

Scrumptious Smoothies

Zesty Banana Orange Smoothie:

- 2 cups (500 mL) Milk
- 2 frozen very ripe bananas
- 1 tbsp (15 mL) liquid honey
- 1 to 2 tsp (5 to 10 mL) grated orange rind
- 1/2 cup (125 mL) vanilla yogurt



Tropical Smoothie:

- 2 cups (500 mL) Milk
- 1 1/2 cups (375 mL) mango or peaches, peeled and chopped
- 1 frozen very ripe banana
- 2 tbsp (30 mL) sweetened shredded coconut
- 1 cup (250 mL) vanilla yogurt

Icy Mocha Smoothie:

- 2 cups (500 mL) Chocolate Milk
- 1 1/2 cups (375 mL) ice cubes
- 1 tbsp (15 mL) instant coffee or
- 1/2 cup (125 mL) cold strong coffee
- 1 tbsp (15 mL) chocolate syrup or sugar
- 1 cup (250 mL) vanilla yogurt



Preparation

In blender, combine milk, fresh and frozen fruit or ice cubes, flavorings (as called for); purée until smooth. Add yogurt and pulse just until blended. Sweeten to taste as desired.

Pour into tall glasses. Serve immediately.

Blueberry Vanilla Smoothie (Non-Dairy):

- 1 cup vanilla soy milk
- ½ cup apple juice
- 1 cup blueberries, blackberries, raspberries, or sliced strawberries
- 1 ripe banana
- 1 cup crushed ice



Preparation:

Combine all ingredients in blender and puree till smooth. Serve garnished with berries or slices of banana

Peanut Butter & Banana Smoothie

- 10 ounces skim milk or plain soy milk
- 1 tablespoon natural peanut butter
- 1 medium banana



Preparation:

In a blender, combine all ingredients and mix until smooth. Use 6 ice cubes for a thicker consistency.

Healthy green smoothie

Prep. Time 15 mins

Yields 4 to 6

- ¼ cup (60 mL) Canadian Ricotta
- 1 cup (250 mL) Milk
- 1 tbsp (15 mL) honey
- 1 banana
- 2 cups (500 mL) frozen peaches or frozen mangoes
- 1 cup (250 mL) spinach
- 1 tbsp (15 mL) ground flaxseed
- 2 tbsp (30 mL) almond butter



Preparation:

In a blender, purée all the ingredients until smooth.

Pour the smoothie into glasses and serve, or reserve in the refrigerator.