

BASIC SMOOTHIE RECIPES

"Create Your Own" Smoothie

yogurt (plain or flavored)	4 oz. / 120 ml
fruit juice; orange or pineapple-orange	4 oz. / 120 ml
ice cubes	3-6
sugar (optional or to taste)	1-2 tablespoons
vanilla (optional)	1/2 teaspoon

ANYTHING List - Choose 2 or 3

strawberries	3
peach or nectarine	1/2
banana, peeled	1/2
pineapple	2 oz. / 60 ml
blueberries	2 oz. / 60 ml
apricots	2

Yield: one large or two to three small servings

Combine ingredients in a Vita-Mix blender. Fruit is best if frozen, but fresh or canned is fine too. Freeze ripe bananas for use... sprinkle with lemon juice or lemonade as a preservative. Blend on high speed until smooth and frothy.

"Mix 'N Match" Smoothie

FRUITS (select two or three)

peeled orange	1
banana	1/2
strawberries (fresh or frozen)	8 oz. / 240 ml
blueberries (fresh or frozen)	8 oz. / 240 ml
blackberries (fresh or frozen)	8 oz. / 240 ml
raspberries (fresh or frozen)	8 oz. / 240 ml
cubed cantaloupe	8 oz. / 240 ml
kiwi fruit	1
pineapple	6 oz. / 180 ml
sliced mango	8 oz. / 240 ml
cubed papaya	8 oz. / 240 ml
peach	1
nectarine	1

JUICE

orange	4 oz. / 120 ml
grapefruit	4 oz. / 120 ml
pineapple	4 oz. / 120 ml
cranberry	4 oz. / 120 ml
guava	4 oz. / 120 ml
prune	4 oz. / 120 ml
tomato	4 oz. / 120 ml
carrot	4 oz. / 120 ml
kiwi-strawberry	4 oz. / 120 ml

FROZEN TREATS

Fruit sorbet (strawberry, peach, mango, lime ...)	4 oz. / 120 ml or more to taste
Fat-free frozen yogurt	4 oz. / 120 ml or more to taste

PROTEIN SUPPLEMENTS (optional; select one):

nonfat, plain yogurt	6 oz. / 180 ml
soy milk	6 oz. / 180 ml
milk	6 oz. / 180 ml

FLAVORINGS, FIBER, EXTRAS (optional; select up to two):

cocoa powder	1 teaspoon
ground flaxseed	1 tablespoon
ground nuts, such as almonds or walnuts	2 tablespoon
wheat or oat bran	1 to 2 tablespoon
grated rind from an orange, lemon or lime	1/2 teaspoon
vanilla, cinnamon or nutmeg	Dash
fresh ginger, peeled	1 inch piece

Throw your chosen ingredients into a Vita-Mix blender along with 4 oz. / 120 ml of ice, and have a blast! Put frozen ingredients in first. Next add liquid ingredients. If fiber is included in the smoothie add more liquid, as these will thicken your drink. Fasten lid and blend until smooth.

BEVERAGES NON-ALCOHOLIC

All Fruit Smoothie



orange juice	3 oz. / 90 ml
pineapple chunks	14 oz. / 410 ml
strawberries	10-14
banana	1
seedless grapes	10-12
ice cubes	8 oz. / 240 ml

Yield: two 12 oz. / 350 ml servings

Place ingredients into a Vita-Mix blender in order shown. Blend until smooth. Pour into cup and garnish with a strawberry.

Note: You can also add melon or whatever else you like.

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Amazing Apple Smoothie

apple sauce	16 oz. / 470 ml
apple cider	8 oz. / 240 ml
orange juice	8 oz. / 240 ml
vermont maple syrup	2 tablespoon
nutmeg	1/2 teaspoon
cinnamon	1/2 teaspoon

Yield: two 8 oz. / 240 ml servings

Combine all ingredients in a Vita-Mix blender and blend until smooth. Pour into glasses and serve.

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Apple - Carrot Quencher

carrot juice	16 oz. / 470 ml
apple juice	4 oz. / 120 ml
non-fat vanilla or plain yogurt, frozen	6 oz.
banana	1

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Apples & Cream Smoothie

vanilla low-fat ice cream	16 oz. / 470 ml
unsweetened applesauce	8 oz. / 240 ml
ground cinnamon or apple pie spice	1/4 teaspoon
fat free skim or 1% lowfat milk	8 oz. / 240 ml
Ground cinnamon (optional)	

Yield: 4 (8 oz. / 240 ml) servings

In a Vita-Mix blender container combine low-fat ice cream, applesauce, and the 1/4 teaspoon cinnamon or apple pie spice. Cover and blend until smooth. Add fat free skim or 1% lowfat milk. Cover and blend until just mixed. Pour into glasses. If desired, sprinkle each serving with additional cinnamon. Serve immediately.

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fresh peach	1
non-fat milk	3 oz. / 90 ml
frozen apple juice concentrate	2 oz. / 60 ml

Peel 1 fresh peach. Cut it into thin slices. Put into a plastic bag with a zipper bag, laying flat. Put the plastic bag into the freezer for 1-2 hours. Take out 1/4 of the peaches and break them into pieces. Mix in a Vita-Mix blender with 3 oz. / 90 ml of milk and 2 oz. / 60 ml of frozen apple juice concentrate. Cover and blend until smooth. pour into a glass, and add more peach slices for peachy ice cubes!

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frozen banana	1
peeled apple	1/2
apple juice	8 oz. / 240 ml
cinnamon	1/2 teaspoon
nutmeg	pinch

Blend. Great substitute for applesauce! Control the consistency by adding more or less chopped apple.

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golden delicious, peeled & cored	1
apple juice	8 oz. / 240 ml
fresh apricots, pitted (skin optional)	4
banana, peeled	1
yogurt, plain	6 oz. / 180 ml
ice cubes	10 - 12
honey	1 tablespoon

Place all ingredients in a Vita-Mix blender and purée until smooth.

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peach, frozen	1
blueberries, frozen	10
light (reduced sugar) fat-free vanilla yogurt, frozen	8 oz. / 240 ml
1% milk	4 oz. / 120 ml
crushed pecan	1/2 tablespoon
salt	1/2 teaspoon
vanilla extract	pinch
	1/4 teaspoon

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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large avocado	1
condensed milk	2 teaspoon
ice	8 oz. / 240 ml

Scoop out avocado into a Vita-Mix blender. Add 2 teaspoon condensed milk or a little more, depending on how sweet you like it. Then add the ice and blend all of it together until it's a semi-creamy texture. (Look into adding small amounts of refined ginseng, St. John's wort, echinacea, etc. and call them health smoothies.)

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Avocado Banana Berry Smoothie

ripe avocado	half
frozen banana	1 to 1 1/2
frozen or fresh strawberries	4 to 5
non-fat soy or other nut milk	splash
cardamom	pinch
allspice	pinch

Throw all ingredients (and whatever else strikes your fancy... nuts, fruits, spices, etc.) into a Vita-Mix blender and blend until desired texture is reached. I prefer it smooth, but some like a chewable drink. Very, very delicious!

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Bananalada Blast

ripe banana	4 oz. / 120 ml
cream of coconut	2 oz. / 60 ml
apple juice	2 oz. / 60 ml
fresh lime juice	0.5 oz. / 15 ml
bee pollen	1/4 teaspoon
nutritional yeast	1/4 teaspoon
protein powder	1/4 teaspoon
ice cubes	6 oz. / 180 ml

Yield: 16 oz. / 480 ml

Place ingredients into a Vita-Mix container in the order listed. Secure lid and blend until smooth. Serve immediately.

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Banana - Blueberry Smoothie

bananas	2
blueberries	4 oz. / 120 ml
plain yogurt	8 oz. / 240 ml

Peel bananas, slice and place on a cookie sheet. Put in freezer and freeze until solid. Remove from freezer and place in a Vita-Mix blender. Slice berries and add to blender. Pour in yogurt. Blend until smooth. Pour into glass and serve.

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Banana - Oatmeal Smoothie

milk	8 oz. / 240 ml
instant oatmeal, regular flavor	1 Packet
whole banana, cut in chunks	1
orange juice	8 oz. / 240 ml

Yield: Two 8 oz. / 240 ml servings.

Combine all ingredients in a Vita-Mix blender. Cover and blend on high speed for 1 minute.

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Banana Orange Twist

orange juice concentrate	3 oz. / 90 ml
vanilla	1/4 teaspoon
milk	4 oz. / 120 ml
water	4 oz. / 120 ml
banana, sliced	1/2 small
ice cubes	5

Combine everything except ice and blend for 15 seconds. Add ice and blend for 2 minutes. Enjoy!

