

**MOST
DOWNLOADED
RECIPES**

50 EASY-PEASY SMOOTHIE RECIPES

Just Blend & Enjoy!

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SMOOTHIES

• 50 Easy Smoothie Recipes •

LEMON POPPY SEED

- 2 teaspoons poppy seeds
- zest & juice of 1/2 lemon
- 1 cup plain yogurt
- 1/3 cup sugar
- 1/2 cup milk
- 1/2 cup ice

Blend

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1

SMOOTHIES

• 50 Easy Smoothie Recipes •

STRAWBERRY MAPLE

- 2 cups strawberries
- 1 1/2 cups milk
- 1/4 cup maple syrup
- 1/4 cup wheat germ
- dash of ground
cinnamon
- 1 1/2 cups ice

Blend

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2

SMOOTHIES

• 50 Easy Smoothie Recipes •

CHOCOLATE CHIP COOKIE

- 1 cup vanilla ice cream
- 1 cup milk
- 1 cup crumbled
chocolate chip
cookies
- 1/4 cup mini
chocolate chips
- Top with a cookie

Blend

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3

SMOOTHIES

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MINT JALAPENO

- 1/3 cup fresh mint
- 1 seeded jalapeno pepper
- 2 1/2 tbsp honey
- a pinch of salt
- 2 cups plain yogurt
- 2 cups ice
- Top with toasted cumin seeds and cilantro

Blend

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4

SMOOTHIES

• 50 Easy Smoothie Recipes •

HONEY BANANA

- 2 bananas
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- 2 teaspoons honey
- a pinch of cinnamon
- 1 cup ice

Blend

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SMOOTHIES

• 50 Easy Smoothie Recipes •

STRAWBERRY BANANA

- 1 banana
- 1 cup strawberries
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- 2 teaspoons honey
- a pinch of cinnamon
- 1 cup ice

Blend

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SMOOTHIES

• 50 Easy Smoothie Recipes •

APPLE SPINACH

- 2 cups spinach
- 1 chopped peeled apple
- 1/2 cup silken tofu
- 1/4 cup soy milk
- 1/4 cup orange juice
- 1 tbsp wheat germ
- 1 tbsp honey
- 1 tbsp lemon juice
- 1 cup ice

Blend

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7

SMOOTHIES

• 50 Easy Smoothie Recipes •

CANTALOUPE

- 2 cups chopped cantaloupe
- the juice of 1/2 lime
- 3 tablespoons sugar
- 1/2 cup water
- 1 cup ice

Blend

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8

SMOOTHIES

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CARROT APPLE

- 1 cup carrot juice
- 1 cup apple juice
- 1 1/2 cups ice

Blend

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SMOOTHIES

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SPA CUCUMBER

- Peel, seed and chop 2 medium cucumbers
- the juice of 1 lime
- 1/2 cup water
- 1 cup ice
- 3 to 4 tablespoons sugar or honey

