

# **Fresh Fruit Smoothie Recipes You'll Love**

# 1. Fresh Mango Smoothie

- **1 cup mango (peeled and diced)**
- **1 cup plain (or vanilla) nonfat yogurt**
- **1/2 cup crushed ice**
- **Optional: milk or water**



## 2. Watermelon with Ginger and Lime Smoothie

- **2 cups of chopped watermelon**
- **Juice of 1 small lime**
- **1 tablespoon chopped fresh mint (optional)**
- **1 teaspoon grated fresh ginger root (optional)**



# 3. Blueberry Kale Smoothie

- **3/4 to 1 cup orange juice**
- **1/2 to 3/4 cup blueberries (fresh or frozen)**
- **2 cups kale (loosely packed, chopped leaves)**



# 4. Green Pear Smoothie

- 1 banana (ripe, sliced)
- 1 pear (seeded, diced)
- 2/3 cup almond milk
- 2 to 4 slices ginger (fresh, peeled, to taste)
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1/2 tablespoon cinnamon (ground)
- 1 1/2 cups kale (rinsed, stemmed)
- 1 cup ice



# 5. Ginger Plum Smoothie

- **1 ripe plum (fresh or frozen, pitted but not peeled)**
- **1/2 cup orange juice or other fruit juice**
- **1/2 cup plain yogurt, or 1 banana**
- **1 teaspoon grated fresh ginger**



# 6. Blood Orange and Strawberry Smoothie

- **2 cups/16 ounces blood orange juice**
- **1 cup fresh or frozen strawberries**
- **3/4 cup/6 ounces vanilla yogurt**
- **2 tablespoons honey**
- **4 ice cubes**
- **Garnish: 4 fresh strawberries (orange slices and/or mint sprigs)**



# 7. Virgin Miami Vice

- 1 ounce pineapple juice
- 1 ounce coconut cream
- 1/2 ounce half & half
- 1 1/2 ounces strawberry puree
- 1 1/2 ounces lime juice
- 1/4 ounce simple syrup
- 1 cup ice (crushed)
- Garnish: strawberry





# 8. Chocolate Banana Smoothie

- **Ice (about a handful or two)**
- **2 large bananas**
- **1 1/2 cups nonfat vanilla soy milk**
- **1/4 cup low-fat or nonfat vanilla yogurt**
- **1 tablespoon chocolate hazelnut spread (such as Nutella)**



Source:

The Spruce Eats

<https://www.thespruceeats.com/fresh-fruit-smoothies-youll-love-760382>