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Banana Pearberry Smoothie

banana	1 medium
pear nectar (Goya brand is very good)	8 oz. / 240 ml
seedless raspberry jam (use Polaner All-Fruit if possible)	1 tablespoon
ice	8 oz. / 240 ml

Place all ingredients into a Vita-Mix blender. Blend on high speed until all of the ice has dissolved and the consistency is smooth, about 2 minutes.

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Banana Split Smoothie

nonfat milk	8 oz. / 240 ml
frozen banana slices	12 oz. / 350 ml
pineapple chunks	4 oz. / 120 ml
strawberries	5
sweetened cocoa powder (to taste)	1 1/2 to 2 tablespoons

Pour milk into the Vita-Mix blender first. Add cocoa and then fruit. Put cover on and blend until smooth.

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Basic Fruit Smoothie



strawberries, hulled	32 oz. / 950 ml
banana, broken into chunks	1
peaches	2
orange OR peach OR mango OR apple juice	8 oz. / 240 ml
ice	16 oz. / 470 ml

In a Vita-Mix blender, combine strawberries, banana and peaches. Blend until fruit is puréed. Blend in the juice. Add ice and blend to desired consistency. Pour into glasses and serve.

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Berry Almond Blast

frozen whole berries (use blackberries, strawberries or raspberries)	4 oz. / 120 ml
nonfat soy milk	8 oz. / 240 ml
almond extract	3/4 teaspoon
silken tofu	4 oz. / 120 ml
granulated sugar	2 tablespoon

Yield: 2 smoothies

Combine all ingredients in a Vita-Mix blender and blend until smooth

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Berry Banana Smoothie

banana, peeled, sliced and frozen	1 large
frozen or fresh strawberries, raspberries or blueberries	6 oz. / 180 ml
low- or non-fat vanilla frozen yogurt	6 oz. / 180 ml
regular or diet ginger ale, chilled	12-oz

Place all the ingredients in a Vita-Mix blender. Cover and blend at highest speed until smooth.

Note: If you use fresh berries, try to use a frozen banana, and if you use a fresh banana, go for frozen berries. Otherwise your drink will be too thin. Both fruits being frozen will give you a satisfyingly thick drink.

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Berry Bliss Smoothie

raspberry sherbet	2 scoops
strawberries	4
blueberries	15
blackberries	5
orange or other juice	16 oz. / 470 ml

Put all ingredients in a Vita-Mix blender, juice last, then blend until smooth. To add thickness try adding more sherbet or ice to the smoothie. Pour into a tall glass to serve.

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Berry Blue Smoothie

fresh or slightly thawed frozen blueberries	16 oz. / 470 ml
low fat vanilla yogurt	8 oz. / 240 ml
milk	6 oz. / 180 ml
pineapple juice	12 oz. / 350 ml
honey	3 tablespoons
ice cubes	12 to 16

Yield: 4 servings

Place all ingredients, except the ice cubes, into container of Vita-Mix blender and blend on high until smooth. With blender running, add 2 to 3 ice cubes at a time through the center opening in the lid until all ice cubes have been added. Blend until smooth. Serve immediately.

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Black & Blue Bomber

blueberries	2 oz. / 60 ml
blackberries	2 oz. / 60 ml
banana	1
apple juice	4 oz. / 120 ml
raspberry sorbet	3 oz. / 90 ml

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Blackberry Smoothie

apple juice	6 oz. / 180 ml
plain yogurt	4 oz. / 120 ml
frozen blackberries	12 oz. / 350 ml
banana	1

Pour liquid ingredients into the Vita-Mix blender first. Yogurt is a liquid ingredient. All fruit goes into a Vita-Mix blender at one time. Put cover on and blend until smooth.

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Blueberry Smoothie

frozen blueberries	1/2 bag
blueberry preserves	2 tablespoon
ice cubes	7 or 8
soymilk	12 oz. / 350 ml
banana	1

This is super easy. Just toss everything into a Vita-Mix 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's best to wait until near the end, and just blend long enough to mix the protein powder of whatever in. You can also substitute apple juice for the soymilk to create a tangier concoction.

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Blueberry - Banana Smoothie

banana, preferably frozen	1
blueberries, frozen or fresh	1 handful
milk reduced fat or skim milk (or soy milk)	8 oz. / 240 ml

Combine the yogurt, milk, syrup, and cinnamon in a Vita-Mix blender. Add the blueberries and blend until smooth.

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Blueberry-Citrus Smoothie

frozen blueberries, thawed	5 oz. / 150 ml
orange juice	4 oz. / 120 ml
fresh lemon juice	1 tablespoon
180 ml ice cubes	6 oz. / 180 ml

Yield: 16 oz. / 480 ml

Place ingredients into a Vita-Mix container in the order listed. Secure lid and blend until smooth. Serve immediately.

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Blueberry Maple Smoothie

low-fat blueberry yogurt	8 oz. / 240 ml
low-fat milk	6 oz. / 180 ml
maple syrup	1 tablespoon
cinnamon	1/2 tablespoon
fresh blueberries, frozen	16 oz. / 470 ml

Combine the yogurt, milk, syrup, and cinnamon in a Vita-Mix blender. Add the blueberries and blend until smooth.

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Blueberry - Orange Smoothie



frozen blueberries, unthawed	12 oz. / 350 ml
vanilla low fat yogurt	8 oz. / 240 ml
orange juice	4 oz. / 120 ml
milk	4 oz. / 120 ml
vanilla extract	1 teaspoon

Whirl all ingredients together in a Vita-Mix blender until smooth. Serve immediately.

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Cantaloupe Smoothie

ripe banana	1
ripe cantaloupe	1/4
nonfat or low-fat yogurt	4 oz. / 120 ml
skim-milk powder	2 tablespoon
orange-juice concentrate	1 1/2 tablespoon
honey	2 teaspoon

Place unpeeled banana in the freezer overnight or for up to 3 months. Remove banana from the freezer and let it sit for 2 minutes, or until the skin begins to soften. With a paring knife, remove the skin. (Don't worry if a little fiber remains.) Cut the banana into chunks and put in a Vita-Mix blender. Seed the cantaloupe quarter and cut the flesh from the rind. Cut the flesh into chunks and add to the Vita-Mix blender. Add the remaining ingredients and blend until smooth.

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Cappuccino Smoothie

brewed double strength coffee	8 oz. / 290 ml
coffee ice cream	4 oz. / 120 ml
ice	24 oz. / 0.71
milk	12 oz. / 0.35
Whipped cream	

Yield: 6-8 servings

Place coffee, ice cream, ice and milk in a Vita-Mix blender. Mix until smooth. Top with whipped cream and cinnamon.

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Caramel Apple Smoothie

granny smith apples, peeled and diced	20 oz. / 0.60 L
lemon juice, freshly squeezed	1 tablespoon
apple juice	6 oz. / 180 ml
nonfat frozen vanilla yogurt	10 oz. / 0.30 L
caramel sauce	2 oz. / 60 ml
ice cubes	10 oz. / 0.30 L

Yield: 32 oz. / 950 ml

Toss together and freeze the apple and lemon, until partially frozen. Pour the apple juice into a Vita-Mix blender, add and blend together with the yogurt, caramel, ice cubes and frozen apples.

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Carob Smoothie



dates, pitted	3-4
nut or grain milk	8 oz. / 240 ml
frozen banana, cut in chunks	1
carob powder	3-4 tablespoon
vanilla (optional)	dash

Place dates in a small bowl with just enough water to cover. Let them soak 20 minutes; then drain. In a Vita-Mix blender, combine the dates, nut milk, banana, carob powder and vanilla. Blend until smooth. Drink immediately.

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Cherry Berry Smoothie

low-fat cherry yogurt	8 oz. / 240 ml
cranberry juice	2 oz. / 60 ml
frozen, pitted cherries	8 oz. / 240 ml
frozen, unsweetened blueberries	6 oz. / 180 ml

Yield: 2

Combine the yogurt and cranberry juice in a Vita-Mix blender. Add the cherries and berries. Blend until smooth.

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cantaloupe (peeled, seeded, and sliced)	1/2
apple or apricot juice	4 oz. / 120 ml
pitted cherries	2-3
raspberries or blackberries	2 oz. / 60 ml
ice cubes	3-4

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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frozen vanilla yogurt	8 oz. / 240 ml
apple juice	8 oz. / 240 ml
frozen cherries	16 oz. / 470 ml

Pour liquid ingredients into the Vita-Mix blender first. Yogurt is a liquid ingredient. Add cherries. Put cover on and blend until smooth.

