

# BOOK OF SMOOTHIE RECIPES



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Note: The following recipes were put together for use with the 20 ounce mixing cup. If you want to use the 10 ounce mixing cup, the ingredients must be halved accordingly!

Smoothies can be topped off with water or juice as desired.

The recipes serve as a basis and can be adjusted according to taste. Give your taste free rein!

For best performance, fill the mixing cup step by step and shake it between steps.



# BLUEBERRY SMOOTHIE

*Child's play*

## INGREDIENTS

- |               |                           |
|---------------|---------------------------|
| 1 (ripe)      | banana                    |
| 1/2 - 3/4 cup | blueberries               |
| 1 cup         | yogurt                    |
| 1             | tablespoon powdered sugar |
| 1/2           | teaspoon vanilla          |
| 1             | teaspoon honey            |
|               | Mint for decoration       |



## PREPARATION

Peel the bananas and cut them into small pieces. Put berries, yogurt, bananas, vanilla, sugar and honey into the mixer. Mix ingredients, stir with a spoon in between. Then mix again until creamy.

Pour into glasses, decorate with mint and serve immediately.



# STRAWBERRY SMOOTHIE

*So tasty!*

## INGREDIENTS

- 1/2 cup strawberries
- 1        tablespoon sugar
- 1/3 cup orange juice
- 1/3 cup yogurt



## PREPARATION

Wash the strawberries, clean them and cut them into small pieces; put them in the mixer. Add sugar, orange juice and yogurt and mix. Pour smoothies into a high glass and serve decorated with a strawberry.





## STRAWBERRY MILKSHAKE WITH BUTTERMILK

### INGREDIENTS

1 cup	buttermilk
1/2 cup	orange juice
1/2 cup	strawberries
1	tablespoon sugar

### PREPARATION

Clean strawberries, cut them into small pieces, and put them in the mixer. Add buttermilk, orange juice and sugar. Mix everything together and pour into glasses to serve.

# MILKSHAKES

## STRAWBERRY MILKSHAKE

### INGREDIENTS

1 cup	fresh strawberries
2	tablespoons powdered sugar
1	teaspoon vanilla extract
1 cup	milk
1 scoop	strawberry ice cream

### PREPARATION

Clean the strawberries (put 2-3 aside) and cut them into small pieces. Put the strawberry pieces into a bowl and sprinkle powdered sugar and vanilla extract on them.

Place in the fridge for one hour, then mix with the milk and the ice cream. tall into 1 cup and decorate with the strawberries that you put aside.

## CHOCOLATE RASPBERRY MILKSHAKE

### INGREDIENTS

250	fresh or frozen raspberries
2	tablespoons powdered sugar
1/2 cup	milk
1 scoop	chocolate ice cream
2	tablespoons cocoa powder

### PREPARATION

Clean the raspberries (put 3-4 aside) and cut them into small pieces.

Put the raspberries pieces into a bowl and sprinkle icing sugar on them. Place them into the fridge for one hour. Mix the raspberries with the milk, the ice cream and the cocoa powder until creamy. Fill into glasses and decorate with the strawberries that you put aside.



# BEET SMOOTHIE

## INGREDIENTS

- 2 beets, pre-cooked
- 1 small orange
- 1 carrot
- 1 slice of lemon
- 1 teaspoon olive oil



## PREPARATION

Clean the carrots and the beets, peel the orange and cut all 3 ingredients into small pieces. Put them in the mixer with a slice of lemon and the oil.

# RED BERRY SMOOTHIE

*A special treat*

## INGREDIENTS

- 1 handful raspberries
- 1 handful cherries, destoned
- 1 handful currants
- 1 handful strawberries
- sugar or honey to taste

## PREPARATION

Clean the cherries and berries and cut them into small pieces. Put all ingredients into the mixer together. Add a little sugar or honey as you like and mix. Pour into glasses to serve.

# RED RIDING HOOD

## INGREDIENTS

- 1/8 cup red currants
- 1/8 cup raspberries
- 1/4 cup blueberries
- 1/8 cup berry mix
- 1 beet (pre-cooked)
- 1 orange
- 1 tablespoon honey

## PREPARATION

Clean the berries and the currants.  
Cut the pre-cooked beet into small pieces.  
Halve and press the orange.  
Put beet and orange juice into the mixer and mix well until the beet is blended.  
Then add honey and berries and mix well. Pour the smoothies into a glass and serve.



ENJOYMENT



# GREEN SMOOTHIES

*Refreshing with mint, lime, ginger, coconut milk*

## INGREDIENTS

- 1/3 cup (young) spinach leaves
- 1/2 apple
- 1/2 cucumber or zucchini
- 6 mint leaves (or more to taste)
- 1/2 (ripe) banana
- 1/4 cup lime juice
- Some grated ginger
- 1/4 cup coconut milk

## PREPARATION

Clean the spinach well and remove any brown spots. Put the leaves into the mixer. Remove the apple's core and cut the apple into small pieces. Cut the cucumber (or zucchini) into small pieces and put it into the mixer as well. The peel may stay on if you like. Pick the leaves off of the mint stalks and add them. Add the banana and some water and mix everything well.

