

Summer Time Smoothie Recipes

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Need the Perfect Blender for your Smoothies?



Why We Love the Vita Mix

BONUS: [Order a Vita Mix](#) using our free shipping code: 06-001694 and [forward us your receipt](#) and we'll give you a FREE Lifetime Subscription to [Dine Without Whine](#) (\$139.95 Value)

We are "smoothieaholics"... Our family usually has at least one delicious smoothie per day. They are a great way to sneak in extra fruits, veggies and protein. My kids call them milkshakes, and are delighted I let them drink a "milkshake" for breakfast! I can't think of a quicker, easier, or tastier way to get your daily dose of fruits and veggies.

The downfall was that we were going through at least one blender per year as a result of our smoothie habit. We kept buying nicer (or at least more expensive) machines, but even so our motors kept giving out on us. We were to the point where we were spending at least \$150 a year on blenders! We finally gave in and bought the nice professional quality Vita Mix 5000. Now I don't think we could live without this blender! We LOVE this machine! Everything turns out incredibly smooth, (no more hidden large ice chunks) the cookbook that comes with it is incredible and best of all... It has a 7 year warranty! (At the rate we were going through blenders, we would have spent \$1050 in a 7 year period.) When you look at that the Vita-Mix price is a steal!

Of course this machine is great for other things besides smoothies as well. It is a food processor and blender all in one. It basically does everything both a professional grade blender and food processor would do. Anything from baby food, to chopping vegetables. It also makes homemade soup (it even heats it up for you) and homemade ice-cream in a snap. I guess it's three machines in one for us as we have an ice-cream maker as well that we haven't used since we purchased our Vita Mix. You also have the option of purchasing a dry food container to make homemade flour and knead dough.

One of my favorite aspects of the machine is the clean up. Do you have a traditional blender or smoothie maker that has to be disassembled into 3-10 parts for cleaning? Yup, all our past machines were like that too. This machine does not have to be taken apart. When you are done using it simply fill it with hot water and a drop of dish soap. Turn it on, run it for a minute, turn it off, dump and rinse and you are done! So quick and easy!

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I will warn you that I felt a bit of sticker shock when I saw the price. However, I am incredibly thankful now that we made the purchase. Smoothies at our house have never been quicker or easier to make and they taste like the professional ones you pay \$5.00 for at the mall or coffee shop. Truthfully we will be saving money as this one is guaranteed to last at least 7 years; so at the rate we were purchasing blenders this one will pay for itself in less than 3 years. Not to mention with this machine I don't have to have a separate food processor and ice-cream maker cluttering my kitchen. I think we will probably own one for the rest of our lives now that we are so attached to ours. We have had ours for just over two years and use it pretty much every day and it hasn't let us down yet!

[Learn more about the Vita Mix Blender](#)

If you do decide to purchase through us, you are eligible for free shipping.
The coupon code is 06-001694.



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Lemon Berry Smoothie

What You Need:

- 1 (6 oz) container low fat lemon yogurt
- 1 (20 oz) can crushed pineapple in its own juice, drained
- 1 (16 oz) can blackberries in lite syrup, drained
- 1 C ice cubes

How to Make It:

Place the yogurt in the blender.
Add the drained pineapple and blackberries.
Place the ice cubes on top.
Blend until smooth.

Any type of fruit yogurt will work with this recipe. Try different kinds to which see ones your family enjoy the most.

Love That Fruit Smoothie

What You Need:

1 Bart let pear, peeled, cored and cut into small chunks
½ C seedless grapes
1 banana, cut into small chunks
2 tsp. honey
¼ C cranberry juice
6 ice cubes

How to Make It:

Place the pears, grapes, banana and honey into the blender.
Puree until very smooth.
Add the cranberry juice and pulse 2 or 3 times until mixed together.
Add the ice and blend until mixture begins to thicken.

Kids love this smoothie. The fruit mixed with honey gives it a slightly sweet taste that appeals to children. If your children don't enjoy cranberry juice experiment with their favorite juices until you find just the right one for them.

Peach and Almond O J

What You Need:

- 1 C orange juice
- 1 C frozen peaches
- 1 frozen banana, cut into small chunks
- 2 TBSP toasted slivered almonds

How to Make It:

Pour the juice into the blender.
Carefully add the peaches and banana.
Add the almonds.
Blend until smooth.

