

REVENGE OF THE ROOIBOS RANGER

*AND 29 MORE VEGAN SMOOTHIE RECIPES FOR YOUR NINJA
BLENDER*

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INTRODUCTION

For all of you out there who are wondering, I have to say right off the bat that I am neither a vegan nor a vegetarian...yet. However, due to the recent spate of premature deaths to celebrities whom I have followed and admired back in the day, it got me thinking. How can I ensure that my life will not be suddenly cut short by circumstances that are within my control? One answer to that question is by eating a healthy diet.

This prompted me to do some research on the topic of veganism. Not only is veganism a much healthier alternative than any other diets currently available on the market today, it is also a hundred times more humane. Please don't get me wrong though. I am not here to persuade anyone to become a vegan. That is not the purpose of this book. What I am here to do is to share with you 30 of the very best vegan smoothie recipes to help you live a longer life.

Now you are probably sitting there wondering, "Why on God's green earth would a non-vegan be writing a book on vegan smoothie recipes?" You see...I realized that reading about veganism wasn't going to extend my life expectancy at all. No siree, Bob. In order to reach my goal, I will need to get off my ass and do something about it.

This is why I have decided to go on a 30 day challenge to see whether this vegan lifestyle is for me or not. I am not a particularly skilled cook, but mind you, I do know a thing or two about digging up beginner recipes. In order to go on this 30 day challenge, I will need a plan of attack. I will need to know what foods I will be consuming on any given day of the challenge.

For the snacking portion of my 30 days, I will be treating myself to vegan smoothies. They are both straightforward to make and taste great. What you see before you are 30 vegan smoothie recipes; one for each day of my challenge. I wholeheartedly believe that this collection of vegan smoothie recipes will be an invaluable resource, not just for my sake, but for anyone who craves variety in the smoothies that they consume.

Let me just take a moment to hammer home the previous point I just made. The recipes in this book are for ANYONE to try, not just vegans. If you are a non-vegan, you are more than welcome to start your very own 30 day challenge, just like me. Whatever the case may be, it's time to get your smoothie on!

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BIG BAD BANANA BLITZKRIEG

INGREDIENTS

2 peeled and halved bananas

1 peeled and halved orange

2 peeled and halved kiwis

12 frozen strawberries

1/2 cup of frozen blueberries

2 cups of orange juice

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the bananas, orange, kiwis, strawberries, and blueberries into the pitcher.
3. Add in the 2 cups of orange juice.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

WORD TO YOUR MOTHER

INGREDIENTS

1 1/2 cup of non-dairy milk

1/2 cup of fresh blueberries

2 tablespoons of gluten free oatmeal

1 teaspoon of pure vanilla extract

1 tablespoon of vanilla vegan protein powder

1 tablespoon of chia seeds

DIRECTIONS

1. Four hours (or more) before blending, whisk together the milk, oatmeal, vanilla extract, protein powder and chia seeds in a container.
2. Stir the mixture.
3. Refrigerate the container.
4. Four hours (or more) later, place the blade assembly into the pitcher.
5. Pour the contents of the container into the pitcher.
6. Add in the blueberries.
7. Twist the cap on.
8. Secure the pitcher onto the base.
9. Set the speed to one.
10. Start the blender.

11. Gradually increase the speed to eight.
12. Stop the blender once the smoothie reaches the desired consistency.

CRESCENT MOON CRESCENDO

INGREDIENTS

1/2 cup of raw cashews

2 cups of frozen mixed berries

1 large, ripe banana

2 cups of unsweetened almond milk

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the cashews, berries, banana into the pitcher.
3. Pour in the milk.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

MEGA MOLASSES MELTDOWN

INGREDIENTS

2 cups of almond milk

1/2 cup of rolled oats

2 tablespoon of chia seeds

1 cup of canned pumpkin

1/2 tablespoon of blackstrap molasses

1 frozen ripe banana

2 teaspoons of cinnamon

1/2 teaspoon of ground ginger

1/4 teaspoon of ground nutmeg

1.5 tablespoon of pure maple syrup

5 ice cubes

DIRECTIONS

1. One hour (or more) before blending, mix the milk, oats, and chia seeds into a container.
2. Refrigerate container.
3. After one hour (or more) has elapsed, combine the contents of the refrigerated container with the pumpkin, molasses, banana, cinnamon, ground ginger, and ground nutmeg.
4. Place the blade assembly into the Ninja pitcher.