Add the juice, grated ginger, and coconut milk as you like and serve.



# SMOOTHIE À LA BANANA LIME PINEAPPLE

## INGREDIENTS

- 1 teaspoon honey
- 2 cups pineapple
- Some lime juice
- 1 banana
- Some water

SUGGESTION:  
USE FRESHLY PRESSED  
LIME JUICE  
FOR THIS.

FOR THIS, ROLL THE LIME  
ACROSS THE TABLE WITH A  
LITTLE PRESSURE TO GET  
MORE JUICE.

## PREPARATION

Peel the pineapple and the banana and cut them into small pieces  
Then blend in the mixer and add lime juice and honey as you like.

*Healthy and  
light vitamin  
shots for any  
occasion!*





*Creamy smoothie with mild sweetness*

## GREEN SPINACH PEACH SMOOTHIE

### INGREDIENTS

1/3 cup	baby spinach leaves
3/4 cup	peaches
1/2 cup	cucumber
	Some water
2	tablespoons lemon juice
1/2	teapoon Vanilla

### PREPARATION

Wash spinach leaves, peach and cucumber and cut them into small pieces.  
Add to mixer along with vanilla, water and lemon juice, and mix well.  
Add more water and lemon juice as desired.

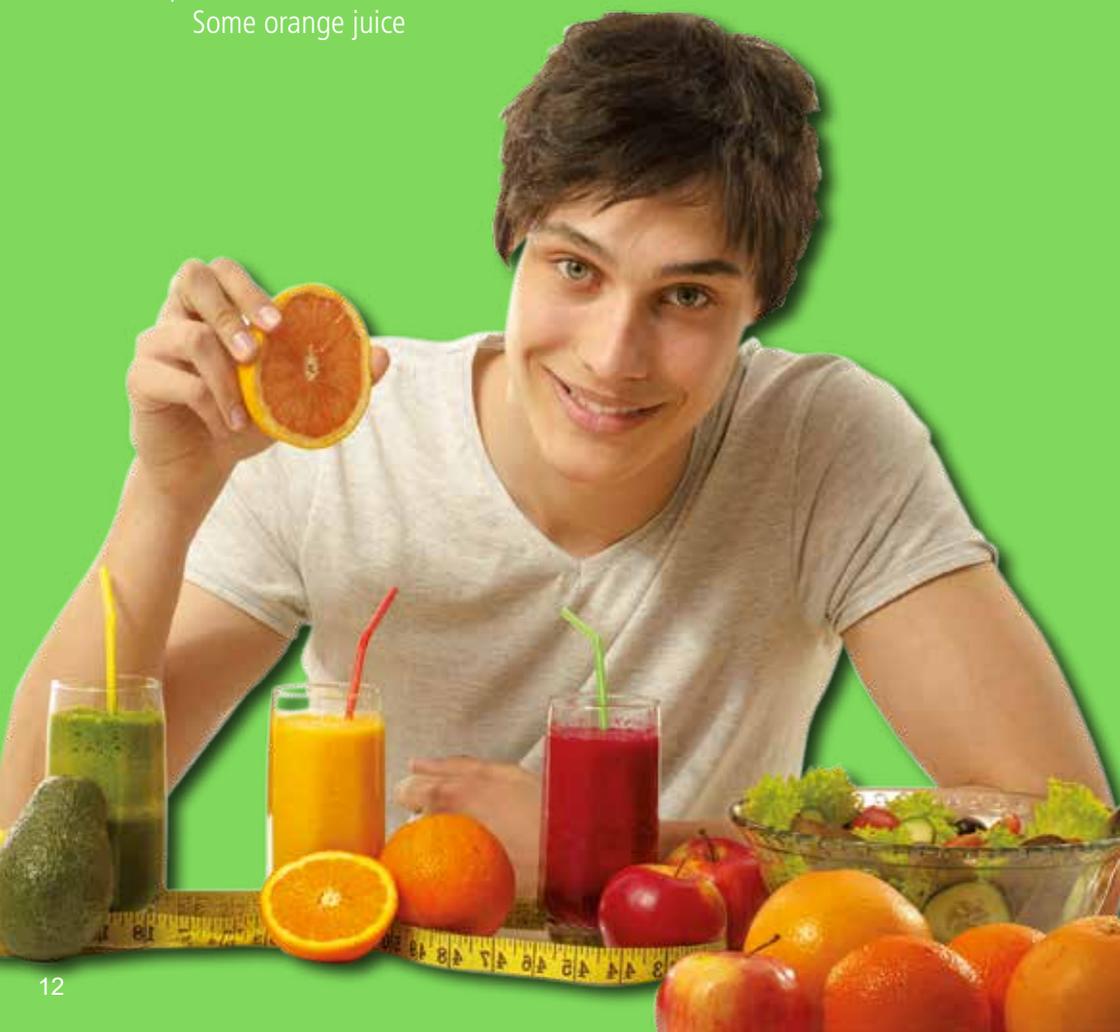
# BREAKFAST DRINK

## INGREDIENTS

- 1/2 orange
- 1/2 carrot
- 1/2 apple
- 1/4 lemon
- 2 tablespoons sugar
- 1 tablespoon honey
- 1/8 cup oat flakes
- Some orange juice

## PREPARATION

Clean the fruit and the carrot, peel them and cut everything into little pieces. Put all ingredients in the mixer and mix. Add the sugar and mix it in, then add the oat flakes. Add orange juice and honey to taste and serve.