[\[back to top\]](#)**Chocolate - Banana Smoothie**

frozen banana, peeled	1
frozen light fat-free vanilla or cherry yogurt	6 oz. / 180 ml
Hershey's Chocolate Syrup	2 tablespoon
non-fat milk	4 oz. / 120 ml

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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peppermint ice cream	4 scoops
milk	12 oz. / 350 ml
peppermint extract	2 drops
vanilla extract	1 teaspoon
bittersweet chocolate syrup	4 tablespoons

Combine in a Vita-Mix blender container and blend until no white shows. Serve immediately.

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rice milk	4 oz. / 120 ml
silken tofu	4 oz. / 120 ml
creamy peanut butter	3 oz. / 90 ml
bananas, frozen and sliced	2
chocolate syrup	2
ice cubes	6

Combine the rice milk, tofu and peanut butter in a Vita-Mix blender. Add the bananas, chocolate syrup and ice cubes. Blend until smooth, about 30 to 40 seconds. Makes 2 servings.

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fresh or frozen raspberries	8 oz. / 240 ml
nonfat milk	4 oz. / 120 ml
well-chilled silken tofu	4 oz. / 120 ml
cocoa powder	3 tablespoon
flaxseed powder	1 teaspoon

Blend ingredients until smooth. Serve immediately.

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Citrus Cooler



ruby red or pink grapefruit juice, divided	32 oz. / 950 ml
pineapple juice	16 oz. / 470 ml
frozen orange juice concentrate, thawed and undiluted	6 oz. / 180 ml
lime-flavored sparkling mineral water, chilled	16 oz. / 470 ml

Pour 20 oz. / 0.60 L of the grapefruit juice into ice trays, freeze. Combine remaining grapefruit juice, pineapple juice, and orange juice concentrate; stir well. Cover and chill at least 3 hours. Stir in mineral water just before serving. Place 3 frozen grapefruit juice cubes in each of 9 glasses; fill each fruit juice mixture. Garnish, if desired. Serve immediately.

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Citrus Tea Smoothie

orange segments, chilled	8 oz. / 240 ml
grapefruit segments, chilled	4 oz. / 120 ml
strong-brewed Earl Grey tea, chilled	4 oz. / 120 ml
orange sherbet	6 oz. / 180 ml
ice cubes	2

Combine the orange segments, grapefruit segments, and tea in a Vita-Mix blender. Add the sherbet and ice. Blend until smooth.

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Cocoa Berry Smoothie



apple juice	6 oz. / 180 ml
vanilla yogurt	8 oz. / 240 ml
mixed frozen berries	16 oz. / 470 ml
sweetened powdered cocoa	2 to 3 tablespoon

Pour liquid ingredients into the Vita-Mix blender first. Yogurt is a liquid ingredient. Add berries and cocoa. Put cover on and blend until smooth.

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Coconut Ginger Smoothie

apple juice	2 oz. / 60 ml
coconut, grated *	1 pinch
banana	1/2
ginger root; fresh, peeled, grated	1/4 teaspoon
ice cubes	2

Blend all ingredients in a Vita-Mix blender until smooth.

* Substitute with 1 Tbsp coconut milk (not the canned drink mix type coconut syrup, it is too sweet). If you using fresh coconut meat, through two 1 inch pieces in and blend until smooth (no worries about grit, the high speed of the Vita-Mix will pulverize the coconut).

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Coffee Smoothie

instant coffee powder	3 to 4 tablespoon
milk (nonfat okay)	8 oz. / 240 ml
vanilla frozen yogurt	8 oz. / 240 ml
frozen bananas	8 oz. / 240 ml



Pour liquid ingredients into the Vita-Mix blender first. Yogurt is a liquid ingredient. Add bananas. Put cover on and blend until smooth.

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Cranberry Crunch Smoothie

cranberry juice cocktail	20 oz. / 0.60 L
lemonade; frozen concentrate	2 tablespoon
apple juice	8 oz. / 240 ml
bananas	2
seedless grapes	8 oz. / 240 ml
grape-nuts	6 oz. / 180 ml
honey; or to taste	2 oz. / 60 ml

Put all ingredients in a Vita-Mix blender and purée on medium speed for 1 minute. Pour into tall glasses and serve.

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Cucumber Mint Smoothie

cucumber, peeled, seeded and chopped	1
mint leaves & mint spigs	3 tablespoons
apple juice or still cider	12 oz. / 350 ml
lemon sorbet	8 oz. / 240 ml
ice cubes	8 oz. / 240 ml

Yield: 2 (16 oz. / 470 ml)

Place the cucumber, mint, apple juice or cider, sorbet and ice in a Vita-Mix blender, and blend until smooth. Garnish with mint, and serve.

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Daiquiri Twist Smoothie



apple-cranberry juice	8 oz. / 240 ml
orange juice	4 oz. / 120 ml
frozen blackberries	4 oz. / 120 ml
kiwis	4 oz. / 120 ml
ice cubes	4 oz. / 120 ml
sugar	1/2 teaspoon
vanilla ice cream	1 scoop

Place ingredients in a Vita-Mix blender and purée until smooth.

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Date Yogurt Smoothie

chopped dates	4 oz. / 120 ml
banana	1
orange juice	4 oz. / 120 ml
plain nonfat yogurt	4 oz. / 120 ml
ice	4 oz. / 120 ml

Combine dates, banana slices, and orange juice in a Vita-Mix blender and purée until dates are finely chopped. Add yogurt and ice; blend until just combined.

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Double Apple Smoothie

bananas	2
green apple	1
red apple	1
frozen strawberries	10-12
apple juice	16 oz. / 470 ml

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

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Double Melon Smoothie

seeded and chopped watermelon	12 oz. / 350 ml
seeded and chopped honeydew melon	12 oz. / 350 ml
limes juice	2
vanilla lowfat yogurt	8 oz. / 240 ml
ice cubes	8 oz. / 240 ml

Place all ingredients in a Vita-Mix blender and blend until smooth.

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"Everything But The Kitchen Sink" Smoothie



bananas	2
orange	1
apple	1
fresh pineapple	2
kiwis	2
frozen blueberries	4 oz. / 120 ml
frozen strawberries	10-12
cranberry juice	16 oz. / 470 ml

Put it all in the Vita-Mix blender and blend!

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Fabulous Fruit Smoothies

sweetened condensed milk (not evaporated milk)	14 oz. / 410 ml
plain yogurt	8 oz. / 240 ml
banana	1 small
strawberries, frozen or fresh	8 oz. / 240 ml
pineapple packed with juice, chilled	8 oz. / 240 ml
lemon juice	2 tablespoons
ice cubes	8 oz. / 240 ml

In a Vita-Mix blender container, combine yogurt, banana, whole strawberries, pineapple with its juice and lemon juice; cover and blend until smooth. With blender running, gradually add ice cubes, blending until smooth. Garnish with halved strawberries if desired. Serve immediately.

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Fig Banana Smoothie



California figs	8
bananas	2
plain low-fat yogurt	16 oz. / 470 ml
ice cubes	24 oz. / 710 ml
honey	1 Tablespoon

Place all ingredients together in a Vita-Mix blender (not a food precessor) and blend on high until smooth, approximately 2 to 3 minutes. Garnish with a mint leaf or fresh berry. Serve immediately.

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Flaxseed Smoothie

banana or fruit of choice	1
yogurt or tofu	2 oz. / 60 ml
concentrated fruit juice	1 to 2 tablespoon
vanilla	1/4 teaspoon
soy milk	3 oz. / 90 ml
flaxseed oil	1 tablespoon
flaxseed meal	1 tablespoon
cinnamon or mace	dash

Blend all together until creamy smooth.

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Frosty Fruit Smoothie With Wheat Germ

low-fat vanilla yogurt	8 oz. / 240 ml
peaches; fresh, frozen or canned	8 oz. / 240 ml
ripe banana	1
wheat germ	2 oz. / 60 ml
orange juice	2 oz. / 60 ml
ice cubes	8 oz. / 240 ml

In a Vita-Mix blender, combine yogurt, peaches, banana, wheat germ, orange juice and ice cubes. Cover and blend until smooth. Serve immediately, poured into tall glasses and garnished with peach or banana slices and sprinkled with 2 teaspoons wheat germ.

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Frozen Cappuccino



vanilla frozen yogurt	5 oz. / 150 ml
cold espresso	3 oz. / 90 ml
ice cubes	6 oz. / 180 ml

Yield: 16 oz.

Place ingredients into a Vita-Mix container in the order listed. Secure lid and blend until smooth. Serve immediately.

