

# Smoothie Recipes

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By [www.rawfooddietpower.com](http://www.rawfooddietpower.com)

## **Fruity Raspberry and Orange Smoothie**

8 oz raspberries

5 fl oz Plain Soya Yoghurt

1/2 Pint Orange Juice

Method:

Blend until all ingredients are well combined and you have a smooth Consistency



## **Strawberry and Banana Crush**

7 crushed strawberries

½ crushed banana

2 ½ pressed apples

a dash of freshly squeezed orange juice

Method:

Blend all the ingredients together

## **Berry Surprise**

Description: A great smoothie for breakfast!

Serves: 1

Ingredients:

crushed blueberries to taste

crushed blackberries to taste

1/2 crushed banana

2 1/2 pressed apples

a dash of freshly squeezed orange juice

Method:

Add all ingredients to a blender or smoothie maker and blend until

smooth

## **Strawberry Delight Smoothie**

Description: Creamy strawberry-vanilla smoothie

Serves: 1

Ingredients:

1 cup milk

1 cup vanilla yogurt

4 large strawberries (or 1 cup frozen strawberries)

1 small banana cut up

Method:

Blend until you have a smoothie consistency. serve straight away, in tall glasses



## **Peaches and Cream 2**

Description: Sweet and Creamy Peach Smoothie

Serves: 1

Ingredients:

1 cup condensed milk

1 tablespoon sugar

1 cup vanilla yogurt

2 fresh peaches, washed and sliced seed removed

Method:

Blend all the ingredients in a smoothie maker or blender. Serve in tall

glasses.

## **Orange Soy Milk Smoothie**

Description: Citrus Soy Smoothie

Serves: 1

Ingredients:

Two cups soy milk

½ cup less or more frozen orange juice\*

One tsp lemon juice

Sugar as desired

Ice cubes as desired

Method:

Blend and serve straight away.

## **Mango Ginger Smoothie**

2 ripe mangoes, peeled and chopped

2 pieces crystallized ginger, about 1 ounce

1 cup nonfat buttermilk

One 8-ounce container nonfat vanilla yogurt

Handful of chipped ice

Method:

In a blender, purée the fruit and ginger, scraping down the sides as

necessary.

Add the buttermilk, yogurt and ice and purée until smooth and frothy.

### **Mango Mania Smoothie**

2 cups nonfat vanilla yogurt

1 cup mango nectar

2 mangos, peeled and chopped

1/4 tsp. cardomom

Method:

Add all ingredients to blender and process until smooth.

Add 1 cup of ice cubes and blend till crushed and smooth. Serves 2

### **Mango Peach Smoothie**

1 cup peeled mango chunks

1 large peach about 8 oz., peeled, pitted, and cut into chunks

1 cup peach nectar

2 tablespoons lime juice

Method:

Combine all ingredients in blender and blend until smooth.

Makes two small drinks.

### **Mango Tango Smoothie**

1 cup pineapple juice

1 cup orange juice

1/2 frozen banana chunks

1 cup pineapple sherbet

1 1/2 cups frozen mango slices

Method:

Pour all liquid ingredients into the blender.

Add all frozen ingredients.

Blend at MIX setting for 30 seconds then blend until smooth.

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