

Smoothies: Awesome Smoothie Recipes For Smoothie Diet

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Smashwords Edition

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Chapters 1 – What will you get from this book?

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This book is not a typical book which will bore you with the crap of benefits and all other stuff. You're smart enough and there are plenty of books already in the market. This book gets straight to the point. Without further delay, let's check out these awesome smoothie recipes.

Smoothie from another universe

Ingredients

- 1/2 cup crushed ice
- 2 to 3 teaspoons of instant coffee powder
- One to two tablespoon semi-sweet chocolate chips
- Two frozen bananas
- 2 cups of vanilla almond milk
- One to two tablespoon of cocoa powder

Directions:

1. First combine within blender of choice and blend until smooth.
2. Garnish with a dollop of whipped cream

Superb Apple Mint Combo

Ingredients

- 2 to 3 kiwis, peeled
- One to two apple, cored and quartered
- 4 sprigs mint
- 1 pear, cored and quartered
- One carrot with greens

Directions:

1. Simply blend everything together.

Yield: About three cups.

Simple Banana Milk Combo smoothie

What you need

- Low granulated sugar substitute (5 packets approximately 2 gram)
- Milk (1 to two cup)
- Bananas (2)

Directions

1. Add all items to the bowl of blender and blend until smoothie.
2. Now pour into the glasses and then you can serve.

Total Time: Seven minutes

Amazing Banana Trouble Smoothie

Ingredients:

- Two to three tsps honey or may be agave
- Two dwarf bananas
- One cup ice
- 1 Cavendish banana
- 1/2 cup milk,
- Half cup each plain yogurt
- A pinch of cinnamon

Steps:

1. First blend the leafy greens & liquids first (if there's any) at low speed
2. Now you should add the fruits & harder chunks. Blend at slow speed
3. Move to medium speed till you see a vortex. Then continue blending
4. Blend at high speed.

Quantity: One to three cups

Awesome Broccoli Artichoke Smoothie

What you need

- 1 to 2 carrot
- 1 cucumber, quartered
- 1 artichoke heart
- 1 cup broccoli florets
- Two cups spinach

Method of preparation

1. First pulse the spinach and broccoli in a high powered blender.
2. Next, combine the artichoke, carrot, and cucumber.
3. Now pour within three glasses.

Ready in approximately 12 minute

Servings- Two to three

Fantastic Crown Peach Blueberries Smoothie

Ingredients:

- Half cup blueberries, fresh or may be frozen
- Ice
- 1 to 2 cup plain yogurt
- 2 peaches, pit removed, flesh roughly sliced
- One prune, pit removed, flesh roughly shredded

Steps:

1. First blend the leafy greens & liquids first (if there's any) at low speed
2. Then combine the fruits & harder chunks. Blend at slow speed
3. Move to medium speed till you see a vortex. Continue blending
4. Blend at high speed.

Quantity: Two to three cups

Legendary Guavaloupe Smoothie

Ingredients:

- One carrot with greens
- 1/2 cup coconut milk
- 1 guava, peeled
- 1/4 to 1/2 cantaloupe, peeled and seeded

Steps:

1. This glass of delicious nutrition is as easy to drink as it is to prepare.
2. Simply blend and enjoy.
3. It tastes delicious.

Yield: Approximately three to four cups.

Easy Lettuce Apple Protein Smoothie

Ingredients

- 1 whole lime, peeled
- Half green apple such as Granny Smith
- Pure water to taste
- Half cup jicama
- 5 large lettuce leaves
- Two to three tbsps cilantro
- 1/2 cucumber, quartered
- Four scoops of hemp protein

Instructions

1. First put all items into a blender container.
2. Blend until smooth and uniform.
3. Now pour into two glasses. Garnish with slices of lime

Ready in approximately seven minute

Servings- 1 to 2

Mind Blowing Mocha Smoothie

What you need

- Sugar (three tbsp)
- Coconut milk (3/4 cup)
- Vanilla extracts (1 to two tablespoon)
- Crushed ice (one cup)
- Brewed coffee (1/4 cup)
- Chocolate blend (one to two tablespoon, hot)

Directions

1. First combine vanilla extract with hot chocolate blend, milk, sugar, coffee, coconut and ice in a blender or a mixer.
2. Give it a few high pulses until smoothie.
3. Then pour into glasses.
4. Serve.