5. Pour the mixture into the pitcher.
6. Twist the cap on.
7. Secure the pitcher onto the base.
8. Pulse 3 times.
9. Set the speed to 10.
10. Start the blender.
11. Blend for 45 seconds.
12. Remove cap.
13. Add in the five ice cubes and the maple syrup.
14. Start the blender again at speed 10.
15. Blend for 15 seconds.

ASTOUNDING ALMOND TRIFECTA

INGREDIENTS

- 1 cup of fresh pitted cherries
- 1 scoop of vanilla vegan protein powder
- 2 teaspoon of almond butter
- 1 teaspoon of pure almond extract
- 1 cup of unsweetened almond milk
- 8 ice cubes ice

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the cherries, protein powder, butter, almond extract and milk into the pitcher.
3. Twist the cap on.
4. Secure the pitcher onto the base.
5. Set the speed to one.
6. Start the blender.
7. Gradually increase the speed to eight.
8. Once the smoothie is almost smooth, stop the blender.
9. Add in the ice cubes.
10. Re-start the blender.
11. Blend until smooth on speed eight.

GETTING FIGGY WITH IT

INGREDIENTS

10 Brazil nuts

6 dried figs

1/2 cup of cold brewed coffee

4 pitted medjool dates

2 tablespoons of raw cacao powder

1 teaspoon of vanilla extract

1 pinch of sea salt

1 cup of water

5 ice cubes

DIRECTIONS

1. Combine one cup of coarsely ground coffee beans and four cups of cold water into a bowl.
2. Cover the bowl.
3. Let the coffee beans sit overnight in the bowl for 12 hours.
4. Filter the coffee bean mixture with a strainer or cheesecloth to make half a cup of cold brewed coffee.
5. Soak figs in a bowl of water for two hours before blending.
6. Place the blade assembly into the Ninja pitcher.

7. Add the Brazil nuts with 1 cup of water into the pitcher.
8. Twist the cap on.
9. Secure the pitcher onto the base.
10. Set the speed to 10.
11. Start the blender.
12. Blend for 15 seconds.
13. Stop blender.
14. Remove the soaked figs from the bowl of water.
15. Add the soaked figs, dates and a pinch of salt into the Ninja pitcher.
16. Blend on speed 10 until smooth.
17. Stop the blender.
18. Add in the coffee, cacao powder, vanilla extract and 5 ice cubes.
19. Blend on speed 10 until smooth.

RISE OF THE POWDERHOUNDS

INGREDIENTS

- 1 cup of unsweetened rice milk
- 2 teaspoons of unsweetened organic cacao powder
- 1 tablespoon of nutritional yeast
- 3 tablespoons of organic hemp protein powder
- 1 sliced and frozen banana
- 3 ice-cubes
- Stevia to taste

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the banana into the pitcher first.
3. Then add the cacao powder, nutritional yeast, protein powder.
4. Follow this up with the milk and ice cubes.
5. Add desired amount of Stevia.
6. Twist the cap on.
7. Secure the pitcher onto the base.
8. Pulse 3 times.
9. Set the speed to 10.
10. Start the blender.

11. Blend for 45 seconds.

REVENGE OF THE ROOIBOS RANGER

INGREDIENTS

2 cups of steeped and chilled green rooibos tea

1 1/2 cups of frozen blueberries

1 tablespoon of flaxseeds

1 tablespoon of hemp seeds

1/2 a ripe banana

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the blueberries and banana into the pitcher first.
3. Then pour in the flaxseeds, hemp seeds and the tea.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

HAUGHTY HAWAIIAN HUZZAH

INGREDIENTS

1 handful of fresh spinach

1 sliced frozen banana

1 handful of frozen mango pieces

1 handful of frozen pineapple pieces

2 cups of vanilla almond milk

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the spinach and almond milk into the pitcher.
3. Twist the cap on.
4. Secure the pitcher onto the base.
5. Set the speed to 10.
6. Start the blender.
7. Blend for 15 seconds.
8. Stop the blender.
9. Add in the banana, mango, and pineapple.
10. Pulse 3 times.
11. Start the blender.
12. Blend for 45 seconds on speed 10.

