

**Smoothies: Smoothie Recipes Smoothies Diet Smoothies
Book**

Warren Robertson

Smashwords Edition

Copyright © 2016, Warren Robertson

TERMS & CONDITIONS

No part of this book can be transmitted or reproduced in any form, including electronic, print, photocopying, scanning, recording or mechanical without prior written permission of the author. All information, ideas and guidelines are for educational purpose only. While the author has tried to ensure the utmost accuracy of content, all readers are advised to follow instructions at their risk. The author of this book cannot be held liable for any incidental damage, personal or commercial caused by misrepresentation of information. Readers are encouraged to seek professional help when needed.

TABLE OF CONTENTS

[Chapter 1 – Why you need Smoothies?](#)

[Super Banana, Mango & peach smoothie](#)

[Instant Avocado and Mango Smoothie](#)

[Simple Banana Oat Smoothie](#)

[Super Epic Yummy Juice](#)

[Amazing King Smoothie](#)

[Great Oats Pomegranate Banana Triplex Awesomeness Smoothie](#)

[Legendary Pineapple Banana Magical smoothie](#)

[Awesome Spiced Spinach Fennel Smoothie](#)

[Amazing Tofu and Tea Smoothie](#)

[Magical Pineapple Smoothie with Ginger](#)

[Fine Orange and Berries Smoothie](#)

[Delicious Melon Smoothie](#)

[Super Cool Kale and Lettuce Smoothie](#)

[Easy peasy Skinny Smoothie](#)

[Fantastic Blueberry and Banana Smoothie](#)

[Stunning Banana Strawberry Combo Smoothie](#)

[Beautiful Celery Lemon Green Delight](#)

[Forgotten Smoothie recipe](#)

[Cool Cinnamon Carrot Apple Triplex Smoothie](#)

[Mind blowing Berry Melon Combo](#)

[Fine Cranberry Protein Smoothie](#)

[Amazing Kiwi Nectarine Pineapple Supremacy](#)

[Remarkable Sunlight Smoothie](#)

[Super Refreshing Mango Orange Smoothie](#)

[Insane Strawberry and Banana Smoothie with Tofu](#)

[YOUR FREE GIFT](#)

Chapter 1 – Why you need Smoothies?

Hi, thanks for purchasing my book!! I want to provide you a free gift.

Get instant access to 5 FREE books...

[CLICK HERE TO GET INSTANT ACCESS](#)

Really!! Smoothies are the best refreshing things in the world. You don't trust me!! Well, what if I were to tell you that a research conducted on different refreshing drinks concluded that smoothies were one of the highest rated ones for refreshing an individual. The research was done on over 550 volunteers. Now, just relax and enjoy these delicious and refreshing smoothies.

Super Banana, Mango & peach smoothie

What you need

- Frozen peach pieces(2 cups)
- Peach yogurt (one cup)
- Banana (1 frozen, now cut into chunks)
- Mango nectar (1 can about fifteen ounce)
- Frozen yogurt (one cup)

Directions

1. First of all, mix frozen yogurt, peach yogurt and mango nectar peach slice and banana chunks, and give it few high speed pulses.
2. Blend until smoothie.
3. Now pour within glasses and serve.

Total Time: Twelve min

Instant Avocado and Mango Smoothie

What you need

- 1/2 cup mango (cut into cubes)
- 1/4 cup avocado
- 1/2 cup ice cubes
- 1 2/4 cup almond milk (soy free)
- Half cup coconut water
- 2 to three kale leaves

Preparation

1. First of all, place mango chunks, kale leaves, avocado, almond milk and coconut water in a blending jar. Blend for around 32 seconds.
2. Now combine the ice cubes and blend again till smooth.
3. Your breakfast smoothie is ready.

Simple Banana Oat Smoothie

Ingredients

- ¼ to half teaspoon powdered cinnamon
- 2 to 3 tsp honey
- 1 banana
- 1/4 to half cup rolled oats (old –fashioned)
- 1/2 cup milk (fat free)
- Half cup plain yogurt (low fat)

Preparation

1. First combine all the items carefully in a blender and blend.
2. Slowly increase the speed from low to high.
3. Thereafter, leave it for some time in order for the mixture to settle.
4. Your yummy smoothie is ready.

Super Epic Yummy Juice

Ingredients

- One apple, cored and quartered
- One orange, peeled
- 1 to two cup cauliflower
- One cup broccoli florets

Steps:

1. First blend the vegetables and then the fruits.
2. Drink on your way to work, and you'll be feeling better within the hour

Yield: Approximately 2 to 3 cups.

Amazing King Smoothie

What you need

- Blueberries (one cup, frozen)
- Banana (1 large, now cut into chunks)
- Pineapple juice (one cup)
- Frozen strawberries (1 to two cup)

Direction

1. First add all items to the bowl of blender and blend till smoothie.
2. Give it few pulses for about 2 minute.
3. Chill it and now pour within glasses and serve.
4. As the name suggests, you will feel like a king after drinking this.

