



Banana Ginger Smoothie

- 1 banana, sliced
- 3/4 c (6 oz) vanilla yogurt
- 1 Tbsp honey
- 1/2 tsp freshly grated ginger



Orange Dream Creamsicle

- 2 navel oranges, peeled
- 1/2c fat-free half-and-half or fat-free yogurt
- 4 Tbsp frozen orange juice concentrate
- 1/2tsp vanilla extract
- 4 ice cubes



Green Tea, Blueberry, and Banana

- 6 Tbsp water
- 2 green tea bags
- 4 tsp honey
- 3 c frozen blueberries
- 1 med banana
- 1 1/2 c calcium fortified light vanilla soy milk



Very Berry Breakfast

- 1 c frozen unsweetened raspberries
- ¾ c chilled unsweetened almond or rice milk
- ¼ c frozen pitted unsweetened cherries or raspberries
- 1½ Tbsp honey
- 2 tsp finely grated fresh ginger
- 1 tsp ground flaxseed
- 2 tsp fresh lemon juice



World's Best Smoothie

- 2 c plain nonfat yogurt
- 2 bananas
- 1 c orange juice
- 12 frozen strawberries



Pineapple Passion

- 2 c low-fat or light vanilla yogurt
- 6 ice cubes
- 2 c pineapple chunks



Strawberry-Kiwi Smoothie

1/2 c cold apple juice
1 ripe banana, sliced
1 kiwifruit, sliced
5 frozen strawberries
1 1/2 tsp honey



Banana-Blueberry-Soy Smoothie

1 1/4 c light soy milk
1/2 c frozen loose-pack blueberries
1/2 frozen banana, sliced
2 tsp sugar or 2 packets artificial sweetener
1 tsp pure vanilla extract



Tropical Papaya Perfection

2 papaya, cut into chunks
2 c fat-free plain yogurt
1 c fresh pineapple chunks
1 c crushed ice
2 tsp coconut extract
2 tsp ground flaxseed



Just Peachy

- 1 c 1% milk
- 2 Tbsp low-fat vanilla yogurt
- 1/2 c frozen peaches
- 1/2 c strawberries
- 1/8 tsp powdered ginger
- 2 tsp whey protein powder
- 3 ice cubes



Apricot-Mango Madness

- 6 apricots, peeled, pitted, and chopped
- 2 ripe mangoes, chopped
- 1 c reduced-fat milk or plain low-fat yogurt
- 4 tsp fresh lemon juice
- 1/4 tsp vanilla extract
- 8 ice cubes
- Lemon peel twists (garnish)



Watermelon Wonder

- 2 c chopped watermelon
- 1/4 c fat-free milk
- 2 c ice



Berry Good Workout Smoothie

3 c chopped strawberries
2 c blueberries
1 c raspberries
4 Tbsp honey
2 tsp fresh lemon juice
1 c ice cubes



Sunrise Smoothie

1/2 banana
1/2 c apricot nectar, chilled
1/2 container (4 oz) low-fat peach yogurt
1/2 Tbsp frozen lemonade concentrate
1/4c club soda, chilled



Berry Vanilla Sensation

1/2 c frozen unsweetened raspberries
1/2 c frozen unsweetened strawberries
3/4 c unsweetened pineapple juice
1 c (8 oz) fat-free vanilla yogurt



Tutti-Frutti Smoothie

- 1/2 c mixed frozen berries or strawberries
- 1/2 c canned crushed pineapple in juice
- 1/2 c plain yogurt
- 1/2 c sliced ripe banana
- 1/2 c orange juice



LeeAnn's Luscious Smoothie

- 2 c skim milk
- 2 c frozen, unsweetened strawberries
- 2 Tbsp cold-pressed organic flaxseed oil
- 2 Tbsp sunflower or pumpkin seeds (optional)



Slim-Down Smoothie

- 2 c frozen berries, such as blueberries, raspberries, or strawberries
- 1 c low-fat yogurt (any flavor)
- 1 c orange juice or other juice



Soy Good Smoothie

- 2 c calcium-fortified vanilla soy milk
- 1 c frozen blueberries
- 1 c corn flakes cereal
- 2 frozen bananas, sliced



Mango Madness

- 1 can (8 oz) juice-packed pineapple chunks
- 1 c fat-free frozen vanilla yogurt
- 1 lg ripe mango, peeled and chopped
- 1 ripe banana, sliced
- Crushed or cracked ice

