

Healthy Smoothies For Rapid Weight Loss

By Jago Holmes

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A PRIVATE MESSAGE FROM JAGO HOLMES



Hi there, my name is Jago Holmes, principal trainer here at New Image Fitness Ltd.

Welcome to my NEW digital eBook '**Healthy Smoothies for Rapid Weight Loss**'...where I have compiled a comprehensive range of smoothies, milk shakes and juices for you to try.

The recipes are simple to follow and very easy to make and prepare. I have grouped all the recipes in to sections. You will find a chapter on juices, one on milk shakes and finally one on smoothies.

The beauty about any of these recipes is that you can add just about anything to them to increase the flavour, change their taste or thicken their consistency.

Smoothies are a great way of getting extra vitamins and minerals in to your diet. They are very quick and easy to prepare, the hardest part about making them is probably cleaning up afterwards.

To effectively make these smoothies you will need one of the following – a food processor, a blender or alternatively a hand blender.

All these recipes have been selected in order to provide low fat alternatives to meals or snacks. All these recipes provide an excellent supply of vitamins and minerals.

For any recipes that require the use of semi skimmed or skimmed (low fat) milk you can substitute with rice milk, soya milk or any other low fat alternative.

If you want to increase the sweetness of any of the drinks you can add a little of any sweetening agent. My recommendations are that you use one of the following: - Honey, apple juice, fruit sugar or an artificial sweetener such as sucralose.

Adding ice cubes gives a thicker, creamier shake so most of the recipes contain them. The recipes work equally well without adding ice. Make sure if you add ice that you add a small amount at a time and also that your blender or processor is up to the job.

Please go through this book and try out as many of the recipes as you can. If used as part of a calorie controlled diet and combined with regular and progressive exercise these recipes will help you to quickly lose weight and become healthier.

If you have any questions you can get in touch with me by visiting here: - www.greatshapeafterbaby.com or emailing: jago@anewimage.co.uk

One final piece of advice, these recipes are meant as an addition to or to replace the odd meal, they would not form part of a balanced diet if they were the only food sources consumed. Ideally they should be used as healthy snacks or on particularly busy days to replace the occasional meal.

Juices

The following juice recipes contain a wide variety of fruits and some vegetables. All the fruits will need to be washed and prepared before adding to the other ingredients and blending.

The juice recipes simply contain raw fruit and vegetables and no other ingredients other than sparkling spring water in some cases or a few spices to add a little extra flavour. All the recipes include the addition of ice cubes in order to chill the drink but also to give the juices a much thicker, creamier consistency.

Apple Twist

1 banana
½ apple, peeled, cored and chopped
10 fl oz apple juice
1 tsp cinnamon
1 tsp nutmeg
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Rise and Shine

1 handful fresh or frozen strawberries
1 banana
2 peaches, peeled stoned and sliced
10 fl oz orange, peach, mango or apple juice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Jamaican Wonder

½ cup watermelon, peeled, deseeded and chopped
½ cup cantaloupe melon, peeled, deseeded and chopped
½ cup pineapple chunks
½ cup mango, peeled, stoned and chopped
Handful fresh or frozen strawberries
10 fl oz orange juice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Lime Twist

5 fl oz red or pink grapefruit juice
5 fl oz pineapple juice
5 fl oz orange juice
5 fl oz sparkling mineral water
Juice of 2 limes
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Mango and Pineapple Twist

1 mango, peeled, cored and chopped
2 handfuls fresh or frozen strawberries
10 fl oz pineapple juice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Apple Berry Twist

2 bananas
1 green apple, peeled, cored and sliced
1 red apple, peeled, cored and sliced
Handful of fresh or frozen strawberries
10 fl oz apple juice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Very Berry

1 cup of fresh or frozen blueberries
1 cup of fresh or frozen blackberries
1 banana
2 apples, peeled, cored and chopped
10 fl oz orange juice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Tangerine Splash