Overall Time: 10 minutes

Great Oats Pomegranate Banana Triplex Awesomeness Smoothie

What you need:

- 5 Almonds
- 2 cups of low fat Yoghurt/milk
- 1 to 2 cup of Pomegranate seeds
- 1 cup of Rolled oats
- 1 ripe Banana

Method:

1. Assemble entire ingredients at a single place.
2. Make sure you withdraw the leaves from the fruits.
3. Blend entire items till smooth and creamy! Enjoy!

Serves – Two to three

Time – 7 Minutes

Legendary Pineapple Banana Magical smoothie

Ingredients

- Pineapple (one cup) or may be apple juice
- Fresh Pineapple (1/4 peeled, cored and cubed)
- Ice cubes (5)
- Banana (1 to 2 large, now cut within chunks)

Directions

1. Add entire items to the bowl of blender and Give it few high speed pulses for about 32 second.
2. Now pour into glasses and then you can serve.

Total Time: 4 minutes

Awesome Spiced Spinach Fennel Smoothie

Ingredients

- 1/2 to 1 tsp salt
- Three basil leaves
- 1/4 to half teaspoon black pepper
- Jalapeno pepper
- Half cup water
- 1/4 fennel bulb
- Two cups spinach
- 1 cucumber, quartered
- 1/2 tsp oregano
- 6 Brussels sprouts

Instructions

1. First combine spinach, oregano, basil, Brussels sprouts and water to the high powered blender. Then blend the ingredients till they are in small chunks.
2. After that, blend the fennel bulb and the cucumber.
3. Season with black pepper and salt and then you should add the jalapeño if desired.
4. Now combine more ice if needed and pour within tall glasses.

Ready in about twelve minutes

Serve- One to two

Amazing Tofu and Tea Smoothie

Ingredients

- Half cup blueberries
- Six ounce of silken tofu
- $\frac{3}{4}$ cup water
- 2 to 3 bags of Rooibos tea
- 2 cups of sweet cherries
- 1 cup grapes

Preparation

1. First of all, simmer water and withdraw it from flame.
2. Now add the tea bags and let it rest for twelve minutes.
3. Do not cover.
4. Now withdraw the tea bags and place the tea in your refrigerator for cooling.
5. Take a blending jar and now you should add silken tofu, frozen grapes, blueberries, sweet cherries, tea in it. Blend till smooth.

Magical Pineapple Smoothie with Ginger

Ingredients

- Half cup ice cubes
- Half cup yoghurt (low fat)
- 1 cup pineapple juice
- One cup pineapple
- 1 to 2 inch ginger
- 1/8 tsp powdered cinnamon

Preparation

1. First cut pineapple into small pieces.
2. Peel and mince the ginger.
3. Then mix low fat yoghurt, pineapple juice and pineapple pieces in a blending jar.
4. Blend for around 32 seconds.
5. Now you should add ice and powdered cinnamon to it.
6. Blend again.
7. Hurray your morning breakfast is ready!!

Fine Orange and Berries Smoothie

Ingredients

- Two to three navel oranges
- 1 cup raspberries
- 1 banana
- Half cup yoghurt
- 1 cup blueberries

Preparation

1. First peel and deseed the navel oranges.
2. Peel the banana and then cut within pieces.
3. Now blend banana pieces, frozen blueberries, navel oranges, frozen raspberries and low fat yoghurt in a blending jar.
4. Then blend till smooth.
5. After this adjust the speed of your blending jar from low to high.
6. Now serve instantly for your breakfast.

Delicious Melon Smoothie

Ingredients:

- 1 cup milk
- ¼ cup of ice
- 1 to two cup honeydew melon
- Half cup cantaloupe melon
- 1/2 to 1 cup watermelon
- Honey

Steps:

1. First blend the leafy greens & liquids first at low speed.
2. Then add the fruits & harder chunks.
3. Blend at slow speed.
4. Move to medium speed until you see a vortex continue blending.
5. Blend at high speed.

Super Cool Kale and Lettuce Smoothie

Ingredients

- One broccoli stem
- 1 to two tbsp sunflower seeds
- 1 large cucumber, quartered
- 1/2 cup fresh kale
- Two stalks celery
- Half cup lettuce of choice
- 1 lime, peeled

Method of preparation

1. First put all ingredients in a high powered blender.
2. Purée until well blended and smooth.
3. Then shift the smoothie to the glasses. Sprinkle few extra seeds on sprinkle and serve.

Ready in about 7 min

Serves- 1 to 2

Easy peasy Skinny Smoothie

Ingredients

- Half to 1 jalapeno pepper, de-stemmed
- One green bell pepper, de-stemmed
- One cucumber, quartered
- 1 cup arugula
- 1/2 cup water

How to prepare

1. Simply blend all items together, stir the mixture.
2. Then simply divide among two glasses and serve

Ready in approximately 12 min

Servings- Two

Fantastic Blueberry and Banana Smoothie

What you need

- One cup yoghurt
- One cup blueberries
- One to two banana

Preparation

1. First peel and cut the banana within small pieces.
2. Take an electronic blending jar.
3. Now add banana slices, frozen yoghurt and a cup of low fat yoghurt.
4. Blend till entire ingredients are smoothly pureed.
5. Adjust the speed of your blender from low to high to make the smoothie frothy.
6. Serve this as a breakfast.

