

# Smoothie Recipes



## ***What You Need:***

**Blenders or Smoothie makers** -It helps to have a good quality blender when making a smoothie especially when making green drinks. Hand blenders can work for the simpler fruit smoothies but will be no match for the higher spec ones.

**Re-usuable bags** –Store your fruit and vegetables in the freezer in a re-sealable plastic bag. The next day put the frozen fruit straight into the blender with some yoghurt or juice and blitz for an icy smooth drink.

Make sure to pour in liquids first (it's easier on the blender).

Start from the lowest speed and work up to higher speeds once the mixture smooths out. Add ice last, and use as much or as little as you'd like.

## ***Ingredients:***

**Fresh fruit and vegetables**- Fruits and vegetables that are available to you seasonally will taste best, but pretty much all fruits and vegetables can be juiced.

**Frozen fruit** - Ready-frozen fruit is great if something you want is out of season. Either defrost them when making juices or use them frozen for making smoothies. Call me a cheap skate if you want but when I see cheap fruit or veg in the supermarket I buy the whole lot. Straight into the freezer it all goes.

### **Plain Fat free Yogurt**

**Bottled juices** -For those of you with little time, it's a good cheat to have a bottle of freshly squeezed orange or apple juice in the fridge-stay away from concentrated juices if possible.

### **Green tea**

## **Favourites**

### **1) Peach and Raspberry Smoothie**

1 peach, pitted and quartered

1/2 cup raspberries

1/2 cup no fat plain yogurt

1/4 cup green tea

**Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.**

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### **2) Banana and Strawberry Smoothie**

This is a seriously rich yet healthy smoothie that has become a classic because the sweet flavours of banana and strawberry are perfectly complementary.

1 banana, peeled and quartered

1 cup strawberries, hulled

1/2 cup plain no-fat yogurt

1/4 cup green tea

**Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.**

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### **3) Tropical Madness**

1 medium mango, pitted, peeled, and cut into chunks

Pulp of 2 passion fruit

1/2 cup plain no-fat yogurt

1/2 cup green tea

**Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass. Sprinkle a few passion fruit seeds over the top of the smoothie if desired and serve immediately.**

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### **4) Berry Blast**

Take advantage of the fresh wild blueberries available in late summer if you can.

1/2 cup blueberries

1 cup strawberries, hulled 1/2 cup

plain no-fat yogurt

1/4 cup green tea

**Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.**

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### **5) Melon and Kiwifruit Smoothie**

1/2 cup honeydew melon chunks

2 kiwifruit, peeled

1/2 cup plain no-fat yogurt

1/4 cup green tea

**Put all the ingredients in a blender. Blend for 1 minute or until smooth. Pour into a glass and serve immediately.**

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*Lifeline*  
Health & Life Coach  
Tammy Du Plessis

# Breakfast



## 6) Old School Smoothie

*You may need to add some honey to this as it can be pretty sharp..*

1 apple

1 pear

1 cup chopped rhubarb

1/4 cup blackberries

Squeeze of lemon juice

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## 7) Orange Delight

1 medium orange (Chopped in to medium sized pieces)

1/4 orange peel

1/4 cup fat free plain yoghurt

1 1/2 cups water 4 ice cubes

**Instructions: The orange peel adds the anticancer phytochemical lemonene to your shake. Bland all ingredients and enjoy**

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## 8) Strawberry Detox

1 1/2 cups water

1/3 cup fat free yoghurt

4 ice cubes

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## 9) Green Tea and Melon

1 banana, frozen

1/2 a large, whole honeydew melon

3/4 cup strong-brewed green tea

1/4 cup fat free yoghurt

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# Juices

## 10) Vit C Booster

*Here's the ultimate pick-me-up for when you feel a cold coming on.*

This juice is packed full of vitamin C in its strongest and purest form.

1 cup blackcurrants

1 cup redcurrants

2 kiwifruit peeled

2 oranges peeled

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## 11) Hangover cure (Not that anyone should have this during detox!!!)

