

A Collection of Smoothie Recipes



**"Frozen, Liquid, Juice, what is more like
sunshine?"**

Smoothies

"Frozen, Liquid, Juice, what is more like sunshine?"

Table of Contents

Tips for Great Smoothies	3
Pink Strawberry Pajamas Smoothie.....	3
Kong Goes Bananas Smoothie.....	4
The Canterbury Smoothie.....	4
Scarlet Sunrise Smoothie	4
The Blueberry Blimp Smoothie	5
Sunshine Smoothie.....	5
Tropical Breeze Smoothies.....	6
Berry Banana Smoothies	6
Banana Peach Smoothie	7
Chocolate Banana Smoothie	7
Tropical Island Smoothie	7
The Best Strawberry Shake	8

The Prepared Pantry

3847 East 38 North

Rigby, ID 83442

208-745-7892

www.preparedpantry.com

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Tips for Great Smoothies

- *Chill the blender container before beginning so that the warmer container does not melt the ice cream.*
- *Chill the glasses.*
- *Judge the ratio of strawberries to ice cream by the color of the shake. Add more strawberries if the shake needs more color. The shake should be an attractive pink color.*
- *Use only the best berries.*
- *A scoop or two will do you. Don't add too much frozen yogurt or ice cream. Make it just a bit rich, not an ice cream shake.*
- *Frozen fruits are best. Without frozen fruit, you will be tempted to add too much frozen yogurt or ice.*
- *Keep it simple. Too many flavors are confusing to the palate. The very best smoothies have only three or four flavors.*
- *If it's ripe, freeze it. Frozen bananas, strawberries and peaches, make great smoothies..*

Pink Strawberry Pajamas Smoothie

Ingredients

2 large bananas
10 large strawberries, frozen
1 cup coconut milk
2 large scoops vanilla frozen yogurt

Directions

Put the ingredients in a blender and blend until smooth. Add milk or ice for the right consistency, if required.



Kong Goes Bananas Smoothie

Ingredients

2 large bananas
1/4 teaspoon nutmeg
1/2 teaspoon almond extract
2 large scoops vanilla yogurt

Directions

Put the ingredients in a blender and blend until smooth. Add milk or ice for the right consistency, if required.

The Canterbury Smoothie

Ingredients

1 1/2 cup ripe cantaloupe pieces
1 cup frozen raspberries
2 tablespoons lemon juice
1 large banana
2 large scoops vanilla frozen yogurt

Directions

Put the ingredients in a blender and blend until smooth. Add milk or ice for the right consistency, if required.

Scarlet Sunrise Smoothie

Ingredients

2 cups fresh watermelon without seeds
12 large strawberries, frozen
2 large scoops peach yogurt or peach ice cream

Directions

Put the ingredients in a blender and blend until smooth. Add milk or ice for the right consistency, if required.

The Blueberry Blimp Smoothie

Ingredients

1/2 cup frozen blueberries
2/3 cup frozen peach slices
1/4 cup milk
juice from one large orange
3 large scoops peach frozen yogurt

Directions

Put the ingredients in a blender and blend until smooth. Add milk or ice for the right consistency, if required.

Sunshine Smoothie

Looking for a quick breakfast that will get you or the kids going? Try this sunshine smoothie that is loaded with energy and vitamins. Juice the fruit the night before and you can have it ready in no time.

Ingredients

1/2 cup fresh grapefruit juice
1 cup fresh orange juice
1 ripe banana
2 to 3 scoops vanilla ice cream
1/2 teaspoon vanilla extract



Directions

Combine these ingredients in blender and mix until smooth. Pour into chilled glasses and serve immediately.

Makes two servings. Double the recipe for four servings.

Tropical Breeze Smoothies

As with all smoothies, this is quick and easy to make. And as with all smoothies, you can vary the quantities of ingredients to fit your taste.

Ingredients

1 ripe banana
1 cup piña colada flavored yogurt
1 teaspoon good quality vanilla extract
10-12 ice cubes
1 tablespoon honey or to taste



Directions

Mix all ingredients together in a blender. Add more honey if desired. You can buy piña colada flavored yogurt in individual serving-sized cups at the grocery.

Berry Banana Smoothies

As with all smoothies, this is quick and easy to make. And as with all smoothies, you can vary the quantities of ingredients to fit your taste.

Ingredients

1 ripe banana
1 cup berry flavored yogurt
1 teaspoon good quality vanilla extract
8-10 ice cubes
1 scoop vanilla ice cream
2 tablespoons [boysenberry syrup](#) or to taste

Directions

Mix all ingredients together in a blender. Add more syrup if desired. You can buy berry flavored yogurt in individual serving-sized cups at the grocery.

Banana Peach Smoothie

3 ripe peaches, peeled and sliced (frozen peach slices may be substituted)

Ingredients

1 large ripe banana
10 ice cubes
1 teaspoon vanilla extract
1 scoop low fat ice cream

Directions

Mix all ingredients in a blender.



Chocolate Banana Smoothie

This is a quick, easy, three-ingredient smoothie. It is low-fat and refreshing. (You can [make your own chocolate syrup](#) for this recipe.)

Ingredients

1 ripe banana
8 to 12 ice cubes
3 or 4 tablespoons of chocolate syrup, to taste ([see recipe](#))

Directions

Mix ingredients in a food blender.

Tropical Island Smoothie

Add coconut milk to this smoothie if you have some.

1 large mango, diced (learn [how to skin and dice mangos](#))
1 large ripe banana
10 ice cubes
1 teaspoon vanilla or rum extract
1 scoop low fat ice cream

Mix all ingredients in a blender.

The Best Strawberry Shake

What could be better than a tall strawberry shake? You'll find that you can deliver a better shake than the local car hop. This one is loaded with fresh berries, premium ice cream, and topped with whipped cream.

Nothing is better than a thick strawberry shake made with the plump, ripe berries. The following recipe makes two shakes.

Ingredients

2 1/2 cups of ripe, fresh strawberries
1/2 cup granulated sugar
about 3 cups premium vanilla ice cream
2/3 cup half and half (or a 50:50 mixture of milk and whipping cream)
sweetened whipped cream for topping



Directions

This recipe makes two shakes, made one at a time in a blender.

1. Wash, trim, and slice the berries. Sprinkle the sugar on the berries and let them soak at room temperature for two hours or overnight in the refrigerator.
2. Place half the strawberries and half the ice cream in a blender plus half the juice from the berries. Puree until smooth and combined. Add half of the half and half and mix.
3. Put the shake in a tall, chilled glass while you make the second shake.
4. Top the shakes with whipped cream and an optional strawberry and serve.