Pecans also work well in this smoothie. For a little different taste, use pineapple juice in place of the orange juice.

Energize Me Smoothie

What You Need:

¼ C crushed pineapple, drained
1 apricot, chopped
4 strawberries, trimmed and chopped
1 banana, chopped
1 ½ C water
1 TBSP powdered skim milk
1 TBSP protein powder
1 tsp. flax oil seed

How to Make It:

Place all the fruit into the blender.
Blend just slightly to combine.
Add the water, powdered milk, powdered protein and flax oil seed.
Blend until smooth.

The protein powder and flax oil seed add to making this smoothie a healthy drink.
They are optional if you prefer to leave them out.

An Eskimos Favorite

What You Need:

1 frozen peach
10 frozen blueberries
1 (6 oz) container frozen low fat vanilla yogurt
½ C skim milk
½ TBSP pecans, crushed
½ tsp. salt
¼ tsp. vanilla

How to Make It:

Place the peach and blueberries into the blender.
Add the yogurt and pulse a couple of times to combine.
Add the milk, pecans and vanilla.
Sprinkle in the salt.
Blend until just smooth.

Because the fruit is frozen this drink is great on a warm day. The salt is optional if you prefer to leave it out.

Nothing but Fruit

What You Need:

1 C orange juice
1 C papaya, peeled and diced
½ C cantaloupe, peeled and diced
½ C mango, peeled and diced
2 apricots, pitted and diced

How to Make It:

Pour the orange juice into the blender.
Add the papaya, cantaloupe, mango and apricots.
On medium speed puree mixture for 1 minute.

If you like fruit you'll like this smoothie. This is one way to ensure you get the recommended amount of fruit in a daily diet.

A Great American Smoothie

What You Need:

1 C vanilla ice cream
½ C applesauce
1 tsp. lemon juice
½ tsp. apple pie spice
2 ice cubes

How to Make It:

Place the ice cream in the blender.
Add the applesauce, lemon juice, apple pie spice and the ice cubes.
Blend until the mixture become creamy.
Serve immediately.

This is a great drink for kids in the summertime. The ice cream, applesauce and apple pie spice makes this drink taste just like Mom's homemade apple pie.

Color Me Up

What You Need:

2 C vanilla ice cream
2 C apple cider
2 TBSP honey
½ tsp. ground cinnamon
¼ tsp. nutmeg
Food coloring

How to Make It:

Put the ice cream in the blender.
Add the apple cider, hone, cinnamon and nutmeg.
Blend until smooth.
Add any color of food coloring you desire.
Blend in short spurts until drink has reached the desired color.
Serve immediately.

The idea of changing the color gives them an added bit of excitement to a child's drink. It can also be great for something special on a holiday morning such as red for Valentines Day, green for St. Patrick's Day or even orange for Halloween.

No Need for Pancakes Smoothie

What You Need:

1 banana, cut into chunks
4 strawberries, stemmed and cut into chunks
8 oz. milk
1 TBSP almond butter
2 tsp. maple syrup

How to Make It:

Place the banana and strawberry chunks into the blender.
Slowly pour in the milk.
Add the almond butter and maple syrup.
Blend until very smooth.

Some mornings there is just no time to make those beloved pancakes. Give the kids one of these and they will enjoy it just as much. Try other types of fruit for a little change.

Blue Sky Smoothie

What You Need:

- ½ C orange juice
- ½ C frozen blueberries
- ½ C canned peaches, chopped
- 1 (6 oz) container vanilla yogurt, frozen
- 1 ice cream scoop orange sherbet
- 2 TBSP honey
- 1 C ice, crushed

How to Make It:

Pour the orange juice into the blender.
Add the blueberries, peaches, yogurt and sherbet.
With a rubber spatula fold in the honey and ice.
Cover blender and blend until smooth.

This also tastes great with pineapple sherbet and pineapple juice. The honey gives it a slightly sweet taste so use unsweetened pineapple juice when making it this way.

Pick Me up Smoothie

What You Need:

2 bananas, peeled and cut in chunks
2 peaches, peeled, pitted and cut in chunks
1 (8 oz) can crushed pineapple, drained
1 C milk

How to Make It:

Place all the ingredients into the blender in the order they are listed.
Blend until mixture is smooth.
Serve cold.