Blend

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SMOOTHIES

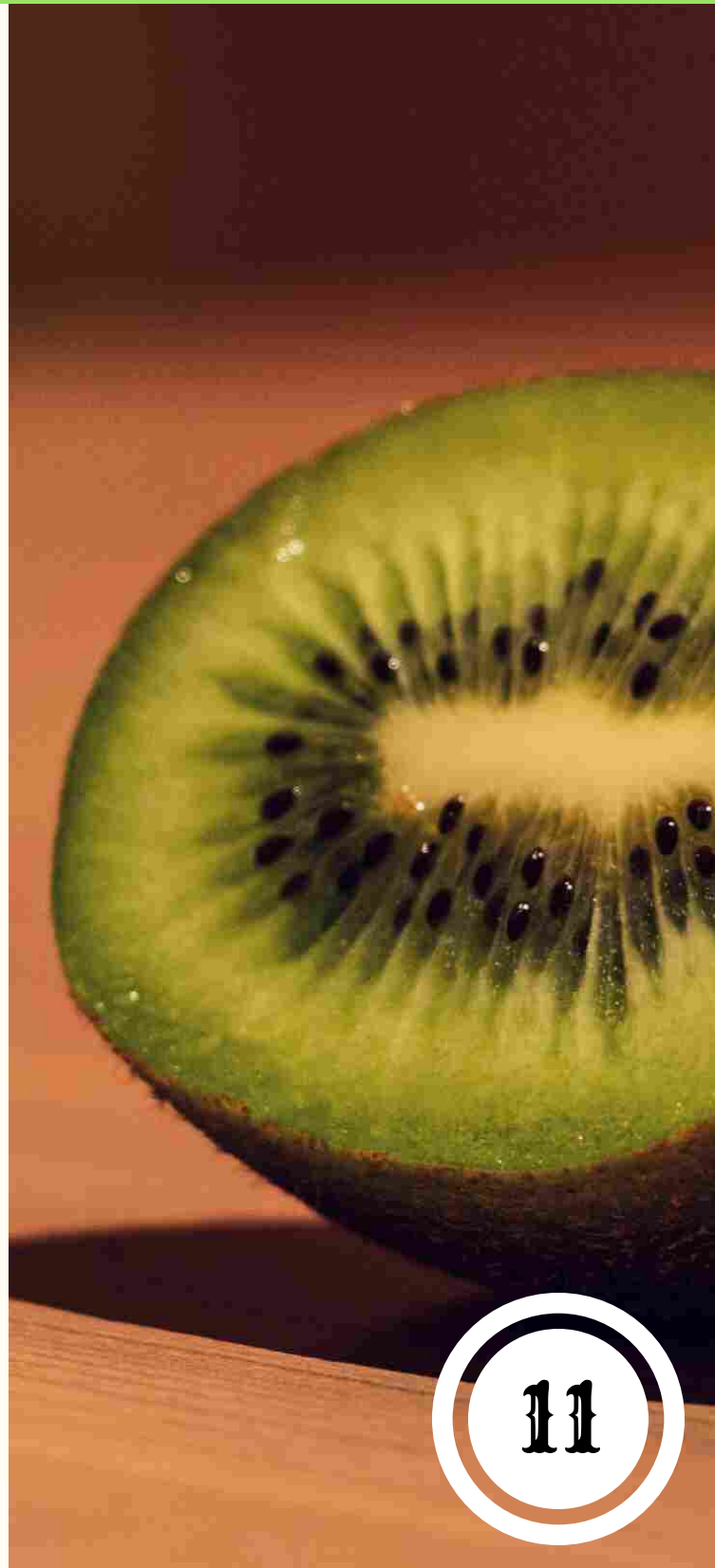
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KIWI STRAWBERRY

- 1 cup strawberries
- 2 peeled kiwis
- 2 tablespoons sugar
- 2 cups ice

Blend

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SMOOTHIES

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CHERRY VANILLA

- 1 1/2 cups frozen pitted cherries
- 1 1/4 cups milk
- 3 tablespoons sugar
- 1/2 tsp vanilla extract
- 1/4 tsp almond extract
- a pinch of salt
- 1 cup ice

Blend

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SMOOTHIES

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TANGERINE HONEY

- Peel and seed 4 tangerines
- the juice of 2 limes
- 1/4 cup honey
- 1 cup ice

Blend

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SMOOTHIES

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APRICOT ALMOND

- 1 1/2 cups apricot nectar
- 1/2 cup vanilla yogurt
- 2 tbs almond butter
- 1 cup ice

Blend

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SMOOTHIES

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GRAPE

- 2 cups seedless red grapes
- 1 cup concord grape juice
- 1 1/2 cups ice

Blend

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SMOOTHIES

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BLUEBERRY PEAR

- 1 1/2 cups frozen blueberries
- 1 chopped pear
- 1 1/2 cups maple or plain yogurt
- 1 1/2 cups ice
- sugar to taste