Total Time: Ten to twelve minutes

Magical Molasses Smoothie

What you need

- 2 to 3 teaspoons of cinnamon
- Half cup of rolled oats
- 1/4 to 1/2 tsp of ground nutmeg
- Five ice cubes
- Half tbsp of blackstrap molasses
- Two cups of almond milk
- One frozen ripe banana
- 2 tbsp of chia seeds
- 1/2 to one teaspoon of ground ginger
- 1 cup of canned pumpkin
- One to two tablespoon of pure maple syrup

Method of preparation

1. One hour before blending, blend the milk, oats, and chia seeds within a container.
2. Refrigerate container.
3. After 1 hour, mix the contents of the refrigerated container with the pumpkin, cinnamon, molasses, banana, ground ginger, and ground nutmeg.
4. Place the blade assembly within the Ninja pitcher.
5. Now pour the mixture into the pitcher.
6. Twist the cap on.
7. Secure the pitcher onto the base.
8. Pulse three times.
9. Set the speed to 10.
10. Start the blender.
11. Blend for forty two seconds.
12. After that withdraw cap.

13. Add in 5 ice cubes and the maple syrup.
14. Start the blender again at the speed of ten.
15. Blend for 22 seconds.

Super Awesome Orange Smoothie

Ingredients

- One medium orange, peeled, sectioned and de-seeded
- 2/3 cup of crushed ice
- Two to three tsps of vanilla extract
- One cup of full fat Greek yogurt
- 1/2 to 3/4 cup of orange juice
- One frozen banana

Instructions:

1. First add within blender of choice, and blend on high until smooth and creamy.
2. This will take between 30 to 32 seconds, depending on your blending machine.
3. Then you can serve instantly.

Great Peach and Orange Smoothie

What you need

- Six ounces silken tofu
- One to two tsp honey
- 1 pound peaches
- 1/3 cup orange juice

Preparation

1. First of all, make an ice bath ready.
2. Boil water in a saucepan.
3. Now you should add the peaches to the boiling water and then keep it for thirty to thirty two seconds.
4. Now take out the peaches and place it in the ice bath.
5. After the peaches get cooled, drain the excess water.
6. Peel and deseed the peaches.
7. Then blend peaches, orange juice, silken tofu and honey in a blending jar.
8. Blend till smooth.

Mouth watering Berry Smoothie

Ingredients:

- One cup every milk
- 1/2 cup strawberries
- Ice, & sugar to taste
- Half to one cup mixed blackberries
- 1/2 cup blue berries
- Half cup raspberries

Steps:

1. First blend the leafy greens & liquids first (if there's any) at low speed
2. Add the fruits & harder chunks.
3. Blend at slow speed
4. Move to medium speed until you see a vortex. Then continue blending
5. Blend at high speed.

Quantity: 2 to 3 cups

Refreshing Spinach, Kale and Avocado in Coconut Water

Ingredients

- A fistful of kale
- Coconut water
- A fistful of spinach
- 1 avocado
- One to two cucumber
- 1 sprig parsley

Instructions

1. First place all items in a high powered blender.
2. Purée until all items are well blended and smooth. Stop occasionally to push down anything stuck to the sides. Then combine ice if needed.
3. Now pour into two chilled glasses and enjoy!

Ready in approximately six min

Servings- One to two

Instant Apple Love Morning Smoothie

What you need:

- Two handfuls of Baby Spinach
- Two to three tbsp Sunflower Seeds
- 1 cup of fresh Pineapple, cubed
- 1 Green Apple, diced
- One cup of Watermelon, cubed

Method:

1. Assemble all the items at one place.
2. Make sure you remove the leaves from the fruits.
3. Smell the aroma and then you can serve chilled.
4. Blend all the items into a blender and blend till smooth! Now serve instantly!

Servings – Two to three

Time – 8 minutes

Mystical Banana and Buttermilk Smoothie

What you need

- 2 to 3 teaspoon honey
- One cup ice cubes
- Eleven dried dates
- Two bananas
- One cup buttermilk (low fat)
- Pinch of salt

Preparation

1. First peel the bananas and then cut into pieces.
2. Remove the seeds of the dried dates.
3. Combine dried dates, low fat buttermilk and banana pieces in a blending jar.
4. Blend for around thirty two seconds.
5. Now add little salt, honey and ice cubes.
6. Blend again.
7. Serve for breakfast.