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Frozen Fruit Smoothie

frozen bananas	4 oz. / 120 ml
frozen peaches	4 oz. / 120 ml
frozen strawberries	4 oz. / 120 ml
milk	16 oz. / 470 ml
orange juice	2 oz. / 60 ml
honey	2 tablespoons

In a Vita-Mix blender, combine all the above until smooth. Pour in tall glasses, pop a straw in and enjoy!

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Fruit Cocktail Smoothie

fruit cocktail, chilled	8 oz. / 240 ml
milk	8 oz. / 240 ml
nonfat dry milk powder	2 oz. / 60 ml
vanilla	1/2 teaspoon
ice cubes	4 oz. / 120 ml
ground cinnamon	2 dashes

In a Vita-Mix blender container combine undrained fruit cocktail and remaining ingredients. Cover; blend till combined. Add ice cubes; cover and blend till smooth. Sprinkle with additional cinnamon (for garnish) if desired. Serve immediately.

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Fruit Salad Smoothie

ripe peach	1
fresh or frozen strawberries	6 oz. / 180 ml
banana, peeled	1/2
skimmed evaporated milk, chilled	16 oz. / 470 ml
frozen orange juice concentrate	4 teaspoon
vanilla	1 teaspoon
ice cubes	4-6
cinnamon (optional)	pinch

Yield: 4

Combine everything in a Vita-Mix 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.

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Fruity Sunflower Smoothie



frozen strawberries	6 oz. / 180 ml
banana	1
pineapple (including juice), or several slices of fresh pineapple	8 oz. / 240 ml
low-fat plain yogurt	3 tablespoon
unsalted sunflower seeds	2 tablespoon
orange juice	6 oz. / 180 ml

Blend for about 30 seconds, then serve.

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Gingered Nectarine Smoothie

ripe nectarines, cut up	3
plain yogurt	4 oz. / 120 ml
milk	3 oz. / 90 ml
crystallized ginger	2 tablespoon

Blend ingredients in a Vita-Mix blender until smooth and sweeten to taste.

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Gingerroot Smoothie

apple, cored, peeled, and sliced	1
lemon, peeled and seeded	1
filtered water	4 oz. / 120 ml
ice	4 oz. / 120 ml
fresh gingerroot, peeled	2" / 5.8 cm piece

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

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Granola Peach Smoothie

ripe peach	1 medium
lemon juice	2 teaspoon
honey	2 teaspoon
yogurt	4 oz. / 120 ml
granola or buckwheat crunchies	2 tablespoon

Blend the first four ingredients. Sprinkle granola or buckwheat on top.

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Grape - Cherry Guzzler

100% grape juice from concord grapes	16 oz. / 470 ml
lemon juice	2 tablespoon
frozen dark sweet pitted cherries	8 oz. / 240 ml
cinnamon	1/2 teaspoon
plain nonfat yogurt	4 oz. / 120 ml

Blend all in a Vita-Mix blender until smooth. Pour over ice cubes.

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Grapefruit Smoothie

grapefruit, peeled and sectioned	1 large
vanilla, orange or apricot-flavored lowfat yogurt	8 oz. / 240 ml
sugar	2 teaspoon
ice cubes	4

In a Vita-Mix blender container, place grapefruit sections, yogurt, and sugar. Cover and blend on medium speed. While machine is running, add ice cubes one at a time through hole in cover; cover and blend for 45 to 60 seconds at high speed until frothy. If desired, to remove pulp, pour through strainer to serve. Garnish with fresh mint if desired.

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Guava Smoothie



frozen banana	1
frozen strawberries	8 oz. / 240 ml
peach sorbet	8 oz. / 240 ml
guava nectar	1 can

Blend until smooth.

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Hawaiian Silk Smoothie

soy milk	8 oz. / 240 ml
pineapple juice	4 oz. / 120 ml
frozen banana	1
maple syrup	1 tablespoon
nonfat dry milk	2 tablespoon
Ice cubes	
coconut milk	1 tablespoon

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Holiday Punch



orange juice	16 oz. / 470 ml
lemon juice	16 oz. / 470 ml
grenadine syrup	4 oz. / 120 ml
ginger ale	64 oz. / 1.9 L
strawberries or seasonal fruit(s)	16 oz. / 470 ml

Mix juices and syrup. Pour over block of ice to chill. Just before serving, add ginger ale and fruit.

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Honey & Green Tea Cooler

fresh strawberries	16 oz. / 470 ml
honey	2 oz. / 60 ml
frozen orange juice concentrate	6 oz. / 180 ml
brewed green tea, cooled	16 oz. / 470 ml

in a Vita-Mix blender, combine the strawberries and honey. Blend until smooth. Add the orange juice concentrate and continue to blend. Stir into the cooled tea and mix well. Serve in tall glasses over ice. (Note for adults: this isn't bad with a shot of vodka added, either.)

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Honey Raspberry Smoothie



frozen raspberries	8 oz. / 240 ml
cold skim milk	8 oz. / 240 ml
plain low fat yogurt	8 oz. / 240 ml
honey	2 tablespoons
banana	1
vanilla	1/4 teaspoon
ice cubes	6-8

Yield: three 4 oz. / 120 ml glasses

Place berries and 4 oz. / 120 ml milk in a Vita-Mix blender. Blend on high for one minute until smooth. Add remaining milk, yogurt, honey, banana and vanilla. Beat for another minute. Add ice cubes. Blend slowly until smooth.

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Honeydew Melon Smoothie

scooped-out honeydew melon	16 oz. / 470 ml
fresh lemon juice	1 teaspoon
vanilla frozen yogurt	4 oz. / 120 ml

Yield: 2

In a Vita-Mix blender purée the melon with the lemon juice and a pinch of salt. Add the frozen yogurt and blend until it is smooth

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Honeydew Mint Smoothie



honeydew melon	20 oz. / 0.60 L
fresh mint	2 tablespoons
fresh lime juice	1 tablespoon
salt	pinch
ginger ale or lemon and lime soda	3 oz. / 90 ml
ice cubes	6

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Honey and Peach Smoothie



plain lowfat yogurt	10 oz. / 290 ml
ripe peaches, peeled, pitted	16 oz. / 470 ml
fresh lemon juice	2 tablespoons
honey	2 oz. / 60 ml
vanilla extract	1/4 teaspoon

Divide 8 oz. / 240 ml 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.) Purée peaches with lemon juice in Vita-Mix blender. Add remaining 2 oz. / 60 ml yogurt, honey and vanilla. Add frozen yogurt cubes and blend until mixture is smooth and frothy. Pour into chilled tall glasses and serve.

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Instant Breakfast Smoothie

milk	10 oz. / 290 ml
instant breakfast, preferably chocolate	1 packet
peanut butter	1 tablespoon
frozen banana	1
ice cubes	3

Pour milk into a Vita-Mix blender. Add remaining ingredients. Put the Vita-Mix blender on blend till banana and ice are chopped up then whip it for about 5 seconds. It's fast and delicious.

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Island Escape Smoothie

vanilla frozen yogurt	16 oz. / 470 ml
mango	8 oz. / 240 ml
papaya	8 oz. / 240 ml
pina colada mix	1 tablespoon
kiwi	2 oz. / 60 ml
ice	4 oz. / 120 ml

Place ingredients in a Vita-Mix blender and purée until smooth.

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Jello Smoothie



prepared Jello - any flavor	4 oz. / 120 ml
milk	4 oz. / 120 ml
sherbet - flavor should match the jello flavor	4 oz. / 120 ml

Mix in a Vita-Mix blender. Top with whipped cream and colored sugar. This makes a great and EASY summer beverage!

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Key Lime Smoothies

Sweetened Condensed Milk (NOT evaporated milk)	14 oz. / 410 ml
plain yogurt	8 oz. / 240 ml
banana	1 small
key lime juice	3 oz. / 90 ml
ice cubes	8 oz. / 240 ml

In a Vita-Mix blender container, combine yogurt, banana, key lime juice, cover and blend until smooth. With blender running, gradually add ice cubes, blending until smooth. Garnish with halved strawberries if desired. Garnish with lime slices if desired. Serve immediately.

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Kiwi Cooler

kiwi fruit	9
pineapple juice	32 oz. / 950 ml
ice cubes	8
sparkling water	16 oz. / 470 ml
strawberries	10

Peel the kiwis and cut into small pieces. Place half in a Vita-Mix blender with half of juice and 4 ice cubes. Blend until smooth. Stir in half of the sparkling water. Repeat with the remaining kiwis, remaining juice, 4 ice cubes, and remaining sparkling water. Pour into tall glasses and garnish each with a strawberry.