Blend

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SMOOTHIES

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BANANA DATE-LIME

- 2 bananas
- 3/4 cup chopped pitted dates
- the juice of 1 lime
- 1 1/2 cups soy milk
- 1 1/2 cups ice

Blend



SMOOTHIES

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PEACH GINGER

- 2 cups frozen sliced peaches
- 1 1/2 cups buttermilk
- 3 tbsp brown sugar
- 1 tablespoon grated fresh ginger

Blend



SMOOTHIES

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GRAPEFRUIT

- Peel and seed 2 grapefruits
- 3 to 4 tablespoons sugar
- 1 cup ice
- Sprinkle with cinnamon

Blend

SMOOTHIES

• 50 Easy Smoothie Recipes •

POMEGRANATE CHERRY

- 1 cup frozen pitted cherries
- 3/4 cup pomegranate juice
- 1/2 cup plain yogurt
- 1 tablespoon honey
- 1 teaspoon lemon juice
- a pinch of cinnamon and salt
- 2 cups ice

Blend

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SMOOTHIES

• 50 Easy Smoothie Recipes •

CHAI

- 1 1/2 cups chai tea concentrate
- 1 cup milk
- 1 cup ice
- Sprinkle with chai spice or ground cinnamon

Blend

SMOOTHIES

• 50 Easy Smoothie Recipes •

BLUEBERRY BANANA

- 1 banana
- 1 cup blueberries
- 1/2 cup unsweetened coconut milk
- 1 tbsp honey
- 1 tbsp lime juice
- 1/4 tsp almond extract
- 1 cup ice

Blend



SMOOTHIES

• 50 Easy Smoothie Recipes •

CREAMY PINEAPPLE

- 2 cups chopped pineapple
- 1/2 cup cottage cheese
- 1/4 cup milk
- 2 teaspoons honey
- 1/4 teaspoon vanilla
- a pinch of nutmeg and salt
- 2 cups ice.

Blend

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SMOOTHIES

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WATERMELON

- Freeze 3 cups cubed seeded watermelon until hard
- 1 cup cubed fresh seeded watermelon
- the juice of 1 lime
- 1/4 cup sugar
- 1 cup water

Blend

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SMOOTHIES

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PINEAPPLE COCONUT

- Freeze 2 cups coconut water in ice-cube trays
- 2 cups chopped pineapple
- 2 cups coconut ice cubes
- 1 1/2 tbsp lime juice
- 1 tablespoon honey
- 1/2 cup coconut water

Blend

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SMOOTHIES

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APPLE GINGER

- 1 chopped peeled apple
- 1/2-inch piece peeled ginger
- the juice of 2 limes
- 1/4 cup honey
- 1 cup water
- 2 cups ice

Blend

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SMOOTHIES

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BLACK- RASPBERRY VANILLA

- 1 pint blackberries
- 1/2 cup raspberries
- 1 cup vanilla yogurt
- 1 tablespoon honey

Blend

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SMOOTHIES

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ORANGE CREAMSICLE

- 3/4 cup frozen orange concentrate
- 1/2 cup cold water
- 1 cup vanilla ice cream
- 1 cup ice

Blend

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SMOOTHIES

• 50 Easy Smoothie Recipes •

MANGO ACAI

- two 4-ounce packages frozen acai berry puree
- 1 cup chopped mango
- 1/2 cup orange juice
- 2 cups ice

Blend

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SMOOTHIES

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SPICED PUMPKIN

- 1/2 cup pumpkin puree
- 1/2 cup silken tofu
- 3 1/2 tbsp brown sugar
- 1 cup milk
- 1/2 tsp pumpkin pie spice
- a pinch of salt
- 1 cup ice

Blend

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SMOOTHIES

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MEXICAN COFFEE

- 1/2 cup chilled espresso or strong coffee
- 1/2 cup almond milk
- 3 1/2 tablespoons brown sugar
- 1/4 tsp ground cinnamon
- 1/8 tsp almond extract
- 1 1/2 cups ice

