



Recipe: Smoothies



Tropical Fruit Smoothie

3/4 cup Minute Maid® Premium Blends Orange Passion juice
1/2 cup cubed mango
1/2 cup cubed papaya
1/2 cup cubed pineapple
2 scoops pineapple sherbet
1/3 cup vanilla-flavored soy milk
1/4 cup shredded coconut (optional)
1 cup crushed ice

Place all ingredients in a blender and blend until smooth. Pour smoothie into a large glass and garnish if desired. Each recipe makes one 10-ounce serving -- double or triple the ingredients and make additional batches for more servings.

Remember the following tips for "perfecting" your smoothie:

- Freeze fruit ahead of time for a frostier drink
- Try to use the freshest fruit in season
- Too thick? Add more juice
- Too thin? Add more fruit
- Too tart? Add a sugar substitute, molasses or maple syrup
- Too sweet? Add citrus juice

Try the following delicious combinations, too. Simply follow the same instructions as above.

Fruit & Nut Breakfast Smoothie

3/4 cup Minute Maid Premium Orange Juice
2 small apricots, peeled and cubed
1 medium nectarine, peeled and cubed
1 tablespoon chopped walnuts
2 scoops orange sherbet or fat-free vanilla-flavored frozen yogurt
1/4 cup wheat germ
1 cup crushed ice

Three Melon Smoothie

3/4 cup Minute Maid Premium Orange Juice
2 scoops fat-free vanilla-flavored frozen yogurt
1/2 cup cubed cantaloupe
1/2 cup cubed honeydew melon
1/2 cup cubed watermelon
1 cup crushed ice



Recipe: Smoothies

Luscious Lime Smoothie

3/4 cup Minute Maid Premium Orange Juice
2 scoops lime sherbet
1 ripe medium banana
3 tablespoons chopped fresh mint
2 kiwifruit, peeled and halved
1 cup crushed ice

Peanut Butter-Berry Smoothie

3/4 cup Minute Maid Premium Orange Juice
1/4 cup plain soy milk
1 ripe medium banana
1/2 cup cubed cantaloupe
1 tablespoon creamy peanut butter
1/2 cup sliced strawberries or raspberries
1 cup crushed ice

Berry-Blue Vanilla Smoothie

3/4 cup Minute Maid Premium Orange Juice
1 medium peach, cubed
1/2 cup blueberries
2 scoops fat-free vanilla-flavored frozen yogurt
1 tablespoon crushed pecans
1 tablespoon honey
1/4 teaspoon vanilla extract
1 cup crushed ice