THE GREAT CANADIAN KUMBAYA

INGREDIENTS

- 1 cup of frozen wild blueberries
- 1 cup of frozen strawberries
- 2 cups of baby spinach
- 2 tablespoons of maple syrup
- 1¼ cups of water
- 1 tablespoon of almond butter
- 3 tablespoons of hulled hemp seeds
- 1 inch of peeled and chopped fresh ginger
- ¼ cup of rolled oats

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the blueberries, strawberries, spinach, butter, seeds, ginger, and oats into the pitcher.
3. Pour in the syrup and water.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.

8. Start the blender.
9. Blend for 45 seconds.

A DATE WITH TYLER

INGREDIENTS

3 cups of almond milk

1 peeled banana

1/2 teaspoon of freshly ground nutmeg

1 teaspoon of almond extract

2 pitted dates

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the banana and dates into the pitcher.
3. Pour in the almond milk, nutmeg and almond extract.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Set the speed to one.
7. Start the blender.
8. Gradually increase the speed to eight.
9. Stop the blender once the smoothie reaches the desired consistency.

MINTY FRESH ADVENTURE

INGREDIENTS

1/2 of a large peeled and pitted avocado

1 1/2 frozen banana

6 mint leaves

1/2 cup water

Stevia to taste

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the avocado, banana and mint leaves into the pitcher first.
3. Then pour the water in.
4. Add desired amount of Stevia.
5. Twist the cap on.
6. Secure the pitcher onto the base.
7. Pulse 3 times.
8. Set the speed to 10.
9. Start the blender.
10. Blend for 45 seconds.

HOW I MET YOUR CARDAMOM

INGREDIENTS

1 1/2 cups of almond milk

3 tablespoons of chia seeds

1 cup of frozen raspberries

1/2 cup of frozen strawberries

1 teaspoon of ground cardamom

DIRECTIONS

1. Soak the chia seeds in 1 cup of milk.
2. Wait 20 minutes to 1 hour.
3. When the chia seed mixture expands and becomes pudding-like, put it in the Ninja pitcher.
4. Add ½ cup of milk, raspberries, strawberries and cardamom into the pitcher.
5. Twist the cap on.
6. Place the blade assembly into the Ninja pitcher.
7. Secure the pitcher onto the base.
8. Pulse 3 times.
9. Set the speed to 10.
10. Start the blender.
11. Blend for 45 seconds.

DRAGON FRUIT Z

INGREDIENTS

- 1 cup of fresh dragon fruit pieces
- 1/2 cup of coconut milk
- 1/2 frozen banana
- 1/4 cup of frozen mango pieces
- 1 scoop of vanilla vegan protein powder
- 1/2 cup water

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the dragon fruit, banana, mango and protein powder into the pitcher.
3. Pour in the milk and water.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

BUGS' BODACIOUS BANQUET

INGREDIENTS

1 cup of frozen green grapes

2 kiwis with the skin

3 chunks of fresh pineapple

1 cup of fresh organic spinach

6 baby carrots

1/2 yellow bell pepper

1/4 of a medium peeled and pitted avocado

1 scoop of vegan protein powder

1 tablespoon each of chia seeds, flaxseed and hemp hearts

12 fluid ounces of water

DIRECTIONS

1. Place the blade assembly in the Ninja pitcher.
2. Add the grapes, kiwi, pineapple, spinach, carrots, bell pepper, avocado, chia seeds, flaxseeds and hemp hearts into the pitcher.
3. Pour in the protein powder and water.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.

7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

CHAOTIC COCONUT CALAMITY

INGREDIENTS

1 cup of coconut water

1/4 of a peeled and pitted avocado

1/2 of a fresh banana

6 macadamia nuts

1 tablespoon of coconut flakes

1/2 teaspoon of cinnamon

1 tablespoon cacao powder

1/2 cup of fresh blueberries

1/2 tablespoon of coconut oil

1 serving of vegan protein powder

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the avocado, banana, nuts, coconut flakes and cinnamon into the pitcher.
3. Pour the coconut water in.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Set the speed to 10.
7. Start the blender.

8. Blend for 15 seconds.
9. Stop the blender.
10. Add in the blueberries, cacao powder, protein powder and coconut oil.
11. Pulse 3 times.
12. Start the blender.
13. Blend for 45 seconds on speed 10.

HIGH ON AMERICAN PIE

INGREDIENTS

2 fresh apples

1 frozen banana

1/4 cup of cashews

3 tablespoon of hemp protein powder

2 pitted dates

1 1/2 cups of almond milk

2 teaspoon of apple pie spice

A few ice cubes

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the apples, banana, cashews, protein powder, dates and ice cubes into the pitcher.
3. Pour in the milk.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.