5 tangerines, peeled, pips removed and segmented
2 bananas
1 papaya, peeled, stoned and chopped
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Heavenly Mango

10 fl oz pineapple juice
5 fl oz orange juice
1 banana
1 cup pineapple chunks
1 mango, peeled, stoned and chopped
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Fresh Pink Burst

1 banana
1 cup of fresh or frozen strawberries
10 fl oz red grapefruit juice
10 fl oz orange juice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Milkshakes and Protein Shakes

Most of the following recipes in this section contain a protein powder or milk to add more of a balanced supply of nutrients. If you are intending to use any of the drinks in this book to replace a meal I would suggest you use any of the ones you find in this milkshake section because they have a more balanced nutrient content.

You can buy your protein shakes from most health food shops or larger supermarkets and chemists these days. The protein powder will give the shakes a thicker and creamier consistency. You could just use milk as an alternative to adding a protein powder but the shake will have a much thinner consistency.

If you prefer not to use a protein powder I suggest you select one of the recipes from the smoothies section.

When selecting your protein powder you should look for a very low fat and low carbohydrate content on the nutrition label at the side of the packaging. As the extra ingredients added to the shakes will supply plenty of carbohydrates and some additional fat.

Also bear in mind that all protein powders will be different and some may be much sweeter than others. If you are buying a flavoured powder such as vanilla or chocolate, I would recommend that you taste the shake first, then add any further sweetener if you need to.

Tropical Treat

1 scoop protein powder
10 fl oz semi skimmed or skimmed milk
½ cup of desiccated coconut
2 tsp vanilla extract or essence
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Autumn Morning

1 scoop protein powder
10 fl oz apple juice
1 cup seasonal fresh fruit
½ cup low fat, plain yogurt
1 tsp honey
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Oats So Spicy

1 scoop protein powder
10 fl oz semi skimmed or skimmed milk
2 tsp honey or brown sugar
2 tbsp oats
½ tsp ground cinnamon or mixed spice
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Strawberry Fizz

1 scoop protein powder
10 fl oz sparkling mineral water
Handful of fresh or frozen strawberries
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Sheer Fruit Pleasure

1 scoop protein powder
10 fl oz semi skimmed or skimmed milk
½ banana
Handful of fresh or frozen strawberries
½ cup pineapple chunks
5 fl oz orange juice
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

A Taste of the Tropics

1 scoop protein powder
10 fl oz semi skimmed or skimmed milk
1 tsp honey
½ banana
½ cup desiccated coconut
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Chocolate Orange Heaven

1 scoop protein powder (Chocolate flavour is ok or you can add 1 tbsp of sweetened cocoa powder instead)
10 fl oz semi skimmed or skimmed milk
1 tsp chocolate essence or extract
1 tsp orange essence or extract
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Chocolate Nut Indulgence

1 scoop protein powder (Chocolate flavour is ok or you can add 1 tbsp of sweetened cocoa powder instead)
10 fl oz semi skimmed or skimmed milk
1 banana
1 tbsp peanut butter
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Nice 'N' Spicy

1 scoop protein powder (Chocolate flavour is ok or you can add 1 tbsp of sweetened cocoa powder instead)
10 fl oz semi skimmed or skimmed milk
1 tsp ground mixed spice
½ banana
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Warm Spicy Chocolate

1 scoop protein powder (Chocolate flavour is ok or you can add 1 tbsp of sweetened cocoa powder instead)
10 fl oz warm semi skimmed or skimmed milk
¼ tsp ground ginger
½ tsp ground cinnamon
½ tsp ground cloves
Combine everything and blend until smooth

Orange & Vanilla Fizz

1 scoop protein powder
2 tsp vanilla essence or extract
6 fl oz fresh orange juice
4 fl oz natural sparkling mineral water
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Minty Shake Surprise

1 scoop protein powder
10 fl oz semi skimmed or skimmed milk
1 tsp honey
1 tsp mint essence or extract
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Mediterranean Chocolate Indulgence