This smoothie is great for kids as an after school snack. It gives them comfort after a long day at school and a little energy to finish out their day. For a little added sweetness pour a small amount of the pineapple juice in with the other ingredients.

Hippity Hoppity Smoothies

What You Need:

1 C orange juice
½ C milk
1 pint pineapple sherbet
2 (6 oz) cartons pina colada yogurt
2 bananas cut in chunks
1 tsp. vanilla extract
1 C whip topping, divided
2 drops red food coloring
Black string licorice

How to Make It:

Pour the orange juice and milk into the blender.
Carefully add the sherbet, yogurt and bananas.
Add the vanilla extract.
Blend until very smooth.
Pour into glasses.
Place 2/3 C of the whipped topping into a plastic baggie.
Cut one corner of the bag to make a small hole.
Carefully create a small circle on top of the smoothie.
Place the other 1/3 of the whip topping in another plastic bag.
Add the food color and gently mix until the topping has turned slightly pink.
Cut the corner of the bag and make the eyes, nose and the ears for the rabbit.
Cut the licorice strings to make the whiskers for each rabbit.
Place the whiskers on the rabbit face upward toward the edge of the glass.
Serve immediately.

Give the kids a surprise with their smoothie. They will enjoy the extra little bit of work you put into them. You can use pineapple juice in place of the orange juice or even try apples with vanilla yogurt and raspberry sherbet for a different treat. If your kids don't like black licorice try a toothpick with a little black decorator gel to make the whiskers.

I Need Chocolate Smoothie

What You Need:

- 1 C chocolate milk
- 1 C chocolate ice cream
- 1 Three Musketeers candy bar, cut into small chunks

How to Make It:

Place all the ingredients into the blender.
Blend on medium speed until smooth.
Serve immediately and enjoy.

If you crave chocolate this is the smoothie for you. Any type of candy bar will work so use your favorite for a great afternoon treat. Oh yea kids love it too.

Melon Berry Smoothie

What You Need:

½ of a cantaloupe, peeled, seeded and chunked
1 C fresh raspberries
½ C yogurt
1 ½ TBSP sugar

How to Make It:

Place the cantaloupe and raspberries in the blender.
Gently fold in the yogurt.
Sprinkle with the sugar.
Blend until smooth.

Using a flavored yogurt will change the taste of your smoothie. Experiment with different flavors to find the right taste for you. If you are using a flavored yogurt adjust the sugar for your taste.

Sweet and Sour

What You Need:

½ C pineapple juice
¼ C grapefruit juice
4 strawberries, stemmed and cut into pieces
1 banana, peeled and cut into pieces

How to Make It:

Pour both juices into the blender.
Add the strawberry and banana pieces.
Blend until mixture is smooth and as thick as you like.

If the mixture isn't as thin as you would like add a little more pineapple, grapefruit juice or both. Continue to blend until the mixture is to your liking.

Cheesecake in a Glass

What You Need:

- 1 egg
- 1 (4 oz) pkg. cream cheese softened and chunked
- ½ C milk
- 1 tsp. almond extract
- 2 C vanilla ice cream, slightly softened
- 1 C cherry jam
- 1 C sweet cherries, pitted and slightly frozen

How to Make It:

Carefully break the egg into the blender.

Blend for 10 seconds.

Place the cream cheese chunks, the milk and the almond extract into the blender.

Blend on medium speed until very smooth.

Place the ice cream, jam and cherries into the blender.

Blend until creamy.

This tastes just like cherry cheesecake. If you don't like cherries try strawberries with vanilla extract.

Cherry Blossom

What You Need:

2 C cherries, sweet or tart and frozen
1 banana, peeled and cut into pieces
1 C cherry juice
Maraschino cherries

How to Make It:

Place the frozen cherries, the banana pieces and the juice into the blender.
Blend until smooth.
Pour into glasses and top with the maraschino cherries.

Sweet cherries make this drink quite a sweet delight. Tart cherries take away some of the sweetness but they still make a delightful drink.