Fine Banana Papaya Grape Delux

What you need:

- 1/2 cup orange juice—or may be as needed
- 1 cup fresh pineapple, cubed
- One cup seedless grapes
- 1 cup honeydew, cubed
- Two bananas, broken within chunks
- 1 to two cup papaya, cubed
- Two oz fruit flavored yogurt

Instructions:

1. First place the papayas, bananas, pineapples, ice cubes, grapes, honeydew, and yogurt in the blender.
2. Then you should add orange juice.
3. Puree till smooth and then you should add more juice to reach desired consistency.
4. Serve and enjoy!

Stunning Berries Banana Story Smoothie

What you need:

- Half cup every vanilla yogurt
- 1/3 cup strawberries
- 1 cup ice.
- 1/3 to one cup blackberries
- 1 to two banana
- 1/3 cup blueberries
- ¼ cup milk,
- Two to 3 tsps honey or agave

Steps:

1. First blend the leafy greens & liquids first (if there's any) 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. Then continue blending
4. Blend at high speed.

Yield: four cups

Yummy Berry Oat Juice Smoothie

What you need

- Rolled oats (old fashioned ones) – 1/2 a cup
- Milk – three quarters of a cup
- Berries (frozen) – 1/2 a cup
- Honey – two to 3 tablespoons
- Vanilla yogurt – 1/3 of a cup
- Ice – Quarter of a cup

What to do

1. First add all of the mentioned items in a blender and cover it tightly with the lid.
2. Blend them entirely until the ice is finely crushed and blend it further more till uniform and smooth mixture is formed.
3. After that you should add a little sugar and now you can serve instantly when cold.

Total servings – 2 to 3

Preparation Time – 7 minutes

Interesting Californian Smoothie

Ingredients

- Orange juice (1/3 cup)
- Lemon yogurt (1 to 2 container about 8 ounce)
- Strawberries (8 large)

Directions

1. First take frozen strawberries and add with yogurt and orange juice in a blender or may be mixer.
2. Give it few pulses till it blends well.
3. Pour within glasses and serve.

Total Time: 12 minutes

Delicious Choco peanut banana Smoothie

What you need

- Skim milk (1/2 cup)
- Peanut butter (2 to 3 tbsp)
- Banana (1 large, sliced)
- Chocolate syrup (two to 3 tbsp)

Directions

1. First blend all the items to the blender.
2. Then you should add milk above ingredients.
3. Blend with few high pulses until smooth.
4. After that pour into glasses and then you can serve.

Overall Time: Six minutes

Forever young Smoothie

What you need

- Half cup organic strawberries (frozen)
- 1/2 cup green tea (chilled and unsweetened)
- Two to three teaspoon of honey
- 1/2 to one cup organic blueberries (frozen)
- 2 to 3 tsp of powered flax seed
- $\frac{3}{4}$ cup organic yoghurt (low fat)

Preparation

1. First combine blueberries, green tea, strawberries, yoghurt and green tea in an electronic blending jar.
2. Blend for 22 seconds.
3. Combine honey and blend again till smooth.
4. Now serve this smoothie for breakfast.

Sweet Mango Avocado Awesomeness

Ingredients:

- One cup ripe mango, chopped
- ¼ cup skim milk
- Two mango pieces, 1/2 inch thick
- Two to three teaspoon lime juice
- Two to three tablespoon honey
- 1/2 cup mango sorbet
- 1 lime slice
- ¼ avocado, peeled, pitted, and sliced

Method of preparation:

1. First mix avocados, sorbet, ice, shredded mangoes, honey, milk, and lime juice in the blender.
2. Process on high until consistency is smooth.
3. Then, pour the smoothie that you have made in a tall glass.
4. Slit sliced lime and mango halfway through the glass shortly before serving.

Incredible Yogurt Queen smoothie

What you need

- Strawberries (one cup)
- Yogurt (1/2 cup)
- Milk (1 to 2 tsp)
- Pineapple juice (1/4 cup)
- Banana (one large)
- White sugar (one to 2 tsp)
- Orange juice (one to 2 tsp)

Directions

1. First combine ingredients to the bowl of mixer or may be blender and give it few high speed pulses until smoothie.
2. Then pour within glasses and serve.

Total Time: 7 minutes

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