

# My 20 Favorite Superfood Smoothies



Delicious and Nutritious

Jenny  
4 February 2014

# My 20 Favorite Superfood Smoothies

## Lemon Berry Smoothie



### **What You Need:**

1 (6 oz) container low fat lemon yogurt  
1 (20 oz) can crushed pineapple in its own juice, drained  
1 (16 oz) can blackberries in lite syrup, drained  
1 C ice cubes

### **How to Make It:**

Place the yogurt in the blender.

Add the drained pineapple and blackberries. Place the ice cubes on top.

Blend until smooth.

Any type of fruit yogurt will work with this recipe. Try different kinds to which see ones your family enjoy the most.

## Love That Fruit Smoothie

---

### **What You Need:**

1 Bart let pear, peeled, cored and cut into small chunks 1/2 C  
seedless grapes  
1 banana, cut into small chunks  
2 tsp. honey  
  
1/4 C cranberry juice 6 ice cubes

### **How to Make It:**

Place the pears, grapes, banana and honey into the blender. Puree until very smooth.

Add the cranberry juice and pulse 2 or 3 times until mixed together. Add the ice and blend until mixture begins to thicken.

Kids love this smoothie. The fruit mixed with honey gives it a slightly sweet taste that appeals to children. If your children don't enjoy cranberry juice experiment with their favorite juices until you find just the right one for them.

## Peach and Almond O J

---

### **What You Need:**

1 C orange juice  
1 C frozen peaches  
1 frozen banana, cut into small chunks 2 TBSP toasted slivered almonds

### **How to Make It:**

Pour the juice into the blender. Carefully add the peaches and banana. Add the almonds.

Blend until smooth.

Pecans also work well in this smoothie. For a little different taste, use pineapple juice in place of the orange juice.

## Energize Me Smoothie

---

### **What You Need:**

1/4 C crushed pineapple, drained  
1 apricot, chopped  
4 strawberries, trimmed and chopped 1 banana, chopped  
1 1/2 C water  
1 TBSP powdered skim milk  
1 TBSP protein powder  
1 tsp. flax oil seed

### **How to Make It:**

Place all the fruit into the blender.  
Blend just slightly to combine.  
Add the water, powdered milk, powdered protein and flax oil seed.  
Blend until smooth.

The protein powder and flax oil seed add to making this smoothie a healthy drink. They are optional if you prefer to leave them out.

## An Eskimos Favorite

---

### **What You Need:**

1 frozen peach  
10 frozen blueberries  
1 (6 oz) container frozen low fat vanilla yogurt 1/2 C skim milk  
1/2 TBSP pecans, crushed  
1/2 tsp. salt  
1/4 tsp. vanilla

### **How to Make It:**

Place the peach and blueberries into the blender.  
Add the yogurt and pulse a couple of times to combine. Add the milk, pecans and vanilla.  
Sprinkle in the salt.  
Blend until just smooth.

Because the fruit is frozen this drink is great on a warm day. The salt is optional if you prefer to leave it out.

## Nothing but Fruit

---

### **What You Need:**

1 C orange juice  
1 C papaya, peeled and diced  
1/2 C cantaloupe, peeled and diced 1/2 C mango, peeled and diced  
2 apricots, pitted and diced

### **How to Make It:**

Pour the orange juice into the blender.  
Add the papaya, cantaloupe, mango and apricots. On medium speed puree mixture for 1 minute.

If you like fruit you'll like this smoothie. This is one way to ensure you get the recommended amount of fruit in a daily diet.

## A Great American Smoothie

---

### **What You Need:**

1 C vanilla ice cream 1/2 C applesauce  
1 tsp. lemon juice  
1/2 tsp. apple pie spice 2 ice cubes

### **How to Make It:**

Place the ice cream in the blender.  
Add the applesauce, lemon juice, apple pie spice and the ice cubes.  
Blend until the mixture become creamy.  
Serve immediately.

This is a great drink for kids in the summertime. The ice cream, applesauce and apple pie spice makes this drink taste just like Mom's homemade apple pie.

## Color Me Up

---

### **What You Need:**

2 C vanilla ice cream  
2 C apple cider  
2 TBSP honey  
1/2 tsp. ground cinnamon 1/4 tsp. nutmeg

Food coloring

### **How to Make It:**

Put the ice cream in the blender.  
Add the apple cider, hone, cinnamon and nutmeg.  
Blend until smooth.  
Add any color of food coloring you desire.  
Blend in short spurts until drink has reached the desired color.  
Serve immediately.