Peppermint Stick

What You Need:

4 ice cream scoops peppermint chocolate chip ice cream
1 ½ C milk
2 drops peppermint extract

How to Make It:

Place the ice cream in the blender.
Pour in the milk.
Add the drops of extract.
Cover and blend until smooth and creamy.

If you can't find peppermint chocolate chip ice cream use plain peppermint ice cream. By adding about ¼ of a bag of semi sweet chocolate chips you can achieve the same taste.

How Now Brown Cow

What You Need:

$\frac{3}{4}$ C chocolate ice cream
2 TBSP chocolate ice cream topping
 $\frac{1}{4}$ C brewed coffee, cooled to room temperature
 $\frac{1}{4}$ C club soda

How to Make It:

Place the ice cream in the blender.
Add the topping and coffee.
Blend until mixture is smooth.
Remove the cover and add the club soda.
Stir with a rubber spatula just until the club soda is mixed in.
Serve immediately.

If you are watching what you eat, but would still like a nice treat, try using a low fat ice cream with a sugar free topping to make this scrumptious delight.

PB and Banana Chocolate Smoothie

What You Need:

1 C chocolate milk, very cold
1 banana, peeled and cut into pieces
2 TBSP creamy peanut butter
2 ice cubes, crushed

How to Make It:

Place the milk into the blender.
Add the banana and peanut butter.
Carefully place the crushed ice into the blender.
Blend until smooth.
Drink immediately.

By leaving out the banana you can have a Reese cup smoothie. Kids enjoy both types of this drink and will be asking for it over and over again.

It's all About the Juice

What You Need:

¼ C orange juice
¼ C pineapple juice
¼ C grapefruit juice
¼ C lime juice
4 TBSP low fat plain yogurt
1 C ice

How to Make It:

Pour all four juices into the blender.
Add the yogurt and ice.
Blend until smooth.

If the drink is too thick for you add some extra juice of your choice. Add one tsp. at a time blending after each addition to reach the desired consistency.

You Could Have Had a Smoothie

What You Need:

2 C vegetable juice
½ C carrot juice
1 tsp. hot sauce
1 tsp. lemon juice
4 spinach leaves
1 tsp. parsley flakes
12 ice cubes

How to Make It:

Pour the vegetable juice and carrot juice into the blender.
Add the hot sauce and lemon juice
Place the spinach leaves into the juices.
Sprinkle in the parsley.
Carefully add the ice cubes.
Blend until mixture is creamy.

If you like thicker smoothies, don't blend for too long. Blending breaks down the ingredients. Chop the spinach to help blend them faster.

It's Summer Again Smoothie

What You Need:

1 nectarine, pitted and chopped
1 (6 oz) container peach yogurt frozen
½ C Pine-Orange-Guava juice
½ C lemonade
2 tsp. sugar

How to Make It:

Place the nectarine and peach yogurt into the blender
Add the juice and lemonade.
Sprinkle in the sugar.
Blend on high until smooth.

If you are watching what you eat or cannot have sugar replace the lemonade with a sugar free type and use 1 packet of sweetener in place of the sugar.

Berry Custard Smoothie

What You Need:

3 eggs
¼ C sugar
¼ tsp. salt
3 C milk
1 C cream
½ tsp. vanilla extract
Assorted berries

How to Make It:

Place the eggs in a mixing bowl and beat just until mixed together.
Add the sugar and salt.
Gently stir in the milk and cream.
Place mixture in a saucepan over low heat.
Cook, stirring continuously, until mixture is thick enough to coat the spoon.
Remove and stir in the vanilla.
Refrigerate until cold.
Remove and beat with an electric mixture until blended together well.
Place in glasses and top with the assorted berries before serving.

Because the mixture sets up like custard you must use the electric mixer before serving. This will ensure the mixture is more of a drinkable consistency.

Tutti-Fruiti Smoothie

What You Need:

1 (8 oz) can fruit cocktail, untrained and chilled
1 C milk
¼ C nonfat milk powder
½ tsp. vanilla
½ C ice cubes
2 dashes cinnamon

How to Make It:

Place the fruit cocktail juice and all in the blender.
Pour in the milk.
Add the milk powder and vanilla.
Blend on low until just combined.
Add the ice cubes and blend until smooth.
Add the cinnamon as a garnish just before serving.

