

Smoothie Recipes

Banana Smoothie

Ingredients

1 banana, peeled and sliced
½ pint milk
handful of ice
1-2 tbsp honey

Method

1. Place the banana, milk, ice and honey in a blender and then blend until smooth.
2. Transfer to a serving glass and serve at once.

Breakfast Smoothie

Ingredients

4 very ripe peaches or nectarines, sliced and stoned
50g/2oz frozen blueberries
50g/2oz strawberries
4 baby bananas or 1 large banana, cut into chunks and frozen
6 tbsp live organic Greek yoghurt
6 Brazil nuts
1 tsp guarana powder (optional)
maple syrup to taste

Method

1. Place the peaches or nectarines into a juicer and extract the juice. Pour the juice into a blender with the remaining ingredients except the maple syrup and blend.
2. Taste the smoothie for sweetness, adding a little maple syrup if necessary.
3. Serve immediately in tall glasses.

Blueberry Smoothie

Ingredients

175ml/6fl oz apple juice
120ml/4fl oz natural yoghurt
1 banana, peeled and roughly chopped
170g/6oz blueberries (defrosted if frozen)

Method

1. Place all the ingredients into a blender and blend until smooth.
2. To serve, pour into glasses.

Mango Smoothie

Ingredients

100g/3½oz tinned mango slices, drained
3 tbsp Greek yoghurt
1 tbsp runny honey
2 tbsp milk
handful ice

Method

1. Place all of the ingredients into a blender and blend until smooth.
2. To serve, pour into a glass.

Smoothie Recipes

Strawberry Smoothie

Ingredients

150g/ 5½oz strawberries
2 tsp icing sugar
2 tbsp clear honey
handful ice
250ml/ 9 floz Greek yoghurt
1 tbsp Smarties, or similar chocolate to decorate

Method

1. Place all the ingredients except the smarties into a food processor and blend until the mixture is smooth.
2. To serve, pour the mixture into a tall glass and decorate with the smarties.

Tropical Fruit Smoothie

Ingredients

250g/9oz frozen tropical fruit, defrosted
½ lime, juice only
100ml/3½fl oz Greek yoghurt
handful ice
85g/3oz raspberries
2 tsp clear honey

Method

1. Place all of the ingredients into a blender and blend until smooth.
2. To serve, pour the smoothie into a tall glass.

Breakfast Smoothies

NB: once made, the fruit puree (without the liquid added) can be kept for 48 hours in the fridge or up to 3 months in the freezer.

Ingredients

Green smoothie

3 kiwi fruit, peeled and roughly chopped
½ green melon, seeds removed, peeled and roughly chopped
150ml/5½fl oz still or sparkling water

Pink smoothie

100g/3½oz strawberries, hulled (or 100g/3½oz raspberries roughly chopped)
1 banana, peeled and roughly chopped
150ml/5½fl oz milk or soya milk

Yellow smoothie

½ mango, stone removed, peeled and roughly chopped
1 papaya, seeds removed, peeled and roughly chopped

Method

1. Place the fruit appropriate to your chosen smoothie into a food processor, and blend to a purée.
2. Add the appropriate liquid ingredient (e.g. the milk or sparkling water) and pour into tall glasses to serve.
3. For an extra treat, add a little low fat yoghurt and garnish with a sprig of mint

Nutrition Night Smoothie

Apple, Banana & Grape Smoothie -

1- banana (if you like banana flavour 1 1/2 bananas = 1 1/2 apples)
2 Apples (average size)
About 20-30 grapes
RED Grape Juice (Use only red - as it looks disgusting otherwise)
Apple Juice
Dash of Lemon Juice
Spoon of Honey if desired.

Chop and Blend all fruits and lemon juice (honey if desired leave till later) top up with 50/50 Grape/apple juice to desired consistency (from the above I usually make it up to 1 Litre).

This recipe is good as you change the liquid top up as you want eg more grape less apple or all grape etc. (if putting in some milk or yoghurt leave out the lemon juice and apple juice and keep very cool).

You can add Wheatgerm or grain to this.

Obviously with this one is easy to swap fruits another good one is pineapple instead of apple for the fruit (1 large tin drained). Can swap grapes for raspberries, strawberries endless options to change with little thought.