9. Blend for 45 seconds.
10. Sprinkle smoothie with apple pie spice.

BOOYAKASHA BROUHAHA

INGREDIENTS

1 cup of unsweetened almond milk

1/4 cup of espresso

¼ peeled and pitted avocado

1/3 cup of chopped pitted dates

1½ tablespoons of raw cacao powder

1 teaspoon of natural vanilla extract

1/8 teaspoon of ground cinnamon

Pure maple syrup to taste

1 cup of ice cubes

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the avocado, dates, cacao powder, vanilla extract, cinnamon and maple syrup into the pitcher.
3. Pour in the milk and espresso.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.

8. Start the blender.
9. Blend for 45 seconds.
10. Remove cap.
11. Add in the ice cubes.
12. Start the blender again at speed 10.
13. Blend for 15 seconds.

SPUNKY CITRUS SHAZAM

INGREDIENTS

2 cups of packed spinach leaves

4 large peeled and chopped navel oranges

1 teaspoon orange zest

9 pitted medjool dates

2 teaspoon of vanilla extract

2 cups of ice cubes

1 cup of vegan yogurt

2 cups of water

DIRECTIONS

1. Add dates to a bowl.
2. Pour in warm water.
3. Soak for 10 minutes.
4. Place the blade assembly into the pitcher.
5. Add in the spinach, oranges, orange zest, dates, vanilla extract and yogurt.
6. Pour in the ice cubes and water.
7. Twist the cap on.
8. Secure the pitcher onto the base.
9. Set the speed to one.

10. Start the blender.
11. Gradually increase the speed to eight.
12. Stop the blender once the smoothie reaches the desired consistency.

HADES' FLAMING FIREBALL FROM HELL

INGREDIENTS

1 small banana

3/4 cup of frozen mango pieces

1 tablespoon of chopped jalapeño pepper

1 cup of unsweetened almond milk

1 tablespoon of ground flaxseed

1 tablespoon of ground chia seeds

2 tablespoon of ground hemp seed

1/2 cup of freshly squeezed lime juice

1/2 of an avocado

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the banana, mango, jalapeño pepper, flaxseed, chia seeds, hemp seed and avocado into the pitcher.
3. Pour in the milk and lime juice.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.

8. Start the blender.
9. Blend for 45 seconds.

TUBULAR TURMERIC TORPEDO

INGREDIENTS

1 roughly chopped red bell pepper

1 cup of frozen strawberries

1/4 teaspoon of turmeric powder

1/8 teaspoon of ground black pepper

1/2 cup of coconut milk

1 teaspoon of maple syrup

1 cup of fresh orange juice

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the bell pepper, strawberries, turmeric powder, and black pepper into the pitcher.
3. Pour in the milk, maple syrup and orange juice.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

BILLY'S SMOKIN' SOIREE

INGREDIENTS

1/2 cup of pureed pumpkin pieces

1 scoop of vanilla vegan protein powder

1 teaspoon of vanilla extract

3/4 cup of unsweetened almond milk

1/2 cup of cold chai tea

1/2 teaspoon of pumpkin pie spice

Stevia to taste

1 cup of ice cubes

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the pumpkin, protein powder, vanilla extract, pumpkin pie spice, and Stevia into the pitcher.
3. Pour in the milk and tea.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.

9. Blend for 45 seconds.
10. Remove cap.
11. Add in the ice cubes.
12. Start the blender again at speed 10.
13. Blend for 15 seconds.

KILLER CANNABIS KAMIKAZE

INGREDIENTS

2 tablespoons of hemp protein powder

1/4 cup of orange juice

3/4 cup of water

1/2 frozen banana

1/2 cup of frozen strawberries

1/2 cup of frozen blueberries

1 handful of spinach leaves

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the protein powder, banana, strawberries, blueberries and spinach into the pitcher.
3. Add in the orange juice and water.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

SINFUL CINNAMON CELEBRATION

INGREDIENTS

1½ frozen banana

⅓ cup of rolled oats

¼ cup of raisins

1½ cup of almond milk

½ teaspoon of vanilla extract

½ teaspoon of cinnamon

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the banana, rolled oats, raisins, and cinnamon into the pitcher.
3. Pour in the milk and vanilla extract.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

MINGO MANGO MONGO

INGREDIENTS

2 cups of mango pieces

1 bunch of parsley

1/3 cup of ice cubes

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the mangoes into the pitcher.
3. Twist the cap on.
4. Secure the pitcher onto the base.
5. Pulse 3 times.
6. Set the speed to 10.
7. Start the blender.
8. Blend for 45 seconds.
9. Remove cap.
10. Add in the parsley and ice cubes.
11. Start the blender again at speed 10.
12. Blend for 15 seconds.