This is a child favorite. The juice from the fruit cocktail makes this a sweet drink that appeals to children especially when it's warm outside.

The Greener Side of Fruit Smoothie

What You Need:

2 C honeydew melon, cut into pieces
2 kiwi, peeled and cut into pieces
1 green apple, peeled, cored and cut into pieces
1 TBSP lime juice
4 TBSP sugar
1 C ice cubes

How to Make It:

Place all the fruit pieces into the blender.
Add the lime juice and blend 30 seconds to combine.
Sprinkle in the sugar and add the ice cubes.
Continue blending until mixture becomes very smooth.

If you prefer a more tangy bite leave out the sugar or add just a little at a time to reach the desired sweetness.

Lemon Surprise

What You Need:

1 ½ C watermelon, seeded and cut into chunks
1 C lemon sherbet
1 TBSP lemon juice
10 ice cubes

How to Make It:

Place the watermelon chunks into the blender.
Add the frozen sherbet and lemon juice.
Place the ice cubes on top.
Cover and blend until smooth.

This is a special treat on a hot summer's day. Even with the lemon kids enjoy this drink. If you want a little change of pace try lime sherbet and lime juice instead.

Chocolate Marshmallow Smoothie Supreme

What You Need:

1 C vanilla ice cream
½ C cold milk
2 TBSP chocolate syrup
2 TBSP marshmallow topping
1 TBSP malted milk powder
¾ C crunchy peanut butter

How to Make It:

Place the ice cream and milk into the blender.
Pulse a couple of times to just slightly blend.
Add the chocolate syrup, marshmallow topping and malted milk powder.
With a rubber spatula add the peanut butter.
Blend until just smooth.

This tastes just like an old fashion malt with a little extra. To make it extra special add some whip topping with a maraschino cherry on top.

A Real Peach of a Smoothie

What You Need:

½ C evaporated milk
1 C peach yogurt
½ C peach sorbet
1 C peaches, frozen and cut into chunks
¼ tsp. cinnamon

How to Make It:

Put the yogurt and evaporated milk together in the blender.
Blend until just combined.
Add the sorbet and peaches.
Blend until smooth and creamy.
Sprinkle the cinnamon on top just before serving.

If you aren't fond of cinnamon as a garnish add it to the mixture with the sorbet and peaches and blend well. For a little sweeter kick combine the cinnamon with a little sugar and sprinkle on the top before serving.

Apples and Oatmeal Breakfast Smoothie

What You Need:

2 C low fat milk
1 apple, peeled, cored and diced
¼ C raisins
½ C instant oatmeal
1 TBSP creamy peanut butter

How to Make It:

Place the milk, apple pieces and raisins into the blender.
Add the oats and place the peanut butter on top.
Cover and blend well.

This makes a great breakfast drink for children. It tastes like an old fashion oatmeal cookie with a touch of peanut butter. The raisins are optional.

Soda Pop Smoothie

What You Need:

½ C grape soda
2 C vanilla ice cream
1 tsp. vanilla extract
10 ice cubes

How to Make It:

Pour the grape soda into the blender.
Add the ice cream and vanilla extract.
Place the ice cubes on top.
Blend until smooth.

If too thick add some milk a little at a time to reach the consistency you are looking for. This is also great with orange soda, red cream soda or even a creamy root beer in place of the grape soda.

Relax Me Smoothie

What You Need:

8 herbal lemon tea bags
2 C boiling water
1 pint raspberry sherbet
2 C pineapple juice

How to Make It:

Pour the boiling water over the tea bags.
Cover and allow to set 5 minutes.
Remove the tea bags and place the tea in the refrigerator to cool.
Place the sherbet and juice in the blender.
Add the tea.
Blend until smooth.

This smoothie is very relaxing. Try it on a stress filled day to unwind and help you enjoy the rest of the day.

Let's Get Going Smoothie

What You Need:

½ C milk
½ C almonds
1 banana, peeled and sliced
1 TBSP honey
2 TBSP vanilla yogurt
1/8 tsp. vanilla extract
Pinch of nutmeg
4 ice cubes

How to Make It:

Pour the milk into the blender.
Add the almonds, banana, honey, yogurt and extract.
Sprinkle in the nutmeg.
Add the ice cubes.
Blend on high until frothy.

