



Recipes for Nonalcoholic Smoothies

Banana Berry Chiller

Ingredients

6 oz. freshly squeezed orange juice
3 oz. yoghurt
1/2 banana
3 oz. blueberries
3/4 cup ice

Directions

Combine all ingredients in a Hamilton Beach blender and blend until smooth.

Blueberry Hill

Ingredients

4 oz. freshly squeezed orange juice
1/2 banana
2 oz. blueberries
3/4 cup ice

Directions

Combine all ingredients in a Hamilton Beach blender and blend until smooth.

Pacific Punch

Ingredients

4 oz. freshly squeezed orange juice
1/2 banana
1-1.5 oz. pineapple juice
1 oz. strawberries
3/4 cup ice

Directions

Combine all ingredients in a Hamilton Beach blender and blend until smooth.

Strawberry Fields

Ingredients

4 oz. freshly squeezed orange juice
1/2 banana
2 oz. strawberries
3 oz. cranberry juice
3/4 cup ice

Directions

Combine all ingredients in a Hamilton Beach blender and blend until smooth.

Banana Split Smoothie

Ingredients

2 large bananas, peeled, sliced, frozen
1 cup milk
1 scoop chocolate ice cream
1/4 cup pineapple

Recipe by Garcia Schodtisch, CFSP, Food & Beverage Technologist, Hamilton Beach Commercial

Directions

Combine all ingredients in a Hamilton Beach blender and blend until smooth.

Berry Blast

Ingredients

2 oz. strawberries
2 oz. blueberries
1/2 banana
2 scoops rainbow sherbet
10 oz. lemon/lime soda
2 cups ice

Directions

Put all ingredients in a Hamilton Beach blender and whip until smooth and frothy.

Berryapple Blend

Ingredients

10 oz. pineapple juice
4 oz. strawberries
2 oz. blueberries
2 scoops rainbow sherbet
1/2 banana
1 cup ice

Directions

Combine all ingredients in a Hamilton Beach blender and blend until smooth.

Divine Mocha Serenity

Ingredients

1 cup cool water
3.5 oz. dark chocolate syrup
3 oz. vanilla ice cream
11.5 oz. ice cubes
1/2 scoop mocha powder

Directions

Put all ingredients in a Hamilton Beach blender and whip until smooth and frothy.

Island Frost

Ingredients

2 cups vanilla frozen yogurt
1 cup sliced mango
1 cup sliced, seeded papaya
1 Tbsp. piña colada mix
1/4 cup kiwi
1/2 cup ice

Directions

Combine all ingredients in a Hamilton Beach blender and blend until smooth.

Lemon Lush

Ingredients

2 cups vanilla frozen yogurt
1/2 cup frozen lemonade concentrate
1/2 cup evaporated skimmed milk
1/2 cup ice

Directions

Put all ingredients in a Hamilton Beach blender and whip until smooth and frothy.

Orange Heaven

Ingredients

1/4 cup sugar
6 oz. concentrated orange juice
1.5 cups milk
1 tsp. vanilla
7 ice cubes

Directions

Combine all ingredients in a Hamilton Beach blender and blend until smooth.

Purple Paradise

Ingredients

1 cup pineapple juice
1/2 banana
1/2 cup frozen peaches
1/3 cup frozen blueberries
1/2 cup crushed ice
1 tsp. powdered sugar (if using unsweetened pineapple juice)

Directions

Put all ingredients in a Hamilton Beach blender and whip until smooth and frothy.

Rainbow Berry Smoothie

Ingredients

10 oz. apple/cranberry juice
4 oz. strawberries, frozen whole
2 oz. blackberries, frozen whole
2 scoops rainbow sherbet
1/2 banana
1/2 cup ice

Recipe by Garcia Schodtisch, CFSP, Food & Beverage Technologist, Hamilton Beach Commercial

Directions

Put all ingredients in a Hamilton Beach blender and whip until smooth and frothy.

Temptation

Ingredients

10 oz. apple/cranberry juice
4 oz. strawberries
2 scoops rainbow sherbet
2 oz. Pineapple chunks
1/2 banana
1/2 cup ice

Directions

Put all ingredients in a Hamilton Beach blender and whip until smooth and frothy.

Super Frozen Fruit Smoothie

Ingredients

3/4 cup orange juice (freshly squeezed, if possible)
1/3 cup yogurt
6 frozen strawberries
1 medium-sized very ripe peach, frozen
About 1/4 of medium banana, cut into chunks and frozen
1 Tbsp. honey or maple syrup (or to taste)
Sprig of fresh mint (optional garnish)

Directions

Put all ingredients in a Hamilton Beach blender and whip until smooth and frothy. Garnish with a sprig of mint, if desired. Serve immediately.