Stunning Banana Strawberry Combo Smoothie

What you need

- 1 cucumber, quartered
- 7 strawberries, capped
- Seeds from 1 pomegranate
- One to two banana, peeled

Preparation

1. First combine entire ingredients to your blender, and puree.
2. You'll get the benefit from the fiber and the nutrients. It is also good for skin.
3. If needed, add a little water to make it smoother.

Yield: Approximately 2 to 3 cups.

Beautiful Celery Lemon Green Delight

What you need

- 1/2 cucumber, quartered
- One cup spinach
- One to two teaspoon celery seeds
- 1/4 bulb fennel
- Two & 1/2 kale leaves
- One green apple, cored and quartered
- One stalk celery
- 1/4 lemon, peeled

Directions

1. Simply blend all ingredients together.
2. Then pour within three glasses

Ready in approximately six min

Servings-Two to three

Forgotten Smoothie recipe

Ingredients

- One large, ripe banana
- 2 cups of unsweetened almond milk
- 1/2 to 1 cup of raw cashews
- 2 cups of frozen mixed berries

Directions

1. At first, place the blade assembly within the Ninja pitcher.
2. Then combine the cashews, berries, banana within the pitcher.
3. Now pour in the milk.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse for at least 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for forty two seconds.

Cool Cinnamon Carrot Apple Triplex Smoothie

Ingredients

- 1 cups water
- Two cup apple sliced
- 1/2 cup ice
- 1/4 to 1/2 cup carrots sliced
- Pinch of cinnamon

Steps:

1. First blend the leafy greens & liquids at low speed
2. Now you should add the fruits & harder chunks. Blend at slow speed
3. Move to medium speed until you see a vortex. Continue blending
4. Blend at high speed.

Quantity: Two cups

Mind blowing Berry Melon Combo

Ingredients

- 7 medium strawberries, capped
- 1/4 honeydew, peeled and seeded
- 1/2 to one cup blueberries
- One cucumber, quartered

Steps:

1. Simply blend together.
2. The cucumber does an excellent job of cutting down some of the sweet flavor and lightening up the smoothie.

Quantity: About 4 cups.

Fine Cranberry Protein Smoothie

Ingredients

- 5 ice cubes
- Two scoops of protein powder (vanilla flavour)
- 1 & half cup cranberry juice (without sugar)

Preparation

1. First of all, use an electronic blending jar.
2. Add 2 scoops of protein powder and unsweetened cranberry juice in it.
3. Blend till the mixture turn smooth.
4. Then combine ice cubes.
5. Blend again thoroughly.
6. Now you can serve this in breakfast.

Amazing Kiwi Nectarine Pineapple Supremacy

Ingredients:

- 2 apples, cored, peeled and seeded
- Two kiwi fruits, peeled
- 1/3 to one pineapple, cut within chunks
- Two nectarines, with stones removed

Instructions:

1. First mix all items in a blender or may be food processor and process until smooth.
2. If you like, you may also use peaches if nectarines are not available and make use of leeches too.

Remarkable Sunlight Smoothie

Ingredients:

- One cup of Soy milk
- One cup of Ripe Mango, diced
- Two to 3 tbsp of whole Flax Seeds
- 1 ripe Banana
- Half to 1 an Avocado, diced

Method:

1. Assemble entire ingredients at one place.
2. Now combine all the ingredients within a blender and blend till smooth and creamy

Servings - one to two

Time - Seven minutes

Super Refreshing Mango Orange Smoothie

What you need:

- One cup orange juice
- 6 ice cubes
- One to 2 banana, peeled and shredded
- 1 mango, peeled and sliced
- One cup vanilla yoghurt

Preparation

1. First place all the ingredients in a blender and blend them till they are smooth and frothy.
2. You must then adjust the speed of the blender from low to high.
3. Combine few ice cubes and blend it again.
4. Your smoothie is ready.

Insane Strawberry and Banana Smoothie with Tofu

What you need

- 1 cup soy milk
- 12 ounce silken tofu
- Salt to taste
- ¼ cup honey
- Eleven oz. strawberries (unsweetened)
- Two to three teaspoon lemon juice
- 1 to two banana (ripe)

Preparation

1. First peel and cut banana into pieces.
2. Take an electronic blender and now you should add banana pieces, silken tofu, soy milk, lemon juice, strawberries, honey and ice.
3. Blend till smooth.
4. Now you should add salt to taste.
5. Blend again.
6. Top it up with pureed strawberry.
7. Your evening snack is ready.

YOUR FREE GIFT

Before you leave, I want to provide you a free gift.

Get instant access to 5 FREE books...

[CLICK HERE TO GET INSTANT ACCESS](#)