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Kiwi Peach Smoothie

kiwifruit	4
peaches, peeled and frozen*	4
pineapple juice	6 oz. / 180 ml
powdered sugar	2 oz. / 60 ml
frozen limeade concentrate	2 oz. / 60 ml
coconut extract	1/4 teaspoon
ice cubes	8 oz. / 240 ml

Place in a Vita-Mix blender until smooth. Garnish, if desired, and serve immediately.

* If fresh peaches are unavailable, substitute one 1-lb. bag frozen peaches.

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Lemon Frappe



frozen lemonade or limeade concentrate, undiluted	6 oz. / 180 ml
cold water	4 oz. / 120 ml
lemon sherbert	16 oz. / 470 ml
ginger ale	12 oz. / 350 ml

Blend first 3 ingredients in container of an Vita-Mix blender until smooth. Pour into a pitcher; add ginger ale. Serve immediately.

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Lemon / Lime Smoothie

lemon/lime soda	10 oz. / 290 ml
lemons	2 oz. / 60 ml
limes	2 oz. / 60 ml
lemon or lime sherbet	2 scoops
banana	1/2
ice	8 oz. / 240 ml
granulated sugar	6 oz. / 180 ml

Place ingredients in a Vita-Mix blender and purée until smooth.

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Lemon - Watermelon Smoothie



seeded watermelon, diced	12 oz. / 350 ml
lemon sorbet	8 oz. / 240 ml
ice cubes	8-10
fresh lemon juice	1 tablespoon

Yield: 2

Place all the ingredients in a Vita-Mix blender. Blend until smooth. The tart lemon sorbet is a perfect match with the sweet, juicy watermelon. To make an even thicker smoothie, freeze the watermelon first.

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Lemonade Sweet-Tart Smoothie

Just think of a sweet-tart lemon milkshake...only slushy!

frozen lemonade concentrate	6 oz. / 180 ml
milk	8 oz. / 240 ml
water	8 oz. / 240 ml
sugar or to taste	2 oz. / 60 ml
vanilla extract	1 teaspoon
ice cubes	10 to 12

Yield: 3 to 4

Place all ingredients into container of Vita-Mix blender. Blend on high until smooth, about 30 seconds. Serve immediately.

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Mango Smoothie

ripe mango, peeled, pitted, chopped	1
milk, skim -- chilled	6 oz. / 180 ml
nonfat vanilla yogurt	2 oz. / 60 ml
vanilla extract	3/4 teaspoon
ice cubes	3
salt	pinch

Combine all ingredients except mint in a Vita-Mix blender. Blend until smooth and creamy. Garnish with mint.

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Mango Tango Smoothie

frozen mango	8 oz. / 240 ml
frozen banana	1
peach sorbet	8 oz. / 240 ml
papaya nectar	12 oz. / 350 ml

Blend until smooth. Serves two if you can show restraint.

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Mango - Papaya Smoothie



mango; peeled, pitted, and chopped coarse	1
papaya, peeled, seeded, and chopped coarse	1
plain yogurt	16 oz. / 470 ml
fresh lime juice plus	2 tablespoons
honey, or to taste	3 tablespoons
almond extract	1/4 teaspoon

In a Vita-Mix blender blend the mango, the papaya, the yogurt, the lime juice, the honey, the almond extract and 8 oz. / 240 ml ice cubes in batches until the mixture is smooth and blend in another 4 oz. / 120 ml 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.

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Mega Smoothie

mango, peeled, seeded and chopped	1
bananas, peeled	2
strawberries	8
carrots	2
ice cubes	16 oz. / 470 ml
honey	1 tablespoon
yogurt -- optional	8 oz. / 240 ml

Yield: 2

In a Vita-Mix blender combine half of each ingredient, including: mango, bananas, strawberries, carrots, ice cubes, honey and yogurt and blend until smooth. Pour into a glass and serve immediately. Repeat process for remaining ingredients.

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Melon Madness Smoothie

frozen fat-free peach yogurt	8 oz. / 240 ml
skim milk	8 oz. / 240 ml
cantaloupe	4 oz. / 120 ml
honey dew melon	4 oz. / 120 ml
ice cubes	4
strawberries or watermelon	4 oz. / 120 ml

Put yogurt, milk, and strawberries into a Vita-Mix blender. Blend on high for about 30-45 seconds. Then add in cantaloupe, melon, and ice. Blend once again on high for 1 minute.

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Mexican Smoothie

tomato juice	8 oz. / 240 ml
chopped jalapeño pepper	1/2 teaspoon
cayenne	1/4 teaspoon
chopped onion	2 oz. / 60 ml
chopped parsley	4 oz. / 120 ml
garlic, peeled	2 cloves

Chop and blend all the ingredients together. Serve immediately.

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Minted Mocha Smoothie

cocoa powder, unsweetened	2 tablespoon
sugar	2 tablespoon
strong brewed coffee, preferably espresso or Cuban coffee	12 oz. / 350 ml few drop
mint flavoring	12 oz. / 350 ml
low-fat milk	

Mix the cocoa powder and sugar in a saucepan. Stir in enough coffee to make a paste, then add the rest of the coffee. Heat just to boiling, stirring frequently. Cool slightly, add peppermint extract, then pour into ice cube trays or a shallow dish or pan. Freeze until almost solid. Place frozen coffee mixture into a Vita-Mix blender. Add milk and blend until smooth. For a decadent touch, top with some reduced calorie whipped topping and a sprig of fresh mint, slightly crushed to release the aroma.

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Nectarine Smoothie

nectarine	1
frozen light fat-free peach yogurt	6 oz. / 180 ml
Pineapple-Orange-Guava juice	4 oz. / 120 ml
lemonade	4 oz. / 120 ml
sugar	2 teaspoons

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Oatmeal Fruit Smoothie

soy milk	8 oz. / 240 ml
rolled oats	4 oz. / 120 ml
banana, broken into chunks	1
strawberries	14
vanilla extract	1/2 teaspoon
sugar	1-1/2 teaspoons

In a Vita-Mix blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.

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Orange - Pineapple Smoothie

orange juice	4 oz. / 120 ml
pineapple juice	2 oz. / 60 ml
banana	1/2
ginger root -- fresh, peeled	1/4 teaspoon
ice	4 oz. / 120 ml

Blend all ingredients in a Vita-Mix blender until smooth.

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Orange - Pineapple - Coconut Smoothie

orange juice	2 oz. / 60 ml
pineapple juice	2 oz. / 60 ml
coconut milk	1 tablespoon
banana	1/2
ginger root -- fresh, peeled	1/4 teaspoon
ice	4 oz. / 120 ml

Blend all ingredients in a Vita-Mix blender until smooth.

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Orange Creamsicle Smoothie

seedless oranges, peeled	2
high protein vanilla shake powder	3 tablespoon
water	8 oz. / 240 ml
frozen vanilla yogurt (optional)	4 oz. / 120 ml

Place all ingredients in a Vita-Mix blender and blend until smooth.

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Orange Slush

frozen orange juice	6 oz. / 180 ml
milk	12 oz. / 350 ml
water	4 oz. / 120 ml
sugar	4 oz. / 120 ml
vanilla extract	1 teaspoon
ice cubes	9-10

Blend all in a Vita-Mix blender.

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Organic Smoothie

organic calcium-fortified orange juice	16 oz. / 470 ml
frozen organic strawberries	8 oz. / 240 ml
frozen organic blueberries	3 oz. / 90 ml
banana	1
flax oil (optional)	1.5 oz. / 0.05 L
powdered protein supplement (optional)	2.5 scoops

Yield: 3

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Papaya Smoothie



papayas, ripe	16 oz. / 470 ml
orange juice	4 oz. / 120 ml
vanilla frozen yogurt	4 oz. / 120 ml

Yield: 2

Peel and seed papayas. Combine all ingredients in a Vita-Mix blender and blend until smooth.

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Passionate Peach Smoothie

peaches in syrup	1 can
frozen banana	1
Ben and Jerry's Purple Passion Sorbet	8 oz. / 240 ml
peach nectar	12 oz. / 350 ml
grape juice	16 oz. / 470 ml

Blend until smooth. It lives up to it's name.

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Peach Smoothie

frozen peach slices	8 oz. / 240 ml
banana, sliced	1/2
nonfat vanilla yogurt	3 tablespoons
orange juice or apple juice	2 oz. / 60 ml
nonfat rice milk, optional	4 oz. / 120 ml
sugar (to taste)	up to 1 tablespoon

Throw all ingredients in the Vita-Mix blender and chop and then purée for many seconds until it is delightfully smooth.

