

## The Crafty Working Mom

Since my son and I love smoothies I have found some pretty good ones. You can basically come up with your own as well but here are some ideas. What is your favorite smoothie?

1. **Banana Blend** 2 bananas, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.
2. **Strawberry-Banana Blend** 1 banana, 1 cup strawberries, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.
3. **Strawberry Shortcake** Blend 2 cups strawberries, 1 cup crumbled pound cake, 1 1/2 cups each milk and ice, and sugar to taste. Top with whipped cream and more strawberries.
4. **Triple-Berry Blend** 1 1/2 cups mixed blackberries, strawberries and raspberries with 1 cup each milk and ice, and sugar to taste.
5. **Raspberry-Orange** Blend 1 cup each orange juice and raspberries, 1/2 cup plain yogurt, 1 cup ice, and sugar to taste.
6. **Peach-Mango-Banana** Blend 1 cup each chopped fresh or frozen peaches and mango, 1 cup each plain yogurt and ice, 1/2 banana, and sugar to taste.
7. **Honeydew-Almond** Blend 2 cups chopped honeydew melon, 1 cup each almond milk and ice, and honey to taste.
8. **Cantaloupe** Blend 2 cups chopped cantaloupe, the juice of 1/2 lime, 3 tablespoons sugar, 1/2 cup water and 1 cup ice.
9. **Carrot-Apple** Blend 1 cup each carrot juice and apple juice with 1 1/2 cups ice.
10. **Spa Cucumber** Peel, seed and chop 2 medium cucumbers. Blend with the juice of 1 lime, 1/2 cup water, 1 cup ice and 3 to 4 tablespoons sugar or honey.
11. **Kiwi-Strawberry** Blend 1 cup strawberries, 2 peeled kiwis, 2 tablespoons sugar and 2 cups ice.
12. **Cherry-Vanilla** Blend 1 1/2 cups frozen pitted cherries, 1 1/4 cups milk, 3 tablespoons sugar, 1/2 teaspoon vanilla extract, 1/4 teaspoon almond extract, a pinch of salt and 1 cup ice.
13. **Tangerine-Honey** Peel and seed 4 tangerines, then blend with the juice of 2 limes, 1/4 cup honey and 1 cup ice.
14. **Apricot-Almond** Blend 1 1/2 cups apricot nectar, 1/2 cup vanilla yogurt, 2 tablespoons almond butter and 1 cup ice.
15. **Grape** Blend 2 cups seedless red grapes with 1 cup concord grape juice and 1 1/2 cups ice.



16. **Blueberry-Pear** Blend 1 1/2 cups frozen blueberries, 1 chopped pear, 1 1/2 cups each maple or plain yogurt and ice, and sugar to taste.
17. **Banana-Date-Lime** Blend 2 bananas, 3/4 cup chopped pitted dates, the juice of 1 lime and 1 1/2 cups each soy milk and ice.
18. **Peach-Ginger** Blend 2 cups frozen sliced peaches, 1 1/2 cups buttermilk, 3 tablespoons brown sugar and 1 tablespoon grated fresh ginger.
19. **Grapefruit** Peel and seed 2 grapefruits, then blend with 3 to 4 tablespoons sugar and 1 cup ice. Sprinkle with cinnamon.
20. **Pomegranate-Cherry** Blend 1 cup frozen pitted cherries, 3/4 cup pomegranate juice, 1/2 cup plain yogurt, 1 tablespoon honey, 1 teaspoon lemon juice, a pinch each of cinnamon and salt, and 2 cups ice.
21. **Chai** Blend 1 1/2 cups chai tea concentrate with 1 cup each milk and ice. Sprinkle with chai spice or ground cinnamon.
22. **Blueberry-Banana** Blend 1 banana, 1 cup blueberries, 1/2 cup unsweetened coconut milk, 1 tablespoon each honey and lime juice, 1/4 teaspoon almond extract and 1 cup ice.
23. **Creamy Pineapple** Blend 2 cups chopped pineapple, 1/2 cup cottage cheese, 1/4 cup milk, 2 teaspoons honey, 1/4 teaspoon vanilla, a pinch each of nutmeg and salt, and 2 cups ice.
24. **Watermelon** Freeze 3 cups cubed seeded watermelon until hard. Blend with 1 cup cubed fresh seeded watermelon, the juice of 1 lime, 1/4 cup sugar and 1 cup water.
25. **Pineapple-Coconut** Freeze about 2 cups coconut water in 1 or 2 ice-cube trays. Blend 2 cups each chopped pineapple and coconut ice cubes, 1 1/2 tablespoons lime juice, 1 tablespoon honey and 1/2 cup coconut water.
26. **Apple-Ginger** Blend 1 chopped peeled apple, a 1/2-inch piece peeled ginger, the juice of 2 limes, 1/4 cup honey, 1 cup water and 2 cups ice.
27. **Black Raspberry-Vanilla** Blend 1 pint blackberries, 1/2 cup raspberries, 1 cup vanilla yogurt and 1 tablespoon honey.
28. **Creamsicle** Blend 3/4 cup frozen orange or orange-tangerine concentrate with 1/2 cup cold water and 1 cup each vanilla ice cream and ice.
29. **Mango-Acai** Blend two 4-ounce packages frozen acai berry puree, 1 cup chopped mango, 1/2 cup orange juice and 2 cups ice.
30. **Spiced Pumpkin** Blend 1/2 cup each pumpkin puree and silken tofu, 3 1/2 tablespoons brown sugar, 1 cup milk, 1/2 teaspoon pumpkin pie spice, a pinch of salt and 1 cup ice.
31. **Mexican Coffee** Blend 1/2 cup chilled espresso or strong coffee, 1/2 cup milk or almond milk, 3 1/2 tablespoons brown sugar, 1/4 teaspoon ground cinnamon, 1/8 teaspoon almond extract and 1 1/2 cups ice.
32. **Vietnamese Coffee** Blend 1/2 cup chilled espresso or strong coffee, 1/4 cup sweetened condensed milk and 1 1/2 cups ice. Top with chocolate shavings and/or chocolate syrup.
33. **Banana PB&J** Blend 1 frozen banana with 1 cup soy milk, 1/4 cup each creamy peanut butter and wheat germ, and 2 tablespoons seedless strawberry or raspberry jelly.
34. **Peanut Butter-Apple** Blend 1 chopped peeled apple, 3 tablespoons creamy peanut butter, 2

