

Meera Tank's Smoothie Recipes Part I

Banana, Strawberry and Pineapple Smoothie

(serves 2)

Ingredients

Approx 12 strawberries

1 whole banana

1/2 can of pineapples (or 1 whole fresh pineapple if you prefer more)

Method

Dice strawberries (keeping just one aside), then cut banana into 4 pieces. Next use 1/2 of the can of pineapple (or whole fresh pineapple if more required), add to blender, blend till smooth. Pour smoothie in the glass and add one strawberry on top for decoration. s

Lemon and Banana Smoothie

(serves 1)

Ingredients

150ml pure orange juice

juice of 1/2 lemon

1 banana

1 tsp honey

Method

To make this quick free lemon and banana fruit smoothie recipe simply place all ingredients into a blender / mixer and blast away for around 30 seconds.

Strawberry Banana Twist Smoothie

(serves 2)

Ingredients

2 large bananas, chopped

250g strawberries, hulled

2 small cups fresh milk

1 tbsp honey

2 scoops vanilla ice cream

Method

To make this free strawberry banana twist smoothie recipe simply add the bananas and strawberries to the blender. Next add the scoops of vanilla ice cream, followed by the milk and honey. Blend for approximately 20 seconds on full power. Pour into 2 glasses and enjoy the lovely taste of this smoothie.

Pineapple and Banana Smoothie

(serves 2)

Ingredients

2 large ripe bananas

4 tablespoons low fat natural yoghurt

250mls pineapple juice

Method

Cut the bananas into small pieces and put in the blender. Add the pineapple juice, then the low fat natural yoghurt. Blend until smooth.

Strawberry Orange Splash Smoothie

(serves 2)

Ingredients

10 strawberries (save 2 for garnish)
1 medium sized cup of fresh orange juice
1/4 orange
6 ice cubes

Method

To make this smoothie recipe, chop 8 strawberries in halves. Peel and slice the 1/4 of orange, put all the ingredients in a blender and mix until smooth. Pour into 2 glasses and garnish with a strawberry in each.

Apple Attack Smoothie

(serves 2)

Ingredients

2 apples
1 medium can of pineapples in juice
12 ice cubes
30mls of fresh orange juice

Method

Add all ingredients to blender and blend until smooth.

Apple, Banana, Carrot and Orange Smoothie

(serves 2)

Ingredients

1 apple, large, sweet
1 banana, large, ripe
1 carrot, large
1 orange, large
1 cup ice cubes
Cold Water

Method

Add all ingredients to blender and blend until smooth.

Strawberry Smoothie

Ingredients

cup (250ml) fresh or frozen strawberries
cup (250 ml) milk
150ml natural yogurt

Method

Blend strawberries & yogurt. Once blended add milk until smooth.

Banana- Ginger Smoothie

(serves 2)

Ingredients

1 banana, sliced
3/4 cup (6 ounces) vanilla yogurt
1 tablespoon honey
1/2 teaspoon freshly grated ginger

Directions

In a blender, combine the banana, yogurt, honey, and ginger. Blend until smooth.

Crazy Carrot Smoothie

(serves 2-3)

Ingredients

3/4 medium sized cup of carrot juice
3/4 medium sized cup of orange juice
3 scoops of vanilla ice-cream
6 ice cubes

Method

Pour the carrot juice and orange juice into blender and mix gently until well combined. Add the ice cream and mix until thoroughly blended. Add the ice cubes and process until smooth. Pour the mixture into glasses.

Breakfast Smoothie

Ingredients

2 cup nonfat vanilla yogurt
1/2 cup fruit juice
3 cups (6 1/2 ounces) frozen fruit, such as blueberries, raspberries, pineapple or peaches

Method

Puree yogurt with fruit juice in a blender until smooth. With the motor running, add fruit through the hole in the lid and continue to puree until smooth.