Blend

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SMOOTHIES

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VIETNAMESE COFFEE

- 1/2 cup chilled espresso or strong coffee
- 1/4 cup sweetened condensed milk
- 1 1/2 cups ice
- Top with chocolate shavings and/or chocolate syrup

Blend

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SMOOTHIES

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BANANA PB&J

- 1 frozen banana
- 1 cup soy milk
- 1/4 cup creamy pb
- 1/4 cup wheat germ
- 2 tbsp seedless
strawberry or
raspberry jelly

Blend

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SMOOTHIES

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PEANUT BUTTER APPLE

- 1 chopped peeled apple
- 3 tbsp creamy pb
- 2 tbsp flaxseeds
- 1 1/2 cups soy milk
- 1 1/2 cups ice
- honey to taste

Blend

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SMOOTHIES

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POMEGRANATE BERRY

- 1 cup blueberries
- 3/4 cup beet juice
- 3/4 cup pomegranate juice
- 1 cup ice
- honey to taste

Blend

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SMOOTHIES

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CUCUMBER KALE

- 1 1/4 cups vegetable juice
- 1/2 peeled cucumber
- 3 kale leaves
- the juice of 1/2 lemon

Blend

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SMOOTHIES

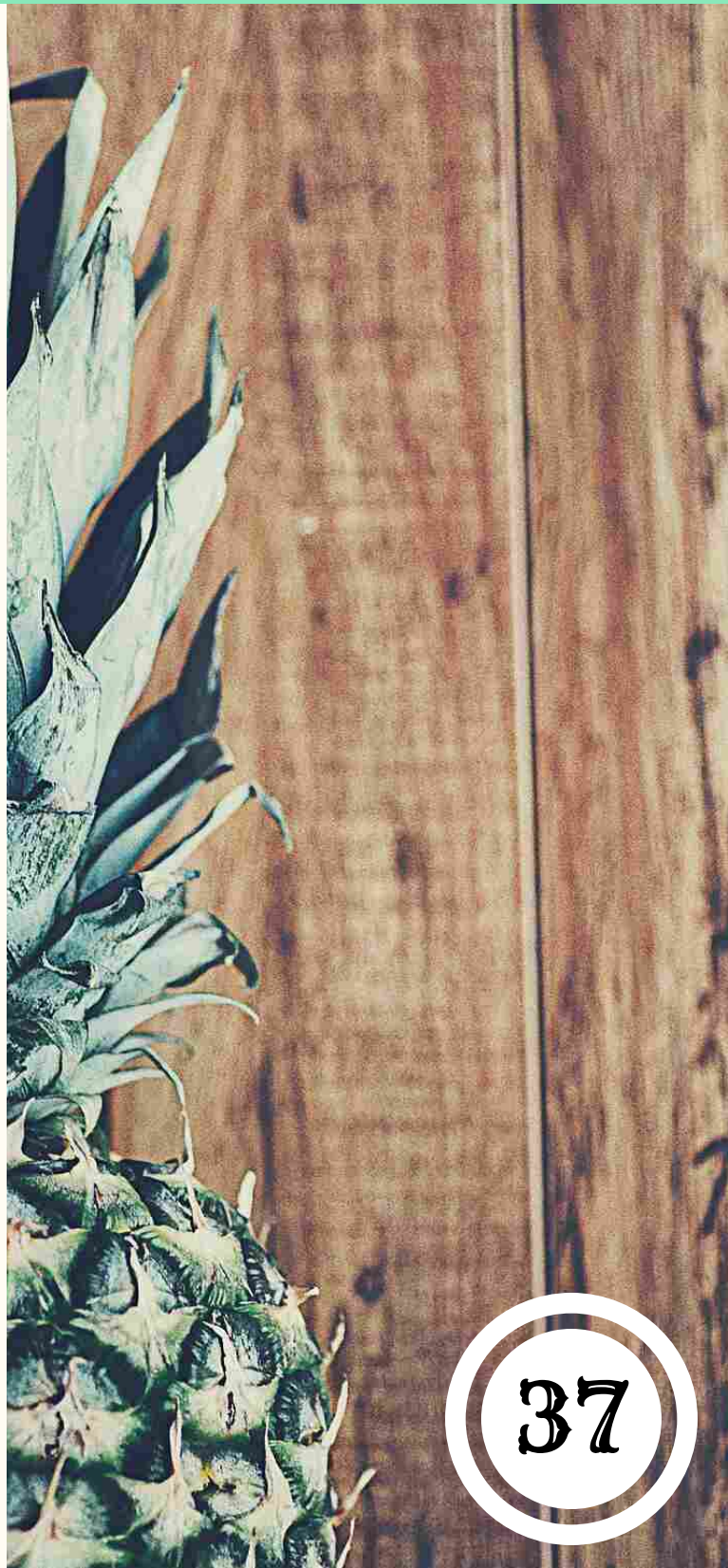
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PINEAPPLE MANGO