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Peaches & Dreams Smoothie



apple cider	10 oz. / 290 ml
peach	3-5 slices
strawberries	4
banana	1
cinnamon	1/8 teaspoon

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Peanut Butter Smoothie

peanut butter, chunky or smooth	2 oz. / 60 ml
vanilla ice cream	8 oz. / 240 ml
milk	8 oz. / 240 ml

Yield: 2

Place all ingredients into a Vita-Mix blender and blend on high until just combined.

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Peanut Butter - Banana Smoothie

ripe bananas, peeled, frozen	2
milk	16 oz. / 470 ml
creamy peanut butter	2 oz. / 60 ml
sugar	2 tablespoons
imitation banana extract	1 teaspoon

Yield: 2

Place all ingredients in a Vita-Mix blender. Blend until smooth. Pour into tall glasses and serve immediately.

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Peanut Butter & Jelly Smoothie

milk	16 oz. / 470 ml
blackberry jelly	2 tablespoons
peanut butter	2 tablespoons
banana, frozen and chunked	1
honey	2 tablespoons
wheat germ	2 tablespoons

In a Vita-Mix blender combine milk, jelly, peanut butter, banana, honey and wheat germ. Blend until smooth.

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Peanut Butter Sundae Smoothie



smooth peanut butter	2 oz. / 60 ml
honey	2 tablespoons
milk	3 oz. / 90 ml
vanilla ice milk	24 oz. / 710 ml
wheat germ	1/4 teaspoon

Yield: 4

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.

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Pear Avocado Smoothie

pear, chopped	1
green grapes	4 oz. / 120 ml
avocado	1/4
honey	2 teaspoon
lemon juice	1 teaspoon

[\[back to top\]](#)**Pear - Raspberry Smoothie**

soy milk	5 oz. / 150 ml
Country Raspberry concentrate	2 oz. / 60 ml
pears, cored	3
ice cubes	12
rice protein powder (optional)	1/2 tablespoon
flaxseed oil (optional)	1 1/2 tablespoon
acidophilus powder (optional)	1/4 tablespoon
vitamin C powder (optional)	1/8 tablespoon

Blend until smooth and creamy.

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hazelnut syrup	1 oz. / 30 ml
caramel syrup	1 oz. / 30 ml
irish cream syrup	1 oz. / 30 ml
cold milk	4 oz. / 120 ml
ice	16 oz. / 470 ml

Pour syrups, and milk into a Vita-Mix blender. Add ice and blend until smooth. Pour into glass and top with whipped cream. Sprinkle finely choppen pecans on top.

[\[back to top\]](#)**Peppermint Smoothie**

peppermint ice cream	4 scoops
milk	12 oz. / 350 ml
peppermint extract	2 drops
vanilla extract	1 teaspoon

Combine in a Vita-Mix blender container and blend until smooth. Serve immediately.

[\[back to top\]](#)**Persimmon Smoothie**

persimmons, without skin and seeds	5
orange juice	16 oz. / 470 ml
frozen berries	8 oz. / 240 ml

Blend all ingredients and serve.

[\[back to top\]](#)**Pina Banana Smoothie**

pineapple juice	8 oz. / 240 ml
coconut milk	3 oz. / 90 ml
frozen banana slices	12 oz. / 350 ml
pineapple chunks	4 oz. / 120 ml

Pour liquid ingredients into the Vita-Mix blender first. All fruit goes into a Vita-Mix blender at one time. Put cover on and blend until smooth.

[\[back to top\]](#)**Pina Colada Smoothie**

frozen banana	1
milk/soymilk	8 oz. / 240 ml
shredded coconut	1-2 teaspoon
pineapple	2 oz. / 60 ml

Blend until smooth.

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Pineapple Berry Crash



orange juice	8 oz. / 240 ml
pineapple juice	2 oz. / 60 ml
pineapple rings	2
fresh strawberries	6
frozen raspberries	12-15
frozen boysenberries	8-10
frozen blueberries	12-15
non-fat yogurt, any flavor	3 oz. / 90 ml
ice	as needed

Put all ingredients into a Vita-Mix blender. Blend well until smoothie consistency is reached!

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Pineapple Buttermilk Smoothie

unsweetened pineapple chunks	20 oz. / 0.59 L
buttermilk	8 oz. / 240 ml
vanilla extract	2 teaspoon
honey	2 teaspoon

Drain pineapple, reserving 4 oz. / 120 ml juice. Freeze pineapple chunks. Place juice, buttermilk, vanilla, honey and frozen pineapple into a Vita-Mix blender container. Blend until smooth. Pour into glasses and garnish with mint if desired.

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Pineapple - Papaya Smoothie



orange juice	8 oz. / 240 ml
frozen papaya chunks	12 oz. / 350 ml
pineapple chunks	8 oz. / 240 ml
unsweetened coconut (optional)	1 to 2 tablespoon

Pour orange juice into the Vita-Mix blender first. Add coconut, if using, and then fruit. Put cover on and blend until smooth.

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Pineapple Yogurt Whirl

pineapple juice concentrate, thawed	6 oz. / 180 ml
water	4 oz. / 120 ml
skim milk	4 oz. / 120 ml
vanilla yogurt	8 oz. / 240 ml
sugar	2 tablespoon
vanilla	1 1/2 teaspoon
ice cubes	16 oz. / 470 ml

In a Vita-Mix blender container, combine the ingredients. Blend mixture until smooth and slushy. Pour into tall glasses and decorate each serving with fresh pineapple wedge.

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Pink Smoothie Deluxe

frozen strawberries	12 oz. / 350 ml
ruby red grapefruit juice	8 oz. / 240 ml
orange juice	8 oz. / 240 ml
ice	8 oz. / 240 ml

Place ingredients in a Vita-Mix blender and purée until smooth.

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Pistachio Banana Gulp

plain nonfat yogurt	8 oz. / 240 ml
pistachio instant pudding mix	3 oz. / 90 ml
ripe banana	1
skim milk	2 oz. / 60 ml
ice cubes	10 - 12

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Prune Smoothie



low-fat vanilla yogurt	4 oz. / 120 ml
soy beverage	8 oz. / 240 ml
vanilla	1/2 teaspoon
diced pitted prunes preferably frozen, peeled	3 oz. / 90 ml 1
ice cubes	2

Yield: 2 (10 oz. / 0.30 L)

Place all ingredients in a Vita-Mix blender. Blend until smooth.

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Pumpkin Smoothie

pumpkin, canned chilled	14 oz. / 410 ml
evaporated skim milk, chilled	12 oz. / 350 ml
orange juice	12 oz. / 350 ml
banana	4 oz. / 120 ml
brown sugar	3 oz. / 90 ml

Yield: 6

Place all ingredients in a Vita-Mix blender and blend well. If desired, serve over ice and sprinkle with cinnamon.

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Pumpkin Pie Smoothie

solid pack pumpkin purée	15 oz. / 0.44 L
frozen apple juice concentrate	12 oz. / 350 ml
ground nutmeg	1/8 teaspoon
ground cinnamon	1 teaspoon
water	20 oz. / 0.60 L

Remove pumpkin from can and freeze for 1 hour. In a Vita-Mix blender combine partially frozen pumpkin, frozen apple juice concentrate, nutmeg and cinnamon. Blend until smooth.

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Pumpkin Yogurt Smoothie



canned pumpkin	4 oz. / 120 ml
vanilla yogurt	6 oz. / 180 ml
cinnamon	1/4 teaspoon
nutmeg	1/8 teaspoon
brown sugar	2 teaspoon
ice cubes	4

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Purple Cow

low-fat milk	6 oz. / 180 ml
frozen grape juice concentrate	1 1/2 tablespoon
vanilla yogurt	2 oz. / 60 ml

Combine ingredients in a container with lid and shake until well blended. Pour into a tall glass.

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Purple Passion Smoothie

banana	1
non-fat yogurt	8 oz. / 240 ml
blueberries (can be frozen)	3 oz. / 90 ml
strawberries (can be frozen)	3 oz. / 90 ml
ice	5 oz. / 150 ml

Place all ingredients into a Vita-Mix blender and blend until smooth.

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Purple Pleasure Smoothie

blueberries	8 oz. / 240 ml
yogurt	6 oz. / 180 ml
milk	2 oz. / 60 ml
vanilla extract	3/4 teaspoon

Blend ingredients in a Vita-Mix blender until smooth and sweeten to taste.

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Quad Berry Quencher



bananas	2
raspberries	8 oz. / 240 ml
frozen blueberries	4 oz. / 120 ml
frozen strawberries	10-12
cranberry juice	16 oz. / 470 ml

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

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Radical Red Smoothie



low-fat strawberry yogurt or frozen yogurt	8 oz. / 240 ml
cranberry juice cocktail	4 oz. / 120 ml
strawberries, hulled, frozen	4 oz. / 120 ml
raspberries, frozen	8 oz. / 240 ml

Place all the ingredients in a Vita-Mix blender. Blend until smooth.