tablespoons flax seeds, 1 1/2 cups each soy milk and ice, and honey to taste.

35. **Pomegranate-Berry Blend** 1 cup blueberries, 3/4 cup each beet juice and pomegranate juice, 1 cup ice, and honey to taste.

36. **Cucumber-Kale Blend** 1 1/4 cups vegetable juice, 1/2 peeled cucumber, 3 kale leaves and the juice of 1/2 lemon.

37. **Pineapple-Mango Blend** 1 cup each chopped pineapple and mango, 1 cup coconut water, a dash of ground allspice and 1 cup ice. Sprinkle with toasted coconut.

38. **Peanut Butter-Banana Blend** 1 banana, 1 cup vanilla yogurt, 1/2 cup creamy peanut butter, 1/3 cup milk, 2 tablespoons malted milk powder, 1/2 teaspoon cocoa powder, a pinch of salt and 2 cups ice.

39. **Green Tea-Almond** Brew 1 1/2 cups extra-strong green tea; cool completely. Blend with 1/3 cup almonds, 1/4 cup honey and 1 cup ice.

40. **Chocolate-Banana Blend** 1 banana, 1 cup chocolate ice cream, 1/2 cup milk, a pinch of salt and 1/2 cup ice.

41. **Chocolate-Raspberry Blend** 1 cup each chocolate ice cream and raspberries, 2 tablespoons sugar and 3/4 cup each milk and ice.

42. **Strawberry-Maple Blend** 2 cups strawberries, 1 1/2 cups milk, 1/4 cup each maple syrup and wheat germ, a dash of ground cinnamon and 1 1/2 cups ice.

43. **Chocolate Chip Cookie Blend** 1 cup each vanilla ice cream, milk and crumbled chocolate chip cookies with 1/4 cup mini chocolate chips. Top with a cookie.

44. **Oatmeal Cookie Blend** 1 cup each vanilla ice cream, milk and crumbled oatmeal cookies with a pinch of ground cinnamon. Top with a cookie.

45. **Birthday Cake Blend** 1 1/2 cups vanilla ice cream, 1 crumbled vanilla cupcake (unfrosted), 1 cup milk and 1/4 teaspoon almond extract. Top with sprinkles.

46. **Black and White Blend** 3/4 cup each vanilla ice cream and chocolate ice cream with 1 cup milk and 3 crumbled chocolate sandwich cookies. Top with a cookie.

47. **Lemon-Poppy Seed Blend** 2 teaspoons poppy seeds, the zest and juice of 1/2 lemon, 1 cup plain yogurt, 1/3 cup sugar and 1/2 cup each milk and ice.

48. **Apple-Spinach Blend** 2 cups spinach, 1 chopped peeled apple, 1/2 cup silken tofu, 1/4 cup each soy milk and orange juice, 1 tablespoon each wheat germ, honey and lemon juice, and 1 cup ice.

49. **Veggie Blend** 1 1/4 cups tomato juice, 1/4 cup carrot juice, 1/2 peeled cucumber, 1/2 celery stalk, 1/4 cup each parsley and spinach, and 1/2 cup ice.

50. **Mint-Jalapeno Blend** 1/3 cup fresh mint, 1 seeded jalapeno pepper, 2 1/2 tablespoons honey, a pinch of salt and 2 cups each plain yogurt and ice. Top with toasted cumin seeds and cilantro.

Adapted from: [Food Network](#)