- 1 cup chopped pineapple
- 1 cup chopped mango
- 1 cup coconut water
- a dash of ground allspice
- 1 cup ice
- Sprinkle with toasted coconut

Blend

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SMOOTHIES

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PEANUT BUTTER BANANA

- 1 banana
- 1 cup vanilla yogurt
- 1/2 cup creamy pb
- 1/3 cup milk
- 2 tbsp malted milk powder
- 1/2 tsp cocoa powder
- a pinch of salt
- 2 cups ice

Blend

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SMOOTHIES

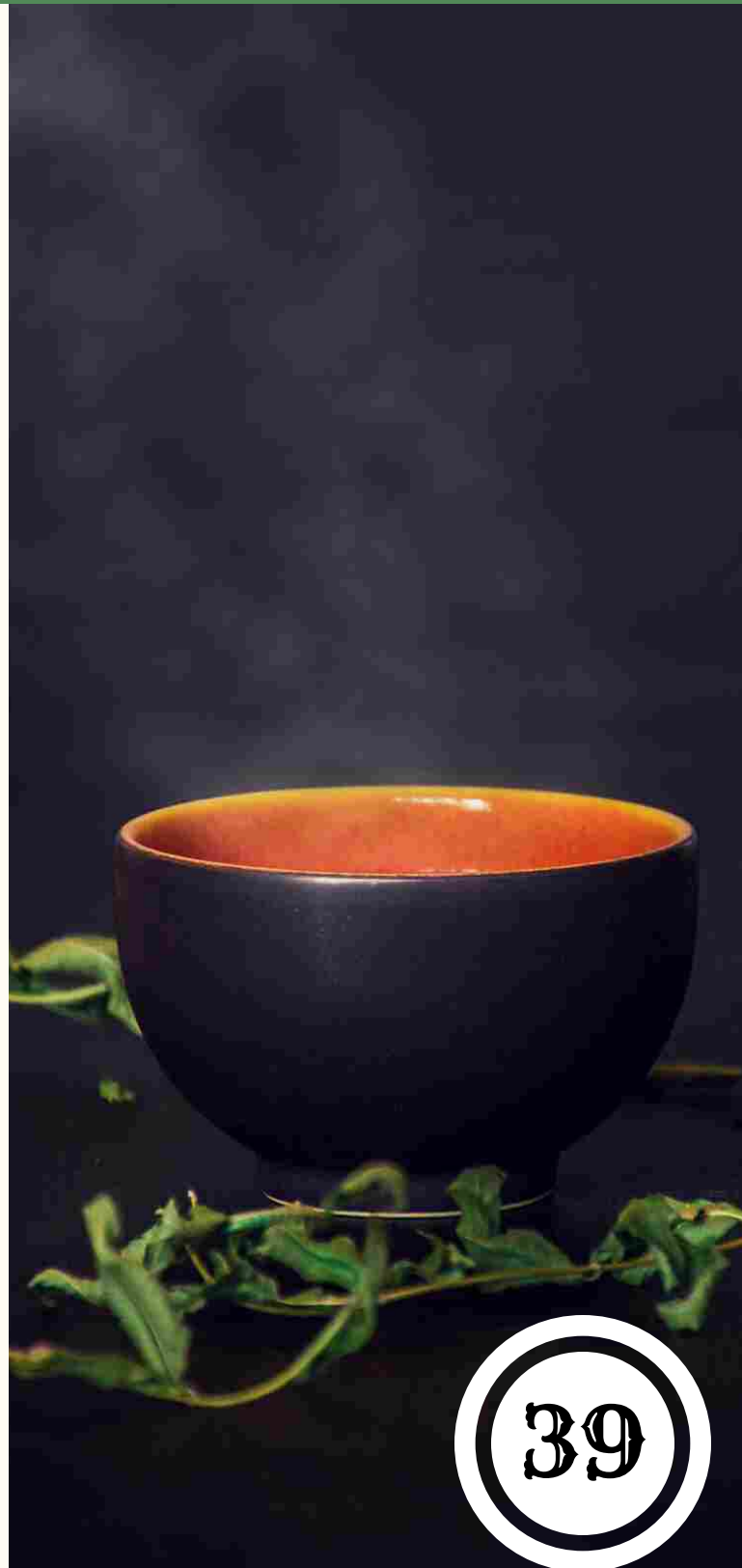
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GREEN TEA ALMOND