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Rainbow Smoothie

apple-cranberry juice	10 oz. / 290 ml
strawberries	4 oz. 120 ml
pineapple chunks	2 oz. 60 ml
rainbow sherbet	2 scoops
banana	1/2
ice	4 oz. / 120 ml

Place ingredients in a Vita-Mix blender and purée until smooth.

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Raspberry - Banana Smoothie



bananas, peeled	2
pineapple juice	12 oz. / 350 ml
low-fat vanilla yogurt	8 oz. / 240 ml
raspberries	8 oz. / 240 ml

Blend in a Vita-Mix blender until smooth.

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Raspberry Blast Smoothie

frozen red raspberries	16 oz. / 47 ml
low-fat milk	8 oz. / 240 ml
red raspberry preserves	3 tablespoons
ice cubes	4
plain or vanilla soy protein powder	2 scoops

Combine ingredients in a Vita-Mix blender. Cover and blend at high speed for about 1 minute.

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Raspberry - Orange Smoothie



milk	16 oz. / 470 ml
plain yogurt	16 oz. / 470 ml
fresh raspberries	16 oz. / 470 ml
frozen orange juice concentrate	8 oz. / 240 ml
ice cubes	8 oz. / 240 ml
vanilla extract	1 teaspoon

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Raspberry - Peach Smoothie

low-fat peach yogurt	8 oz. / 240 ml
peach nectar	6 oz. / 180 ml
raspberries	4 oz. / 120 ml
peaches	30 oz. / 290 ml

Combine yogurt and nectar in a Vita-Mix blender. Add peaches and raspberries. Blend until smooth.

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Raspberry Shake

milk	2 oz. / 60 ml
raspberries (fresh or frozen)	12 oz. / 350 ml
vanilla ice cream	16 oz. / 470 ml

In a Vita-Mix blender, whirl milk, 8 oz. / 240 ml berries, and ice cream until smooth. Scrape sides several times.

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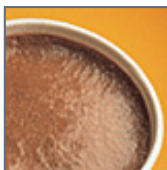
Raspberry - Watermelon Smoothie

seeded watermelon chunks	16 oz. / 470 ml
raspberries	8 oz. / 240 ml
ice cubes	8 oz. / 240 ml
sugar	1 tablespoon

Put all ingrediants in a Vita-Mix blender. Set to blend. Blend until all ingrediants have blended and there are no chunks of ice left.

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Smoothie Power Shake



nonfat soy milk	8 oz. / 240 ml
orange juice	4 oz. / 120 ml
banana	1
cantaloupe	4 oz. / 120 ml
peanut butter	1 tablespoon
strawberries, fresh or frozen	4 oz. / 120 ml

optional additives for increased nutrition:

wheat germ	1 tablespoon
uncooked oatmeal	2 oz. / 60 ml
100% bran cereal	2 oz. / 60 ml
protein powder	1 tablespoon
tofu	

Put all ingredients into a Vita-Mix blender, along with any optional additive if using. Blend well until smoothie consistency is reached!

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Southwest Smoothie

banana; sliced	4 oz. / 120 ml
mango, papaya, or guav	4 oz. / 120 ml
milk	16 oz. / 470 ml
honey	1 tablespoon

Place all ingredients in a Vita-Mix blender container; cover and blend on high speed until smooth. Strain if using mango.

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Sparkling Smoothie

yogurt; plain or fruit-flavored	8 oz. / 240 ml
chopped fresh fruit	16 oz. / 470 ml
freshly grated nutmeg	pinch
ice-cold sparkling water or gingerale	5 oz. / 0.015 L

Yield: 2

Combine the yogurt, fruit, and nutmeg in a Vita-Mix blender; blend until smooth. Pour into glasses, filling 3/4 full. Top off with sparkling water or ginger ale, gently stir to combine. Garnish with mint sprigs or fruit slices, if desired.

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Spiced Date Smoothie



nonfat milk	8 oz. / 240 ml
vanilla lowfat frozen yogurt	8 oz. / 240 ml
dates, pitted and chopped	3
ground cloves	1/8 teaspoon
ground cardamom	1/8 teaspoon
ground cinnamon	1/8 teaspoon
pure vanilla extract	1/4 teaspoon

Blend all ingredients until smooth. Serve.

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Strawberry Smoothie

large strawberries	5
light fat-free strawberry yogurt, frozen	6 oz. / 180 ml
sugar-free lemonade	4 oz. / 120 ml

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Strawberry - Banana Smoothie

banana	1
strawberries	4
skim milk	4 oz. / 120 ml
apple juice	4 oz. / 120 ml

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Strawberry - Blueberry Smoothie

frozen blueberries	4 oz. / 120 ml
frozen strawberries	8 oz. / 240 ml
frozen banana (peel before freezing)	1
milk	12 oz. / 350 ml
frozen vanilla or strawberry yogurt	4 oz. / 120 ml

Whirl all ingredients together in a Vita-Mix blender until smooth. Serve immediately.

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Strawberry Frappe Smoothie



oat milk (or use soy milk)	5 oz. / 150 ml
pineapple juice	8 oz. / 240 ml
apple juice concentrate	5 oz. / 150 ml
vanilla	1/2 tablespoon
large frozen strawberries	6
ice cubes	10

Yield: three 12 oz. / 350 ml Servings

Blend well, adding 1 tablespoon flaxseed oil and 2 tablespoon wheat germ, if desired.

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Strawberry - Kiwi Smoothie

kiwi	3
frozen banana slices	8 oz. / 240 ml
ml pineapple juice	6 oz. / 180 ml
frozen strawberries	4 oz. / 120 ml

Put all ingredients into a Vita-Mix blender. Blend until smoothie consistency is reached!

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Strawberry Lemonade Smoothie

lemon juice, freshly squeezed	4 oz. / 120 ml
cold water	2 oz. / 60 ml
sugar	2 oz. / 60 ml
strawberries; partially frozen	24 oz. / 710 ml
ice cubes	18 oz. / 530 ml

Yield: 32 oz. / 950 ml.

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Strawberry - Lemon Yogurt Smoothie



low-fat yogurt	8 oz. / 240 ml
orange juice	4 oz. / 120 ml
strawberries	12 oz. / 350 ml
ice crystals	4 oz. / 120 ml
lemon juice	1 tablespoon
lemon rind / zest	1/2 teaspoon

Place ingredients in a Vita-Mix blender and purée until smooth.

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Strawberry - Raspberry Smoothie

orange juice	12 oz. / 350 ml
banana	1
frozen strawberries	8 oz. / 240 ml
frozen raspberries	8 oz. / 240 ml

Pour liquid ingredients into the Vita-Mix blender first. All fruit goes into a Vita-Mix blender at one time. Put cover on and blend until smooth.

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Strawberry Sunrise Smoothie

carton vanilla yogurt	8 oz. / 240 ml
frozen strawberries	4 oz. / 120 ml
apple juice	2 oz. / 60 ml
frozen banana, chopped	1

Place all ingredients in a Vita-Mix blender, cover and blend until desired consistency.

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Sugar-Free Strawberry Smoothie



carton plain nonfat yogurt	8 oz. / 240 ml
skim milk	2 oz. / 60 ml
sweetener	3 packets
frozen strawberries	24 oz. / 710 ml
ice cubes	8 oz. / 240 ml

Yield: four 6 oz. / 180 ml servings

In a Vita-Mix blender container combine yogurt, milk, and sweetener. With the Vita-Mix blender running, add berries a few at a time through opening in lid. Blend until smooth, then add ice cubes one at a time through opening in lid, blending until slushy. Pour into glasses.

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Summer Smoothie

unflavored gelatine	1 envelope
orange juice	8 oz. / 240 ml
strawberries	6
ripe banana	1
vanilla frozen yogurt	8 oz. / 240 ml
ice cubes	6

Sprinkle gelatine over 2 oz. / 60 ml orange juice in saucepan; let stand 1 minute. Over low heat, stir until gelatine completely dissolves, about 2 minutes. Blend remaining orange juice, strawberries, banana and vanilla yogurt in blender at high speed until smooth. Add gelatine mixture. Add ice cubes; blend at high speed until smooth and frosty. Garnish with additional strawberries and orange slices.

