harmful bacteria and add a boost to both the digestive and immune systems. Not to mention the calcium your body absorbs from the milk in smoothies, and the benefits of calcium are well established.

A healthy complexion- Your skin is an organ and when fed well, has a greater tendency to glow and look radiant. Smoothies consist of fresh fruits and vegetables, things we all know are good for skin. Add in low-fat, protein-rich dairy products and you've got a winning combination for a healthy and youthful complexion. The better you take care of your skin from the inside out, the longer it will maintain its appearance and structure.

Necessary hydration- Most of us simply don't consume the daily recommended amounts of water, despite knowing the benefits. Understandably, unless you've just run a few miles or spent an hour working out, water doesn't hold the same appeal as other drinks. Smoothies are full of water from natural sources and keep you hydrated while pleasing the palate to no end.

The numerous benefits of smoothies are abundantly clear. Although keeping all the necessary ingredients on hand and preparing a smoothie may seem inconvenient, what they can do for you absolutely makes them worthwhile. The cost of a smoothie blender is negligible too, when you consider that it's an investment in your well being that yields many great returns. From detoxifying with dandelion weed to treating IBS with mangoes, or simply enjoying smoothies to increase your average daily nutritional intake, you ultimately get out much more than you put in.

## CHAPTER 2- 10 SUMPTUOUS HEALTHY GREEN SMOOTHIE RECIPES

Smoothies, especially green ones, are all the rage right now, popular with health food aficionados, health experts and celebrities. But are they tasty? The idea of a drink that is green might turn you off, but in reality, green smoothies can be creamy, delicious and tasting more like fruits or other flavors. The way these smoothies are prepared makes all the difference. Try out some of the green smoothie recipes below and see for yourself.



## **Classic Green Monster**

The Green Monster is a super popular green drink, and often the one that smoothie newbie's experiment with first. It uses fresh spinach, which has a mild taste that is easily overpowered by the vanilla and banana flavors in this drink. To make a classic Green Monster, combine in a blender 1 cup vanilla soy or vanilla almond milk, 1/2 ripe banana, and 2 cups or 2 large handfuls fresh spinach. Blend until frothy and smooth and enjoy!

## **Berry Green Monster**

Are you ready for something a bit different? For this green smoothie, keep the above recipe basically the same, but substitute 1 cup frozen strawberries or raspberries instead of using bananas. Blend your cup of vanilla soy or almond milk, cup of frozen berries and 2 cups fresh spinach until everything is smooth and the berries have given the smoothie a thicker, denser texture.

## **High Protein Green Smoothie**

If you want your green smoothie to be a little heartier and keep you full longer, add some protein powder. Combine in a blender 1 cup vanilla soy or vanilla almond milk, 1/2 banana or 1 cup frozen berries, 2 cups fresh spinach and 1 scoop vanilla-flavored whey or soy protein powder. Commercially-available protein powders usually provide about 20-25 grams of protein per scoop. The scoop comes with the package.

## **Cherry Chocolate Green Smoothie**

This delicious and healthy green smoothie tastes almost like a sumptuous dessert. To make this creamy, delectable drink, combine 1 cup vanilla soy or vanilla almond milk, 1/2 cup frozen sweet cherries, 2 cups fresh spinach and 1 Tbsp. cocoa powder in a blender. If you want the drink to be a little sweeter, you can also add some honey or Stevia powder as a sweetener.

## **High Protein Cherry Chocolate Green Smoothie**

To add some staying powder to your drink, follow the recipe above for the Cherry Chocolate Green Smoothie, only leave out the cocoa powder and use a scoop of chocolate-flavored protein powder. Or, you can add the protein powder in addition to the cocoa powder for an extra-chocolaty punch. Since protein powder is generally sweetened with sucralose, you probably won't need additional sweeteners in this drink, but if you do, try a little honey or Stevia.

## **Peanut Butter Banana Smoothie**

Everyone loves the combination of peanut butter and banana. Make your healthy green drink a tasty favorite by adding peanut butter to the mix. Here's how: Combine 1 cup vanilla soy or vanilla almond milk, 1/2 ripe banana, 2 cups fresh spinach or kale and 1 Tbsp. peanut butter in a blender. The peanut butter also provides some added protein. If you wish, you can substitute almond butter, cashew butter or any other nut butter in place of the peanut butter.

## **Tropical Green Smoothie**

Maybe you like your green smoothies to have lots of fruits and vegetables, for an extra-fresh taste. If so, you'll like this smoothie. This green drink is juice-based or produce-based rather than starting off with soy or almond milk. Use a blender and combine 1 cup orange juice, 1 cup fresh spinach or kale, 1/2 ripe banana, 1/2 cup pineapple chunks, and 1/2 cup ripe mango chunks. You can also leave out the banana for a lighter drink. Garnish with a little shredded coconut.

## **Fresh Green Vegetable-Lemon Smoothie**

For a super nutritious drink packed with fresh produce, try this recipe. Combine 2 cups water, 2 cups fresh spinach or shredded kale, 1 cup shredded romaine, 1 stalk of celery, 1/2 cup cucumber slices, 1 cored and sliced apple, 1 cored and sliced pear and a generous squeeze of fresh lemon juice in a blender. This recipe works best if you blend up the greens and the water before adding the other fruits and vegetables. You'll love the vitamin-packed nutrition of this fresh-tasting drink.

## **Avocado-Grape Green Smoothie**

For the more adventurous smoothie lover, here's a creamy drink that gives you lots of nutrition and energy. For this smoothie, combine 1 cup water or coconut water, 1 cup fresh spinach or kale leaves, 2 cups seedless red or green grapes, 1 cored and sliced pear and 1/4 avocado. This smoothie provides not just fruit and vegetable

nutrition but healthy fats in the form of the omega-3 fatty acids present in avocados.