The idea of changing the color gives them an added bit of excitement to a child's drink. It can also be great for something special on a holiday morning such as red for Valentines Day, green for St. Patrick's Day or even orange for Halloween.

## No Need for Pancakes Smoothie

---

### **What You Need:**

1 banana, cut into chunks  
4 strawberries, stemmed and cut into chunks 8 oz. milk  
1 TBSP almond butter  
2 tsp. maple syrup

### **How to Make It:**

Place the banana and strawberry chunks into the blender. Slowly pour in the milk.

Add the almond butter and maple syrup.

Blend until very smooth.

Some mornings there is just no time to make those beloved pancakes. Give the kids one of these and they will enjoy it just as much. Try other types of fruit for a little change.

## Blue Sky Smoothie

---

### **What You Need:**

1/2 C orange juice  
1/2 C frozen blueberries  
1/2 C canned peaches, chopped  
1 (6 oz) container vanilla yogurt, frozen 1 ice cream scoop orange sherbet  
2 TBSP honey  
1 C ice, crushed

### **How to Make It:**

Pour the orange juice into the blender.  
Add the blueberries, peaches, yogurt and sherbet. With a rubber spatula fold in the honey and ice. Cover blender and blend until smooth.

This also tastes great with pineapple sherbet and pineapple juice. The honey gives it a slightly sweet taste so use unsweetened pineapple juice when making it this way.

## Pick Me up Smoothie

---

### **What You Need:**

2 bananas, peeled and cut in chunks  
2 peaches, peeled, pitted and cut in chunks 1 (8 oz) can crushed  
pineapple, drained  
1 C milk

### **How to Make It:**

Place all the ingredients into the blender in the order they are listed.  
Blend until mixture is smooth.  
Serve cold.

This smoothie is great for kids as an after school snack. It gives them comfort after a long day at school and a little energy to finish out their day. For a little added sweetness pour a small amount of the pineapple juice in with the other ingredients.

## Hippity Hoppity Smoothies

---

### What You Need:

1 C orange juice  
1/2 C milk  
1 pint pineapple sherbet  
2 (6 oz) cartons pina colada yogurt 2 bananas cut in chunks  
1 tsp. vanilla extract  
1 C whip topping, divided  
2 drops red food coloring  
Black string licorice

### How to Make It:

Pour the orange juice and milk into the blender. Carefully add the sherbet, yogurt and bananas. Add the vanilla extract.  
Blend until very smooth.

Pour into glasses.

Place 2/3 C of the whipped topping into a plastic baggie.

Cut one corner of the bag to make a small hole.

Carefully create a small circle on top of the smoothie.

Place the other 1/3 of the whip topping in another plastic bag.

Add the food color and gently mix until the topping has turned slightly pink. Cut the corner of the bag and make the eyes, nose and the ears for the rabbit. Cut the licorice strings to make the whiskers for each rabbit.

Place the whiskers on the rabbit face upward toward the edge of the glass. Serve immediately.

Give the kids a surprise with their smoothie. They will enjoy the extra little bit of work you put into them. You can use pineapple juice in place of the orange juice or even try apples with vanilla yogurt and raspberry sherbet for a different treat. If your kids don't like black licorice try a toothpick with a little black decorator gel to make the whiskers.

## I Need Chocolate Smoothie

---

### **What You Need:**

- 1 C chocolate milk
- 1 C chocolate ice cream
- 1 Three Musketeers candy bar, cut into small chunks

### **How to Make It:**

Place all the ingredients into the blender. Blend on medium speed until smooth. Serve immediately and enjoy.

If you crave chocolate this is the smoothie for you. Any type of candy bar will work so use your favorite for a great afternoon treat. Oh yea kids love it too.

## Melon Berry Smoothie

---

### **What You Need:**

1/2 of a cantaloupe, peeled, seeded and chunked 1 C fresh raspberries  
1/2 C yogurt  
1 1/2 TBSP sugar

### **How to Make It:**

Place the cantaloupe and raspberries in the blender. Gently fold in the yogurt.

Sprinkle with the sugar.

Blend until smooth.

Using a flavored yogurt will change the taste of your smoothie. Experiment with different flavors to find the right taste for you. If you are using a flavored yogurt adjust the sugar for your taste.

## Sweet and Sour



### **What You Need:**

1/2 C pineapple juice

1/4 C grapefruit juice

4 strawberries, stemmed and cut into pieces 1 banana, peeled and cut into pieces

### **How to Make It:**

Pour both juices into the blender.

Add the strawberry and banana pieces.

Blend until mixture is smooth and as thick as you like.

If the mixture isn't as thin as you would like add a little more pineapple, grapefruit juice or both. Continue to blend until the mixture is to your liking.