1 apple

1 carrot, peeled and trimmed

2 celery stalks, trimmed

3/4-inch piece of peeled ginger

1 1/2 cups mixed dried berries and currants

**Put all the ingredients through a juice extractor. Pour into a glass and serve immediately.**

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## 12) Ultimate Kickstarter

Apple (core removed)

1/2 cup peeled honeydew melon chunks

1/4 cucumber

1 cup watercress

1/4 cup wheatgrass (optional)

**Put all the ingredients through a juice extractor.  
Pour into a glass and serve immediately.**

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## 13) Antioxidant booster

1/4 cup strawberries, hulled

1/4 cup raspberries

1/4 cup blueberries

1/4 cup cranberries

1/4 cup apple juice

Place all the ingredients into a blender and blend for 1 minute or until smooth. Pour into a glass and serve immediately.

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## 14) Pink Drink

This could be in the detox section. Bonus:

Grapefruit has been shown

to have weight loss benefits.

1/2 Cucumber, peeled and diced

1/2 small raw beet, peeled and diced

1 apple, diced

1 large grapefruit, juiced

3 ice cubes

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## KICKSTART

### 15) Green Smoothie

2 celery sticks

1/2 cucumber

1 tsp coconut oil

Handful of spinach & watercress

Half an avocado

Splash of coconut milk, depending on how

thick you like it Ice cubes

Method: Place all ingredients into blender and blend

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### 16) Berry & Spinach

1 handful of strawberries

1 handful of blackberries

200ml plain fat free yoghurt

Handful of frozen spinach

Handful of ice cubes

Method: Blitz all ingredients in a blender and serve!

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### 17) Black and Blue

2-3 cups spinach

1 cup milk (or juice) of choice

1 banana

1/4 cup blueberries, frozen

1/4 cup blackberries, frozen

3 ice cube

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## QUICK AND EASY

### 18) Banana and Cinnamon Smoothie

4 ice cubes

1 large banana

1 teaspoon cinnamon

250ml plain fat free yoghurt

Method: Place ice cubes, banana and coconut milk into a processor.

Blend until smooth.

Ice (if you like your smoothie a little thicker)

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### 19) The New Zealander

2 kiwi, peeled and halved

1/2 banana, peeled

1 cup baby spinach

1/2 cup plain fat free yogurt

1/2 cup apple juice

10-12 ice cubes

Place all the ingredients into a blender. Blend until smooth

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### 20) Fruit & Spinach Smoothie

8 strawberries, fresh or frozen

1 medium sized orange, juiced

1/2 apple, peeled and cubed

1 handful spinach (approximately 1 cup)

1/2 cup water (optional)

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### 21) Tropical Mess

Ingredients: 1 1/2 –2 cups spinach

1 small sprig parsley (about 3 leaves)

1 banana (a frozen banana will give you a thicker consistency)

5 small pieces of frozen mango,

Handful of frozen pineapple pieces

1/4 cup orange juice

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### 22) Detox greens

1/2 inch piece fresh ginger, peeled

1/4 lemon, skin and all

1-2 cored apples

5 stalks kale (stems removed)

1 avocado

1 cup of water

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### **23) Kale and Pear Smoothie with Herbs**

1 1/2 cups water

2 cups kale

1/4 cup herbs

(parsley and cilantro both work great)

2 ripe pears, cored

1 frozen banana

1 cup ice

1/4 avocado (optional)

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### **24) Green grapes**

2 Cups Red Seedless Grapes

1 Cup Packed Greens-I used lettuce but

Kale and Spinach are even better

1 Medium Pear, Cored & Chopped

1/2 Cup Frozen Pumpkin Pureé or sweet

potato if you can't get pumpkin

2 Tbsp. Avocado

3/4 Cup plain fat free yoghurt

Ice Cubes

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### **25) Citrus Greens**

2 cups spinach

1 cup lettuce

1 apple

1 small mango

1/2 lemon

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### **26) Easy Going greens**

2 cups spinach

1 cup lettuce

1 banana

1 pear

1 stalk celery some mint

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### **27) Berry blast Greens**

1/2 cup plain fat free yoghurt

1 cup Blueberries

1 banana

1 cup spinach

1 cup ice

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