- Brew 1 1/2 cups extra-strong green tea; cool completely
- 1/3 cup almonds
- 1/4 cup honey
- 1 cup ice

Blend

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SMOOTHIES

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CHOCOLATE BANANA

- 1 banana
- 1 cup chocolate ice cream
- 1/2 cup milk
- a pinch of salt
- 1/2 cup ice

Blend

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SMOOTHIES

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CHOCOLATE RASPBERRY

- 1 cup chocolate ice cream
- 1 cup raspberries
- 2 tbsp sugar
- 3/4 cup milk
- 3/4 cup ice

Blend

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SMOOTHIES

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TRIPLE BERRY BLEND

- 1 1/2 cups mixed blackberries, strawberries and raspberries
- 1 cup each milk
- 1 cup ice
- sugar to taste

Blend

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SMOOTHIES

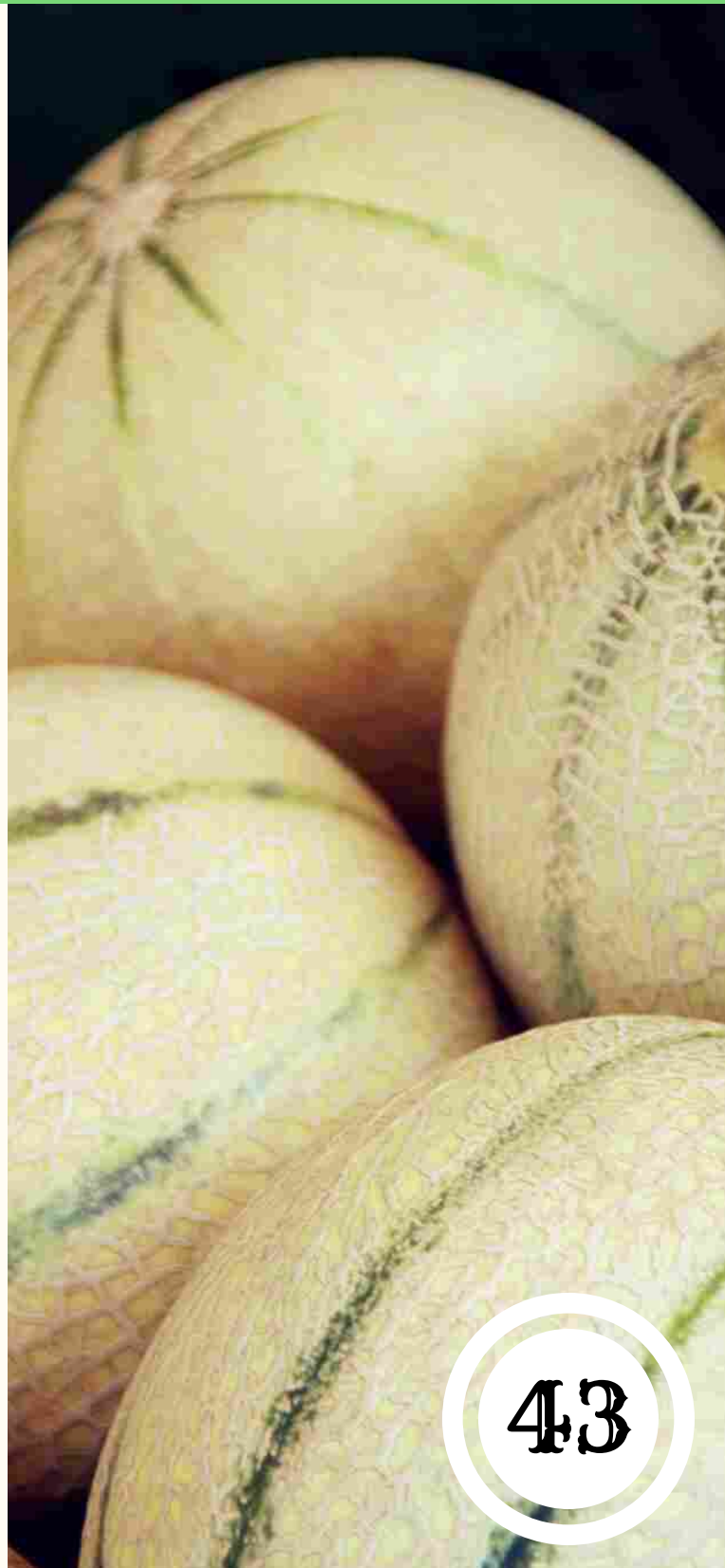
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HONEYDEW ALMOND

- 2 cups chopped honeydew melon
- 1 cup almond milk
- 1 cup ice
- honey to taste

Blend

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SMOOTHIES

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VEGGIE

- 1 1/4 cups tomato juice
- 1/4 cup carrot juice
- 1/2 peeled cucumber
- 1/2 celery stalk
- 1/4 cup parsley
- 1/4 cup spinach
- 1/2 cup ice

Blend

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SMOOTHIES

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BIRTHDAY CAKE