1 scoop protein powder (Chocolate flavour is ok or you can add 1tbsp of sweetened cocoa powder instead)
10 fl oz semi skimmed or skimmed milk
½ cup desiccated coconut
1 tsp almond extract
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Tropical Sunrise

1 scoop protein powder
8 fl oz orange juice
½ cup of pineapple chunks
½ banana
4 ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Café O Lait

1 scoop protein powder
10 fl oz semi skimmed or skimmed milk
2 tsp instant coffee powder or syrup
½ banana
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Smoothies

I have devoted a chapter to smoothies on their own because they aren't really a juice or a milkshake, but often a combination of both.

Many of the recipes contain yoghurt. I suggest that you select a plain low fat version if possible. If you can freeze the yoghurt it will give the smoothie a creamier consistency. Try to avoid using Greek yoghurt as this type generally has a much higher percentage of fat and much of that from saturates.

Kiwi Fruit Kick

2 kiwi fruit, peeled and chopped
1 grapefruit
Juice of 2 limes
1 cup low fat, plain yoghurt
5 fl oz semi skimmed or skimmed milk
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Ginger and Vanilla Smoothie

2 bananas
2 tsp vanilla extract or essence
1 tsp ground ginger or mixed spice
1 cup low fat, plain yoghurt
5 fl oz semi skimmed or skimmed milk
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Green Fruit Pick Me Up

2 handfuls of red grapes
5 fl oz grape juice
Juice of half a lemon
1 cup frozen low fat plain yoghurt
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Lime and Melon Delight

2 cups watermelon, peeled, seeded and chopped
2 cups honeydew melon, peeled, seeded and chopped
Juice of 2 limes
1 cup low fat vanilla yoghurt
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Carrot Juice Smoothie

10 fl oz carrot juice
5 fl oz apple juice
1 cup low fat, plain yogurt, frozen if possible
1 banana
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Nuts About Blueberries

1 peach, peeled, stoned and chopped
Handful blueberries, fresh or frozen
1 cup low fat, plain or vanilla yoghurt
5 fl oz semi skimmed or skimmed milk
2 tbsp crushed pecans or almonds
1 tsp vanilla essence or extract
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes

Spicy Avocado Treat

Half a ripe avocado, peeled, stoned and chopped
1 banana
1 handful frozen or fresh strawberries
10 fl oz semi skimmed or skimmed milk
½ tsp cardamom
½ ground mixed spice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Banana Blast

10 fl oz semi skimmed or skimmed milk
1 banana
½ cup pineapple chunks
1 handful of frozen or fresh strawberries
2 tbsp sweetened cocoa powder (to taste)
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Blueberry Explosion

2 cups fresh or frozen blueberries
1 cup low fat, plain or vanilla yogurt
10 fl oz semi skimmed or skimmed milk
½ cup pineapple chunks
1 tbsp honey
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Simply Blue

1 banana
1 handful of fresh or frozen blueberries
10 fl oz semi skimmed or skimmed milk
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Maple Madness

1 cup low fat, plain yoghurt
10 fl oz semi skimmed or skimmed milk
1 tbsp maple syrup
½ tsp cinnamon
2 cups fresh or frozen blueberries
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Blueberry Cream

2 handfuls fresh or frozen blueberries
1 cup of low fat, plain or vanilla yogurt
5 fl oz orange juice
5 fl oz semi skimmed or skimmed milk
1 tsp vanilla essence or extract
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Cranberry Fool

1 cup low fat, plain yoghurt
10 fl oz cranberry juice
1 cup fresh or frozen, pitted cherries
½ cup fresh or frozen blueberries
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Vanilla Cherry Cream

1 cup frozen vanilla yogurt
10 fl oz apple juice
1 cup fresh or frozen, pitted cherries
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Tropical Twist

10 fl oz apple juice
½ cup of desiccated coconut
½ banana
1 tsp freshly peeled and chopped ginger root
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Coffee Lovers Treat