# GREEN CARROT SMOOTHIE

## INGREDIENTS

- ½ (ripe) banana
- ½ cucumber
- 1 carrot
- Some water

## PREPARATION

REMOVE THE GREENS FROM THE CARROT AND WASH THE CARROT WELL.  
PEEL THE BANANA, CUCUMBER AND CARROT AND CUT THEM INTO SMALL PIECES.  
PUT EVERYTHING INTO THE MIXER WITH SOME WATER.  
SEASON WITH SALT AND PEPPER AND SERVE.

# WATERMELON SMOOTHIE

*Quick to make and quench your thirst*

## INGREDIENTS

- 1 ¾ cup watermelon
- Some ice (cubes)

## PREPARATION

Peel the watermelon and cut it into small pieces.  
If required, put a little aside for decoration.  
Put the pulp into the mixer and blend it.  
Put ice cubes into the glasses and pour the blended melon smoothie into the glass.  
Finally, decorate with melon pieces and serve.



# COCONUT PINEAPPLE BANANA SMOOTHIE

## INGREDIENTS

- 3/4 cup natural yogurt
- 3/4 cup coconut milk
- 3/4 cup pineapple, cut into pieces
- 1/2 banana

## PREPARATION:

Peel the banana and cut it into small pieces.  
Put it into the mixer together with the pineapple pieces and the yogurt and mix.  
Add the coconut milk and mix again briefly.  
Pour into chilled glasses and serve.

SUGGESTION:  
TASTES BEST COOLED! FOR THIS,  
PUT THE GLASSES INTO THE FRIDGE  
FOR 30 MIN., AND ENJOY COLD!

# EXOTIC SMOOTHIE

## INGREDIENTS

- ½ mango
- ½ papaya
- 1 kiwi
- ½ banana
- 1/8 cup walnuts, coarsely chopped
- 1 cup orange juice
- 1 teaspoon honey

## PREPARATION

Peel all fruit, remove kernels from mango and papaya and cut the fruit into small pieces. Coarsely chop the walnuts. Put everything into the mixer together and mix together with the orange juice until smooth. Add honey as desired and if necessary mix again briefly. Pour the smoothie into glasses and serve.

SUGGESTION:  
IF YOU LIKE IT SWEET,  
DECORATE THE GLASSES WITH A SUGAR  
RIM BEFORE  
SERVING!

*Exotic, fruity and vegan*

# ICED COFFEE SHAKE

## INGREDIENTS

- 1 cup of cold coffee
- 2 scoops of vanilla ice cream
- 6 tablespoons of chocolate sauce (or cocoa)

## FOR DECORATION

- Whipped cream
- Chocolate flakes

## PREPARATION

Put coffee, vanilla ice cream and chocolate sauce (or alternatively cocoa) into the mixer and mix well. Pour into glasses, decorate with whipped cream and chocolate flakes and serve.

# SMOOTHIE WITH COFFEE

## INGREDIENTS

- 3/4 cup strong coffee
- 1 tablespoon brown sugar
- 1/2 vanilla bean
- 1 banana
- 1 teaspoon maple syrup
- 2 tablespoons blanched almonds
- 4 ice cubes

SUGGESTION:  
A SPECIAL TREAT DECORATED  
WITH BANANA SLICES  
AND MINT  
LEAVES!

## PREPARATION

Mix the coffee (best freshly brewed) with the sugar until it has dissolved. Scrape out the half vanilla bean and add delete to the hot coffee and let it infuse well.

Cool in the fridge for at least 30 minutes.

Peel the banana and mix in the mixer with the prepared coffee mix and almonds. Add the ice cubes and chop them coarsely. Pour into glasses and serve.



REFRESHING  
AND FAST!

# AVOCADO DREAM

## INGREDIENTS

- ¼ avocado
- ¼ small (ripe) banana
- ½ cup blackberries
- ¼ large plum
- 1 slice of lemon, untreated
- Ground cinnamon to taste

## PREPARATION

Halve the avocado and remove the pit. Scoop out the avocado pulp and put it into the mixer. Peel the banana and cut it into small pieces. Also halve the plum, remove the stone and cut the plum into small pieces. Put it into the mixer together with the blackberries and the lemon slice. Add water depending on desired texture and mix well. Sprinkle with ground cinnamon as desired.

