

SMART BLEND SMOOTHIE RECIPES-

Put ingredients in the Smart Blend and select the Smoothie button

Triple Berry Smoothie

- ½ cup (120 ml) water
- ½ cup (120 g) low fat vanilla yogurt
- ½ cup (85 g) red grapes
- ½ cup (75 g) frozen strawberries
- ½ cup (75 g) frozen blueberries
- ½ cup (60 g) frozen raspberries

Banana , Raspberry, Green Smoothie

- 1 cup (240 ml) almond milk
- 1 cup (30 g) spinach
- ½ cup (25 g) romaine lettuce
- ¼ cup (20 g) mint leaves
- 2 bananas, peeled, halved
- 1½ cup (170 g) raspberries, frozen

Can't BEET it Smoothie!

- ½ cup (120 ml) pomegranate juice
- 1 orange, peeled, halved
- ½ lemon, peeled, halved
- ¼ cup (35 g) beets, quartered
- ½ cup (50 g) fresh parsley leaves, tightly packed
- 2 cups (60 g) spinach
- 1 inch (3 cm) fresh ginger root
- 1½ cup (195 g) ice cubes

Banana, Blueberry Orange Smoothie

- ¾ cup (180 ml) water
- 1 orange, peeled, halved
- 1 frozen banana, peeled, halved
- ½ cup (75 g) frozen blueberries

Cucumber Melon Smoothie

- ¼ cup (60 ml) soy milk
- 1 cup (170 g) green grapes
- 1½ cup (240 g) cantaloupe, peeled, seeded, cubed
- ½ cup (65 g) cucumber, peeled, diced
- 1 cup (170 g) honeydew melon, peeled, seeded, cubed
- 1 lime, peeled, halved
- 1 cup (130 g) ice cubes