### **Fresh and Zippy Green Smoothie**

For a smoothie with the zing of fresh ginger and mint, combine 1 cup water, 2 cups or large handfuls fresh greens such as spinach or kale, 1 cored and sliced pear, a 1-inch chunk of ginger, peeled and grated and a few sprigs of fresh mint in a blender.

As you can see, sumptuous healthy green smoothie recipes abound! You will be sure to find a favorite from the list above. They'll improve your diet, give you lots of energy and make you feel great!

## CHAPTER 3- 10 GREAT YOGURT BASED SMOOTHIE RECIPES

Sometimes you don't even realize that you have some great smoothie ingredients in your refrigerator. The joy of smoothie making is that you can be creative and use delicious creamy yogurt as well which means you will have flavor and nutrition along with a great taste!

The following are a few yogurt based smoothie recipes which will you can start with, especially if you are new to the world of smoothies. They are simply delicious and extremely good for you. Always remember to choose fresh fruits and vegetables and don't be afraid to try fruits that you don't normally buy. Fruits such as mangoes, papayas and pomegranates can be used to make wonderful smoothies. If you like a tangy flavor you can add a little freshly squeezed lemon or lime juice to your smoothie.

Don't forget that vegetables make good smoothies too! Carrots are a great addition to a smoothie as well as avocados or whatever you like the taste of. Adding flavoring such as ginger to a carrot smoothie really makes it taste even better. Cucumber and melon also work really well together. Just enjoy experimenting with ingredients.

Not only do you have choices of flavors of yogurts, such as vanilla, strawberry, peach etc. you can also choose whether you want low-fat yogurt or frozen yogurt. Adding ice to your smoothie can make a delicious refreshing yogurt on a hot summer day. Also adding low-fat

milk can change the consistency of your smoothie, depending on whether you like the consistency to be thick or thin. Greek yogurt is a wonderful smooth consistency and you can find recipes that use of Greek yogurt.



## Recipes

### Good Morning Smoothie

For this great recipe you need 1 Banana, 1 cup blueberries, 1 cup orange juice and 2 cups low-fat strawberry yogurt. Blend ingredients together and enjoy for a low-fat, eye-opening start to your day! If you prefer a thinner consistency add some ice cubes or low fat milk or both.

### **Peachy Smoothie**

Blend 2 sliced peaches, 1 tablespoon honey, 1/2 cup orange juice and 1 cup vanilla low-fat yogurt. You can always substitute frozen yogurt for regular yogurt if you prefer a frozen smoothie.

### **Berry Blast Smoothie**

Blend 1 cup cherry juice, ½ cup strawberries, ½ cup blackberries, ½ cup raspberries, ½ cup blueberries and 1 cup vanilla yogurt until consistency is smooth.

This smoothie is full of anti-oxidants to boost your immune system. Cherry juice or cherries are great for arthritis and inflammation!

### **Carrot Smoothie**

Blend a pinch of salt, ¼ teaspoon ginger (grated), ½ cup orange juice, 1 cup vanilla low fat yogurt, 1 cup carrot juice and ice cubes.

This is a great way to get your kids to eat their vegetables, especially when it's hot outside and you offer them a delicious cool smoothie.

### **Watermelon Smoothie**

Blend 1 cup peach juice, 1 cup strawberries, 1 cup vanilla low fat yogurt and 2 cups watermelon (seeded & diced). This is a refreshing summer smoothie and a great way to enjoy watermelon.

### **Mango Fandango Smoothie**

Blend 2 cups chopped mango, 1 cup mango juice and 1 cup vanilla or plain low fat yogurt.

Enjoy this mango smoothie full of vitamins A & C by just blending the ingredients together. Try other tropical fruits to make smoothies such as papaya or pomegranate.

### **Kids Breakfast Smoothie**

Blend 1 table spoon chocolate syrup, 2 scoops vanilla frozen yogurt, 4 table spoons uncooked oats and 2 bananas.

Kids will love the chocolate/banana flavor of this nutritious shake. Let them help you blend the ingredients for a quick breakfast smoothie.

### **Melon & Cucumber Smoothie**

Blend 1 cup low fat vanilla yogurt, 1 cup frozen vanilla yogurt, 1 peeled and chopped cucumber and 2 cups chopped cantaloupe.

It makes a refreshing treat!

### **Pumpkin Pie Smoothie**

Blend  $\frac{1}{4}$  cup maple syrup,  $\frac{1}{2}$  cup 2% milk, 1 cup low fat vanilla yogurt and 1 cup pumpkin puree. Have whipped and ground cinnamon to use as the garnish.

### **Coffee Smoothie**

Blend 2 scoops coffee flavored frozen yogurt, ½ cup chilled coffee and 1/2 cup low fat milk. This is a great energy booster and will provide that energy that you need to get through the afternoon.

The variety of smoothies that can be made is endless. You can have smoothies any time of the year based on the available fruits and vegetables. Fresh fruit is always the best choice but in the winter time when there is a limited choice of fresh fruits try the frozen varieties. Frozen blueberries, strawberries and blackberries and even peaches work very well in yogurt based smoothies.

For additional nutritional value you can add a little wheat germ to your smoothie. Wheat germ is an excellent source of B vitamins and while not very tasty on its own, combined with fruit and yogurt it is pleasant to eat.

## CHAPTER 4- 10 FABULOUS SUGAR FREE SMOOTHIE RECIPES

When the temperature begins to rise and summer gets into full swing, everyone begins to look for ways to cool off. What better way to do that and still look great in your bikini than with an icy-cold, sugar-free smoothie? In this chapter you will find ten terrific, healthy options to beat the heat this summer.

