

## Recipes of smoothie

William Gore

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Table of contents.

### 1. [Recipes of smoothie](#)

#### Recipes of smoothie

Smoothie - the "healthy" version of a classical milksheyk, in which the main component является not milk, and fruit and berries (and sometimes and vegetables). Instead of milk also natural yogurt often is a part of smoothie. And as a sweetener — honey.

##### 1. Pineapple smoothie

###### Ingredients

Orange juice 0,5 glasses

Pineapple juice 0,5 glasses

Pineapple 1 glass

Bananas 0,5 pieces

###### Instruction of preparation

1. Cut pineapple and banana on small pieces. Freeze.
2. In the blender mix pineapple and orange juice and the frozen fruit. Crush until smooth and pour on glasses.

##### 2. Chocolate smoothie with banana

###### Ingredients

Milk of 800 g

Milk chocolate of 100 g

Bananas 2 pieces

Cinnamon pinch

###### Instruction of preparation

1. We peel bananas and we cut on 3 parts.

2. Let's break chocolate on small tiles.
3. In a pan we pour out milk and we add bananas with chocolate.
4. Let's bring milk and chocolate and banana mix to boiling, fire has to be small.
5. We stir slowly mix constantly. Chocolate has to will be dissolved completely, bananas will become softer.
6. We remove from fire.
7. We pour the cooled-down mix in the blender and we lead up until smooth. We decorate!

### 3. Smoothie from dried fruits

#### Ingredients

Dried apricots of 80 g

Dark raisin of 95 g

Honey 1 tablespoon

Oat flakes 3 tablespoons

Almond milk 2 glasses

#### Instruction of preparation

1. To wash out, fill in dried apricots and raisin with 1 glass of hot water.
2. As dried apricots and raisin will become soft, to crush them with other ingredients in the blender to a uniform state.
3. Give cooled.
4. Banana smoothie with kefir

#### Ingredients

Bananas 3 pieces

Transparent honey 2 tablespoons

The fat-free kefir of 300 g

#### Instruction of preparation

1. We mix all ingredients to taste. We mix in the blender.
5. Morning fruit smoothie

## Ingredients

Bananas 1 piece

Kiwi 2 pieces

The frozen raspberry of 100 g

Filbert of 10 pieces

Flower honey 1 tablespoon

## Instruction of preparation

1. Pyurirovat fruit in the blender, previously having cut into cubes, except raspberry.
2. Shake up nuts in the blender (that there was a small crumb).
3. Pour out smoothie in a glass, implicate honey, sprinkle nuts, mix.
6. Banana and pear smoothie

## Ingredients

Pears 2 pieces

Bananas 3 pieces

Celery stalk 2 pieces

## Instruction of preparation

1. In the blender mix bananas, pears and a celery with 1 glass of water.
2. Add 1 teaspoon of Superfood additive and shake up to a uniform state.
7. Vitamin fruit smoothie

## Ingredients

Apple 1 piece

Pears 1 piece

Bananas 1 piece

Oranges 3 pieces

## Instruction of preparation

1. Carefully wash up all fruit.

2. By means of the juice extractor make juice of oranges. About 1 glass of juice will turn out.
3. Cut banana, apple and a pear, having cleaned a core. Put all fruit in the blender, fill in all with juice that it slightly covered fruit. Cover the blender and mix well everything.
4. Pour the turned-out cocktail on glasses!

## 8. Tropical smoothie

### Ingredients

Oranges 4 pieces

Red grapefruits 2 pieces

Bananas 2 pieces

Ice to taste

Mint leaves to taste

### Instruction of preparation

1. Squeeze out juice of a citrus.
2. Cut bananas pieces.
3. In the blender to shake up juice, bananas, to add ice.
4. Serve, having decorated with mint or "rosette" from an orange slice.

## 9. Smoothie from strawberry and sweet cherry

### Ingredients

Strawberry of 150 g

Sweet cherry of 165 g

Milk 1 glass

Vanillin pinch

### Instruction of preparation

1. It is good to cool milk.
2. Berries to wash up and allow to flow down to water. To exempt sweet cherry from stones.
3. To put berries in a blender bowl, to fill in with milk and to shake up in homogeneous mass. To add vanillin and to shake up once again.

4. To pour on tall glasses and to give at once.