3 tsp instant coffee powder
10 fl oz semi skimmed or skimmed milk
1 cup vanilla frozen yogurt
1 bananas
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Melon Surprise

1 cup watermelon, seeded, peeled and chopped
1 cup honeydew melon, seeded, peeled and chopped
Juice of 2 limes
1 cup low fat, plain yogurt
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Mixed Fruit Fool

1 banana
1 peach, peeled, stoned and sliced
1 handful fresh or frozen strawberries
10 fl oz semi skimmed or skimmed milk
5 fl oz orange juice
1 tbsp honey
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Spicy Fruit Cocktail

1 can of fruit cocktail
10fl oz semi skimmed or skimmed milk
1 tsp vanilla extract or essence
1 tsp ground cinnamon or mixed spice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Sunny Fruit Smoothie

1 handful fresh or frozen strawberries
1 banana
½ cup pineapple chunks
1 cup low fat, plain yogurt
2 tablespoons unsalted sunflower seeds
6 fl oz orange juice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes

Minty Melon Fizz

2 cups honeydew melon, peeled, deseeded and chopped
1 handful of fresh mint or 1 tsp mint essence or extract
1 tbsp fresh lime juice
10 fl oz ginger ale
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Kiwi Spritzer

4 kiwi fruit, peeled and chopped
5 fl oz pineapple juice
10 fl oz sparkling water
2 handfuls of fresh or frozen strawberries
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Mango Shoot

1 mango, peeled, stoned and chopped
10fl oz semi skimmed or skimmed milk
1 cup low fat, plain yoghurt
2 tsp vanilla essence or extract
1 handful of fresh mint or 1 tsp mint essence or extract
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes

A Taste of the Sun

10 fl oz orange juice
5 fl oz pineapple juice
½ cup desiccated coconut
½ banana
2 tsp fresh ginger, peeled, and chopped
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Simply Papaya

2 papayas, peeled, stoned and chopped
10 fl oz orange juice
1 cup low fat, plain or vanilla frozen yogurt
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Avocado Pear Delight

1 large pear, peeled, chopped and cored
1 cup green grapes
1 avocado, peeled, stoned and chopped
2 tsp honey
1 tbsp lemon juice
1 handful chopped pecans or almonds
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Rise and Shine

10 fl oz orange juice
1 papaya, peeled, stoned and chopped
1 cup pineapple chunks
½ cup desiccated coconut
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Raspberry Ripple

2 bananas
10 fl oz pineapple juice
1 cup low fat, plain or vanilla yogurt
1 cup of fresh or frozen raspberries
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Raspberry Blast

10 fl oz semi skimmed or skimmed milk
1 cup low fat, plain yogurt
1 cup fresh or frozen raspberries
5 fl oz orange juice
1 tsp vanilla extract or essence
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Paradise Found

1 cup pineapple chunks
1 cup mango, peeled, stoned and chopped
10 fl oz semi skimmed or skimmed milk
½ cup low fat, plain yogurt
2 tsp fresh lime juice
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Tropical Melon Smoothie

1 cup honeydew melon, peeled, deseeded and chopped
1 cup mango, peeled, stoned and chopped
1 banana
1 cup low fat, plain yogurt
5 fl oz semi skimmed or skimmed milk
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes.

Tangy Pineapple and Carrot Surprise

½ cup pineapple chunks
10 fl oz semi skimmed or skimmed milk
1 carrot, peeled and sliced
5 fl oz pineapple juice
2 tsp of fresh ginger root, peeled and chopped or 1 tsp ground ginger
2 tsp honey
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes

Manic Mango Smoothie

2 mangos, peeled, stoned and chopped
1 cup low fat, plain or vanilla yogurt
10 fl oz semi skimmed or skimmed milk
1 tsp ground cardamom
4 Ice cubes

Method

1. Combine everything except ice cubes and blend for 30 seconds.
2. Add ice cubes gradually and blend for a further 1 - 2 minutes