## Cheesecake in a Glass

---

### What You Need:

1 egg  
1 (4 oz) pkg. cream cheese softened and chunked 1/2 C milk  
1 tsp. almond extract  
2 C vanilla ice cream, slightly softened  
1 C cherry jam  
1 C sweet cherries, pitted and slightly frozen

### How to Make It:

Carefully break the egg into the blender.

Blend for 10 seconds.

Place the cream cheese chunks, the milk and the almond extract into the blender.

Blend on medium speed until very smooth.

Place the ice cream, jam and cherries into the blender.

Blend until creamy.

This tastes just like cherry cheesecake. If you don't like cherries try strawberries with vanilla extract.

## Cherry Blossom

---

### **What You Need:**

2 C cherries, sweet or tart and frozen

1 banana, peeled and cut into pieces

1 C cherry juice

Maraschino cherries

### **How to Make It:**

Place the frozen cherries, the banana pieces and the juice into the blender. Blend until smooth.

Pour into glasses and top with the maraschino cherries.

Sweet cherries make this drink quite a sweet delight. Tart cherries take away some of the sweetness but they still make a delightful drink.

## Peppermint Stick



### **What You Need:**

4 ice cream scoops peppermint chocolate chip ice cream 1 1/2 C milk  
2 drops peppermint extract

### **How to Make It:**

Place the ice cream in the blender.

Pour in the milk.

Add the drops of extract.

Cover and blend until smooth and creamy.

If you can't find peppermint chocolate chip ice cream use plain peppermint ice cream. By adding about 1/4 of a bag of semi sweet chocolate chips you can achieve the same taste.

## How Now Brown Cow

---

### **What You Need:**

3/4 C chocolate ice cream  
2 TBSP chocolate ice cream topping  
1/4 C brewed coffee, cooled to room temperature 1/4 C club soda

### **How to Make It:**

Place the ice cream in the blender.  
Add the topping and coffee.  
Blend until mixture is smooth.  
Remove the cover and add the club soda.  
Stir with a rubber spatula just until the club soda is mixed in. Serve immediately.

If you are watching what you eat, but would still like a nice treat, try using a low fat ice cream with a sugar free topping to make this scrumptious delight.

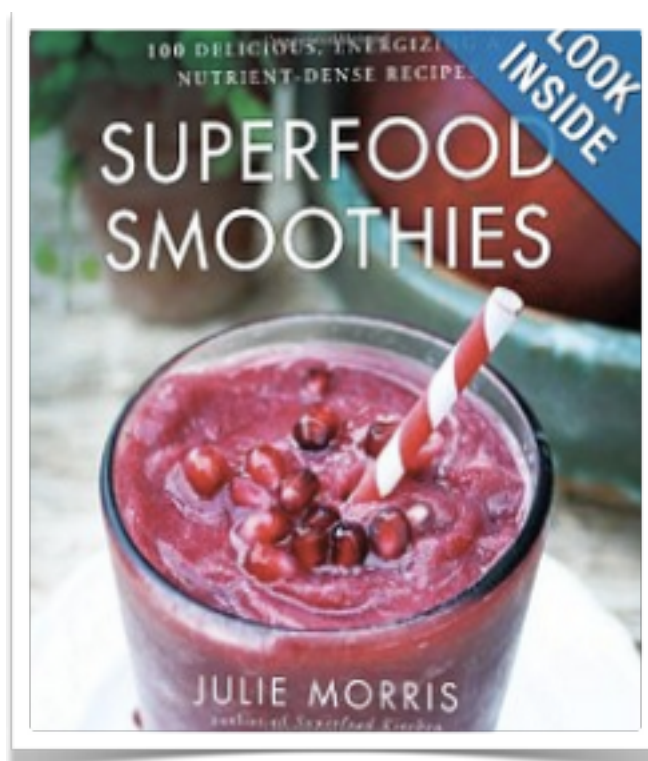
Want More?

---

## [Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes](#)

Morris whips up 100 nutrient-rich recipes using the world's most antioxidant-, vitamin- and mineral-packed foods, and offers innovative culinary methods for making your smoothies incredibly nutritious and delicious.

Whether you're looking for an energy boost, seeking a gentle cleanse, or just trying to get healthy, you'll be inspired to power up the blender!



See what the readers have to say -

*“I am truly amazed but not surprised that she turned out yet another masterfully written and beautifully composed book of awesome recipes. Not only are the smoothie recipes REALLY TASTY, but they are so creative and very thoughtfully concocted to maximize health, flavor, and texture.”*

## [Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes](#)