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Sweet Potato Smoothie

sweet potatoes	16 oz. / 470 ml
brown rice syrup	1+ tablespoon
Sucanat	1 tablespoon
vanilla flavoring	1 tablespoon
butterscotch flavoring	1/2 tablespoon
water	18 oz. / 530 ml
ice cubes (optional)	2
sesame tahini	2 tablespoon

Bake sweet potatoes until tender. Let cool (in refrigerator when not too warm). Peel skins from potatoes and slice into small chunks. Add sweet potatoes to blender along with water, tahini, sweeteners and flavorings. Begin blending. After several seconds of blending, stop the unit and mix the ingredients, if necessary, using a long utensil. Reblend to a creamy consistency. Serve warm or chilled.

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Tangerine Dreams Smoothie



tangerine juice	8 oz. / 240 ml
ripe bananas	2
ripe papaya; seeded, skin removed	1

Blend all ingredients and serve.

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Tofu Fruit Smoothie

apple juice	4 oz. / 120 ml
frozen vanilla nonfat yogurt, or any flavor of sorbet	4 oz. / 120 ml
soft tofu, drained	4 oz. / 120 ml
fresh or frozen sliced strawberries or peaches	8 oz. / 240 ml
peaches	1
banana, peeled and broken into chunks	1 teaspoon
honey	4 oz. / 120 ml
ice cubes	

Place all ingredients into container of Vita-Mix blender. Blend on high until smooth, about 30 seconds. Serve immediately.

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Tropical Breeze Smoothie

pineapple juice -- unsweetened	20 oz. / 0.60 L
strawberries	8 oz. / 240 ml
banana OR ripe mango OR ripe papaya	1

Peel the tropical fruit. Have the pineapple juice well-chilled. Combine all ingredients in a Vita-Mix blender. Purée until thick and very smooth . Serve in a glass garnished with a whole strawberry and perhaps a mint sprig.

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Tropical Fling Smoothie

ripe pineapple and mango, cut up	4 oz. / 120 ml
milk	4 oz. / 120 ml
plain yogurt	4 oz. / 120 ml
	2 teaspoon

Blend ingredients in a Vita-Mix blender until smooth and sweeten to taste.

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Tropical Fruit Smoothie

frozen honeydew melon	8 oz. / 240 ml
frozen mango	8 oz. / 240 ml
frozen banana	1
plain yogurt	8 oz. / 240 ml
peach nectar	8 oz. / 240 ml

Blend until smooth.

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Tropical Strawberry Smoothie



guava nectar	8 oz. / 240 ml
pineapple chunks	8 oz. / 240 ml
frozen peaches	6 oz. / 180 ml
frozen strawberries	6 oz. / 180 ml

Pour guava nectar into the Vita-Mix blender first. All fruit goes into a Vita-Mix blender at one time. Put cover on and blend until smooth.

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Tutti-Frutti Smoothie

banana, cut into chunks	1
unsweetened orange juice	8 oz. / 240 ml
milk	4 oz. / 120 ml
pure vanilla extract	1 teaspoon
ice cubes	4

Place the banana, juice, milk, vanilla, and ice cubes in the Vita-Mix blender. Cover and blend until frothy. For an extra punch use an orange juice with passion fruit and/or another fruit in it.

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Un-Tofu Smoothie

dessert tofu	10.75 oz. / 300 g
frozen strawberries	3
frozen peach	5
container strawberry yogurt	8 oz. / 230 g
orange juice	8 oz. / 240 ml

In a Vita-Mix blender, combine tofu, strawberries, peach slices, yogurt and orange juice. Blend until smooth. A great way to eat tofu -- without even knowing it! Very refreshing, especially for breakfast or as a snack. Tinker with it until you find the perfect combo for you.

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Ultimate Smoothie



fresh-squeezed orange juice	8 oz. / 240 ml
mangos	2
fresh or frozen blueberries	8 oz. / 240 ml
frozen banana	1
flax seeds	2 tablespoon
honey or maple syrup (optional)	1 teaspoon

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

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Vitamin C Smoothie

bananas	2
orange	1
kiwis	2
frozen strawberries	12
frozen blueberries	4 oz. / 120 ml
orange juice	16 oz. / 470 ml

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

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Wacky Watermelon Smoothie

seeded watermelon chunks	16 oz. / 470 ml
cracked ice	8 oz. / 240 ml
plain yogurt	4 oz. / 120 ml
sugar	1 tablespoon
ground ginger	1/2 teaspoon
almond extract	1/8 teaspoon

Combine all ingredients in a Vita-Mix blender container, blend until smooth.

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Zippy Pineapple - Carrot Smoothie

pineapple chunks	4 oz. / 120 ml
soy milk, any flavor	8 oz. / 240 ml
carrot	1
pineapple juice	3 oz. / 90 ml
ginger, peeled	1" piece
Honey	to taste

Place all ingredients in a Vita-Mix blender container and blend until everything is smooth. Add ice if you like it frosty. The ginger adds the "zip".

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BEVERAGES ALCOHOLIC

Banana Smoothie



ripe banana	1
nonfat yogurt	4 oz. / 120 ml
sugar (or to taste)	1 tablespoon
banana liqueur (optional)	1 tablespoon
ice cubes	8 oz. / 240 ml
fresh lime juice	1 teaspoon

Combine the first 6 ingredients in a Vita-Mix blender and blend until smooth. Pour the smoothie into a large glass and garnish with a lime wedge or banana slice. lime wedge or banana slice, for garnish

Made with yogurt, this drink is both refreshing and nourishing. To tell when a banana is ripe, look for tiny brown spots, called sugar spots, on the peel.

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Banana Hazelnut Smoothie

medium bananas, peeled	4
light brown sugar	6 tablespoons
hazelnuts	2 oz. / 60 ml
ice cubes	8 oz. / 240 ml
milk	2 oz. / 60 ml
dark rum or hazelnut liqueur	2 oz. / 60 ml
chopped hazelnuts, for garnish (optional)	2 tablespoons

Place the sliced bananas in a sealed plastic bag and put them in the freezer for 1 hour. Place the brown sugar and 2 oz. / 60 ml hazelnuts in a Vita-Mix blender and grind together until fine. Place the frozen bananas, ice cubes, milk, and rum in the Vita-Mix blender with the sugar and nut mixture. Blend until smooth. Pour the smoothies into 4 goblets or tall glasses. Garnish with chopped nuts, if desired. Serve immediately. Makes 4 servings.

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Banana Nutbread Smoothie

hazelnut liqueur	1 oz.
banana liqueur	1 oz.
vanilla syrup	1 oz.
half and half	2 oz.
banana	1
ice	16 oz. / 470 ml
chopped walnuts	1 teaspoon
whipped cream	2 oz.

Pour liqueurs, syrup, half and half, banana and half of the walnuts into blender. Add ice and blend until smooth. Pour into glass and top with whipped cream. Sprinkle chopped nuts on top.

[\[back to top\]](#)**Lemon - Watermelon - Russian Smoothie**

seeded watermelon, diced	12 oz. / 350 ml
lemon sorbet	8 oz. / 240 ml
ice cubes	8-10
vodka shot	2 shots
fresh lemon juice	1 tablespoon

Yield: 2

Place all the ingredients in a Vita-Mix blender. Blend until smooth. The tart lemon sorbet is a perfect match with the sweet, juicy watermelon. To make an even thicker smoothie, freeze the watermelon first.

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rum	2 oz. / 60 ml
cream of coconut	3 oz. / 90 ml
pineapple	6 oz. / 180 ml
frozen ripe banana	1 medium
ice cubes	16 oz. / 500 ml

Yield: two 12 oz. / 355 ml drinks

Place ingredients into a Vita-Mix container in the order listed. Secure lid and blend until smooth. Garnish with a fresh pineapple wedge and umbrella. Serve immediately.

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yogurt; plain or fruit-flavored	8 oz. / 240 ml
chopped fresh fruit	16 oz. / 470 ml
freshly grated nutmeg	pinch
ice-cold champagne	5 oz. / 0.015 L

Yield: 2

Combine the yogurt, fruit, and nutmeg in a Vita-Mix blender; blend until smooth. Pour into glasses, filling 3/4 full. Top off with champagne, gently stir to combine. Garnish with mint sprigs or fruit slices, if desired.

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frozen strawberries, thawed	8 oz. / 240 ml
rum	4 oz. / 120 ml
sweetened lime juice	4 oz. / 120 ml

Yield: two 8 oz. / 240 ml drinks

Place ingredients into a Vita-Mix container in the order listed. Secure lid and blend until smooth. Garnish with a fresh strawberry or lime wheel. Serve immediately.

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white zinfandel	4 oz. / 120 ml
vodka	1/2 oz. / 15 ml
canned whole cranberry sauce	1/2 cup / 120 ml
ice cubes	1 cup / 240 ml

Place ingredients into a Vita-Mix container in the order listed. Secure lid and blend until smooth. Garnish with a cherry. Serve immediately.

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