This is a great get me started in the morning smoothie. Replace the banana with a peach and the vanilla extract with almond extract to make a slightly different taste. If you aren't partial to nutmeg try cinnamon instead.

I Want S'more of That

What You Need:

½ C marshmallow cream
¼ C chocolate syrup
1 C milk
2 C ice
2 graham crackers, crumbled

How to Make It:

Place the marshmallow cream and chocolate into the blender.
Pour in the milk.
Add the ice cubes and sprinkle the cracker crumbs over the top.
Blend on high until smooth.

To make this an even more special treat top with a few colored mini marshmallows and some miniature chocolate chips.

A Real Eye Opener

What You Need:

1 C strong brewed coffee, cold
1 banana, peeled and sliced
1 (6 oz) container vanilla yogurt
2 tsp. sugar
4 ice cubes

How to Make It:

Pour the coffee into the blender.
Add the banana and the yogurt.
Sprinkle in the sugar.
Add the ice cubes.
Blend on high until smooth.

Try this smoothie if you having a sluggish day. It will open your eyes and get you going. For a special treat try using a flavored coffee such as hazelnut or vanilla.

Carmel Apple Smoothie

What You Need:

¼ C Carmel ice cream topping
1/8 C chocolate syrup
1 apple, peeled, cored and diced
½ C milk
1 tsp. cinnamon
8 ice cubes

How to Make It:

Place the ice cream topping and syrup into the blender.
Add the apples.
Pour in the milk.
Sprinkle with the cinnamon.
Add the ice cubes to the top.
Blend until creamy.

Experiment with the syrups to find just the right taste. Using a tart apple will make this drink less sweet due to the natural juices in the apple.

Jammin' Smoothie

What You Need:

1 C vanilla yogurt
1 banana, peeled and sliced
2 TBSP strawberry jam
1 TBSP honey

How to Make It:

Place the yogurt into the blender.
Add the banana and strawberry jam.
Pour in the honey.
Blend mixture on high for about 30 seconds.
Mixture should be frothy when ready to serve.

Any type of yogurt and jam will work in this smoothie. Find your favorite and enjoy.

Summer Garden Salad

What You Need:

1 (8 oz) container plain yogurt
1 cucumber, peeled, seeded and chopped
1 tomato, chopped
1 stalk of celery, chopped
3 romaine lettuce leaves
1 TBSP onion, minced
6 ice cubes
Salt and pepper to taste

How to Make It:

Place the yogurt into the blender.
Add all the vegetables.
Place the ice on top.
Puree until smooth.
Add salt and pepper to taste.
Blend slightly to mix in the seasoning.

There's nothing like a summer salad. Too often there's just not enough time to eat them. Try this smoothie to get those vegetables in a cool refreshing drink even on the run.

Sweet Potato Pie Smoothie

What You Need:

2 sweet potatoes, cooked and cooled
1 banana, peeled and sliced
2 (8 oz) containers vanilla yogurt
1 C milk
1 tsp. sugar
10 ice cubes

How to Make It:

Put the sweet potatoes and bananas in the blender.
Add the yogurt.
Pour in the milk.
Add the sugar.
Place the ice cubes on top.
Blend until very smooth.

If you want this to taste just like Mom's candied sweet potatoes use brown sugar instead of white sugar. Adjust the amount to $\frac{1}{2}$ tsp. and enjoy.

Thanksgiving in Summer Smoothie

What You Need:

1 banana, peeled and sliced
¼ C pumpkin
1 C milk
¼ tsp. pumpkin pie spice
2 TBSP maple syrup
4 ice cubes

How to Make It:

Place the banana and the pumpkin together in the blender.
Pour in the milk.
Add the pie spice and maple syrup.
Place the ice cubes on top.
Cover and blend on high until smooth.

Everybody likes pumpkin pie. Why wait until Thanksgiving to have that special treat. Top with a little whipped topping and you'll get that warm Thanksgiving feeling from head to toe.

Resources

The Menu Mom – www.themenumom.com Visit for recipes, menu planning tips, cooking resources and more. Join us in our [community](#) and on [facebook](#) as well.

Smoothie Blends – www.smoothieblends.com If this wasn't enough smoothie recipes for you, the fun continues with hundreds of recipes here!