

Smoothie Recipes



STRAWBERRY BANANA SMOOTHIE

Strawberry banana smoothie is the perfect summer smoothie!

Ingredients:

1 cup fresh strawberries, halved
1/2 frozen banana
1/2 cup yogurt
1/2 cup milk

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

1. Don't use all frozen fruit. If you were to use both frozen strawberries and a frozen banana, you're likely to end up with a super thick texture.
2. Don't add any sugar. Strawberries and banana have enough sweetness, so there's no need to add extra sugar.
3. Don't add ice. Using a frozen banana in the recipe keeps the drink cold, but it doesn't water it down. Adding ice to smoothies makes them watery pretty quickly.





MANGO SMOOTHIE

Mango Smoothie is a cool refreshing summertime treat you are going to love!

Ingredients:

- 1 fresh mangoes
- 1/2 frozen banana
- 1/2 cup milk, dairy or dairy-free
- 1/2 cup yogurt, dairy or dairy-free

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

Don't add ice. Using a frozen banana in the recipe keeps the drink cold, but it doesn't water it down. Adding ice to smoothies makes them watery pretty quickly.



WATERMELON SMOOTHIE

This watermelon smoothie is exactly what you want on a hot summer day! It's perfectly creamy, naturally sweet, and the ultimate thirst quencher.

Ingredients:

- 1 cup cubed seedless watermelon
- 1/2 cup frozen strawberries
- 1/2 cup vanilla Greek yogurt
- 1/2 cup almond milk (or other milk of choice)

How To Make:

Just add the all ingredients in the blender and blend until creamy

Tips:

1. Make it less creamy by removing the yogurt and using a banana instead.
2. You can use a dairy-free Greek yogurt and milk, to make the entire smoothie dairy-free!

BLUEBERRY SMOOTHIE

An easy and healthy blueberry smoothie recipe that's sweet and delicious, it's loaded with vitamins, nutrients and antioxidants.

Ingredients:

- 1 cup frozen blueberries
- 1/2 frozen banana
- 1 cup coconut water
- 1/2 cup greek yogurt
- 1 tbsp flax seeds

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

If you'd like a less-thick smoothie, you could always use fresh blueberries or a fresh banana. It's up to you!





Green Smoothie

This green smoothie is a simple, healthy and nutrient-dense recipe that will fuel your mornings!

Ingredients:

- 1 cup Fresh Spinach
- 1 frozen banana
- 1/2 apple
- 1/4 avocado
- 1 cup nut milk, or dairy milk

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

1. Don't add ice cubes as it will dilute the smoothie. The best way to keep the smoothie cold is to use a frozen banana.
2. If make post workout green smoothie, also can add some collagen powder, protein powder and chia seeds, which are filled with nutrient-dense and perfect for muscle recovery.

ALMOND ORANGE SMOOTHIE

A five ingredient, delicious almond orange smoothie that uses in-season citrus. It's simple yet packed with vitamins, minerals and protein.

Ingredients:

- 2 fresh oranges, peeled
- 1 frozen Banana
- 1 cup water
- 1 vanilla bean, scraped (or 1/2 tsp vanilla extract)
- 2 tbsp almond butter

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

1. For the protein, also can use cashew butter or nut butter instead of almond butter.
2. Can put more oranges replace water if you'd like.



A tall glass filled with a thick, pinkish-red smoothie, topped with several chunks of fresh peach. The glass sits on a teal wooden surface. Behind it, a wooden cutting board holds two whole, ripe peaches and a silver spoon. In the foreground, two smaller glasses also contain the smoothie, one with a peach chunk visible.

NECTARINE SMOOTHIE

Ingredients:

2 peaches (nectarine), pitted and quartered
1 cup milk, dairy or dairy-free
1 cup yogurt, dairy or dairy-free
1 tsp vanilla extract
sprinkle of cinnamon
sprinkle of ground ginger
2 tbsp chia seeds, divided

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

To maintain the texture and taste of the chia seeds, you don't need to blend it by blender. Just add it into the finished smoothie and shake to well mixed.