- 1 1/2 cups vanilla ice cream
- 1 crumbled vanilla cupcake (unfrosted)
- 1 cup milk
- 1/4 teaspoon almond extract
- Top with sprinkles

Blend

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SMOOTHIES

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BLACK AND WHITE

- 3/4 cup each vanilla ice cream and chocolate ice cream
- 1 cup milk
- 3 crumbled chocolate sandwich cookies
- Top with a cookie

Blend

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SMOOTHIES

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PEACH MANGO BANANA

- 1 cup chopped fresh or frozen peaches
- 1 cup chopped mango
- 1 cup plain yogurt
- 1 cup ice
- 1/2 banana
- sugar to taste

Blend

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SMOOTHIES

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RASPBERRY ORANGE

- 1 cup orange juice
- 1 cup raspberries
- 1/2 cup plain yogurt
- 1 cup ice
- sugar to taste

Blend

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SMOOTHIES

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STRAWBERRY SHORTCAKE

- 2 cups strawberries
- 1 cup crumbled pound cake
- 1 1/2 cups milk
- 1 1/2 cups ice
- sugar to taste
- Top with whipped cream and more strawberries

Blend

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SMOOTHIES

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OATMEAL COOKIE

- 1 cup vanilla ice cream
- 1 cup milk
- 1 cup crumbled oatmeal cookies
- a pinch of ground cinnamon
- Top with a cookie

Blend

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