PLUM OF THE MINDLESS CUBE

INGREDIENTS

1 cup of young coconut meat

$\frac{3}{4}$ cup of almond milk

$\frac{1}{2}$ teaspoon of grated lemon zest

5 pitted medjool dates

1 cup of pitted frozen plums

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the coconut, milk, lemon zest, dates, and plums into the pitcher.
3. Twist the cap on.
4. Secure the pitcher onto the base.
5. Pulse 3 times.
6. Set the speed to 10.
7. Start the blender.
8. Blend for 45 seconds.

JOHN'S GUILTY PLEASURE

INGREDIENTS

1 grapefruit

1 large sweet apple

2 cups of spinach

1 large frozen banana

3 ice cubes

1/2 cup of unsweetened almond milk

1/2 teaspoon fresh ginger

DIRECTIONS

1. Place the blade assembly in the pitcher.
2. Add the grapefruit, apple, spinach, banana, and ginger into the pitcher.
3. Pour in the ice cubes and milk.
4. Twist the cap on.
5. Secure the pitcher onto the base.
6. Pulse 3 times.
7. Set the speed to 10.
8. Start the blender.
9. Blend for 45 seconds.

HAKEEM'S STUPENDOUS SLUMBER PARTY

INGREDIENTS

1/2 cup of cold chamomile tea

1 tablespoon of dried chamomile flowers

1 cup almond milk

1/4 cup cooked quinoa

Stevia to taste

1/2 cup frozen strawberries

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the strawberries, quinoa and flowers into the pitcher first.
3. Then pour in the tea and milk.
4. Add desired amount of Stevia.
5. Twist the cap on.
6. Secure the pitcher onto the base.
7. Pulse 3 times.
8. Set the speed to 10.
9. Start the blender.
10. Blend for 45 seconds.

PRINCESS PEACH'S PERNICIOUS POWER BOMB

INGREDIENTS

3 ripe, fresh, pitted and skinned peaches

2 cups of fresh pineapple chunks

½ cup of non-fat vegan Greek yogurt

1 cup of almond milk

¼ cup of agave nectar

½ teaspoon of vanilla extract

2 cups of crushed ice

DIRECTIONS

1. Place the peaches and pineapples into the freezer for 2-3 hours until partially frozen.
2. Place the blade assembly into the Ninja pitcher.
3. Remove the peaches and pineapples from the freezer.
4. Add the peaches and pineapples into the pitcher.
5. Add the yogurt, milk, agave nectar, and vanilla extract into the pitcher.
6. Twist the cap on.
7. Secure the pitcher onto the base.
8. Pulse 3 times.
9. Set the speed to 10.

10. Start the blender.
11. Blend for 45 seconds.
12. Remove cap.
13. Add in ice.
14. Start the blender again at speed 10.
15. Blend for 15 seconds.

BEAN CURDELICIOUS

INGREDIENTS

1 cup soft tofu

1/2 a banana

1/2 cup almond milk

1/2 cup plain vegan yogurt

1/2 cup frozen blueberries

DIRECTIONS

1. Place the blade assembly into the Ninja pitcher.
2. Add the tofu, banana, milk, yogurt, and half the blueberries into the pitcher.
3. Twist the cap on.
4. Secure the pitcher onto the base.
5. Pulse 3 times.
6. Set the speed to 10.
7. Start the blender.
8. Blend for 45 seconds.
9. Remove cap.
10. Add the remaining blueberries.
11. Start the blender again at speed 10.
12. Blend for 15 seconds.

CONCLUSION

That's all I got for this recipe book, guys and gals. I hope you have as fun a time whipping up these smoothies as I did putting this book together.

If you enjoyed this book or received value from it in any way, then I'd like to ask you for a favour: would you be kind enough to leave a review for this book on Smashwords? It'd be greatly appreciated!

Click here to leave a review on [Smashwords.com](https://www.smashwords.com).

For those of you who would like to share your vegan experiences with me, have a great idea for my next recipe book, or just want to say hi, you can reach me at michaelkjames@mail.com.