APPLE CARROT BEET SMOOTHIE

Low in calories but high in vitamins and minerals, the ingredients in this smoothie are brimming with anti-inflammatory, digestive, and immune-boosting benefits.

Ingredients:

- 1/2 red beet, medium, trimmed, cut into chunks
- 1/2 apple, any variety, cut into chunks
- 1 carrots, ends trimmed, cut into chunks
- 1/2 orange
- 1 1-inch piece fresh ginger, peeled
- 1 cup cold water

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

1. Before trimming and cutting the beet, place a sheet of parchment paper on your cutting board to prevent staining.
2. As the juice sits, it will separate. Just give it a good shake or stir well before serving.





Cucumber Smoothie

This easy cucumber smoothie is full of fruity, refreshing flavor with pineapple and banana! It's a great healthy snack or breakfast.

Ingredients:

- ½ cup Greek yogurt (or coconut milk)
- 1 cup peeled* and chopped cucumber (standard or English cucumber)
- 1 frozen banana
- 1 cup frozen pineapple
- 1 handful spinach leaves
- 1 tablespoon lime juice or lemon juice (optional)

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

1. Peel and chop the cucumber. Add all ingredients to the blender in the order listed. Blend until smooth.
2. Eat immediately or store 1 day in a sealed jar; if it separates, shake to re-integrate it.

Pumpkin Smoothie

This Pumpkin Smoothie is creamy and full of pumpkin-spiced flavor: and made with Greek yogurt and fruit! It's also packed with protein from the yogurt.

Ingredients:

- ½ cup Greek yogurt or plain yogurt (or oat milk for vegan)
- ½ cup pumpkin puree
- 1 medium ripe banana
- 1 ½ cups fresh apple chunks (skin on, about 1 medium apple)
- 1 teaspoon Pumpkin Pie Spice
- 1 teaspoon vanilla extract
- 1 ½ tablespoons maple syrup
- 5-7 ice cubes

For the topping: pumpkin pie spice, maple pecan granola, etc.

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Tips:

You can also use frozen bananas instead of ice cubes to delay the melting of smoothies.





Kiwi Smoothie

This easy kiwi smoothie recipe make a green puree with this delicious tropical fruit! A great way to blend it into a snack or breakfast.

Ingredients:

½ cup Greek yogurt (or coconut milk for vegan, and omit the water)

¼ cup water, plus more as needed

1 kiwi

2 handfuls baby spinach or kale

1/2 banana

1 cups frozen pineapple chunks

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Grape Smoothie

This grape smoothie recipe is tangy sweet with just 4 ingredients! It's an easy breakfast or snack that's a great use for frozen grapes.

Ingredients:

1 cups seedless red grapes, frozen at least 2 hours or overnight
1/2 banana
½ cup milk (or almond milk or oat milk)
½ cup Greek yogurt

How To Make:

Just add the all ingredients in the blender and blend until creamy.





Dragonfruit Smoothie

This vibrant pink dragon fruit smoothie recipe is easy and delicious!

Ingredients:

1 cup frozen dragonfruit
1 frozen banana
½ cup yogurt
1 tsp honey or vanilla extract optional
For garnishing:
1 tsp dry coconut powder
1/ tsp chia seeds

How To Make:

Just add the all ingredients in the blender and blend until creamy.

Cinnamon Apple Smoothie

This cinnamon-spiced apple smoothie is creamy and irresistibly tasty! It's full of natural sweetness and packed with protein.

Ingredients:

- 1 fresh apple
- 1/2 frozen banana
- ½ cup Greek yogurt
- ¼ cup milk (or almond milk or oat milk)
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon

How To Make:

Just add the all ingredients in the blender and blend until creamy.





CHERRY SMOOTHIE

This cherry smoothie is made with juice, yogurt, frozen dark cherries and banana, all blended together into a creamy and delicious drink. A kid friendly smoothie that's perfectly sweet.

Ingredients:

- 1 cups frozen dark sweet cherries
- 1 banana
- 1/2 cup milk or juice cherry juice
- 1/2 cup vanilla Greek yogurt
- fresh cherries and mint sprigs for garnish
- optional

How To Make:

Just add the all ingredients in the blender and blend until creamy.