



Smoothies

APRICOT BANANA SMOOTHIE

4 cups (1 L) apricot nectar
2 cups (500 mL) ice cubes
1 cup (250 mL) yogurt

4 bananas, sliced
1/2 tsp (2 mL) vanilla

Prepare smoothie in two batches. For each batch, combine half of each ingredient in a blender. Puree until smooth. Pour into glasses and serve immediately. Serves 6 - 8.

HOLIDAY SMOOTHIE

1 3/4 cups (425 mL) sliced bananas
1 can (14 oz/398 mL) sliced peaches,
drained and patted dry

1 cup (250 mL) frozen whole strawberries
3 cups (750 mL) apple juice

Freeze banana slices and peach slices on a wax paper-lined jelly-roll pan until firm. Peel fruit slices off wax paper. Prepare smoothie in two batches. For each batch, combine half of each ingredient in a blender. Puree until smooth. Pour into glasses. Serves 6 - 8.

SOY SMOOTHIE

1 can (14 oz/398 mL) sliced peaches, drained
1 medium banana, sliced
3/4 cup (175 mL) vanilla soy beverage

1/4 cup (50 mL) thawed frozen orange juice
concentrate
1 cup (250 mL) ice cubes

Combine all ingredients in a blender. Puree until smooth. Serves 4 - 6.

LIME SMOOTHIE

1 banana
3/4 cup (175 mL) thawed frozen limeade
concentrate

3/4 cup (175 mL) cold water
1/2 tsp (2 mL) vanilla
2 cups (500 mL) frozen vanilla yogurt

In a blender, combine banana, limeade concentrate, water and vanilla. Puree until smooth. Add frozen yogurt; blend until smooth. Pour into glasses. Recipe may be doubled. Serves 3 - 4.

Cook's Note: For a grown-up version of this drink, add 1 ounce vodka.

SUNRISE SMOOTHIE

1 cup (250 mL) vanilla yogurt
1 cup (250 mL) orange juice

1/4 tsp (1 mL) cinnamon
1 cup (250 mL) ice cubes

Combine all ingredients in a blender. Puree until smooth and slushy. Serve immediately. Serves 4.

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CRANBERRY FRUIT SMOOTHIE

1 pkg (425 g) frozen sweetened strawberries, thawed	2 cups (500 mL) cranberry cocktail, chilled
2 small bananas, sliced	Lemon juice, optional

Combine strawberries, bananas and cranberry cocktail in a blender. Puree until smooth, working in batches if necessary. Season to taste with lemon juice. Makes about 6 cups (1.5 L).

BREAKFAST IN A BLENDER

1 cup (250 mL) ice cubes	1 small ripe banana, sliced
2/3 cup (150 mL) orange juice	1/2 tsp (2 mL) sugar
1/3 cup (75 mL) oat bran	1/4 tsp (1 mL) vanilla

Combine all ingredients in a blender. Puree until smooth. Pour into glasses and serve immediately. Serves 2.

ORANGE FROST

1 cup (250 mL) orange yogurt	1 medium banana, sliced
1 cup (250 mL) orange sherbet	1 cup (250 mL) milk

Combine all ingredients in a blender and process until smooth. Thin with additional milk, if desired. Makes 3 cups (750 mL).

VERY BERRY SMOOTHIE

1 cup (250 mL) sliced strawberries	1 tbsp (15 mL) lemon juice
3/4 cup (175 mL) blueberries	1 tsp (5 mL) vanilla
3/4 cup (175 mL) cranberry cocktail	2 cups (500 mL) ice cream
1/2 cup (125 mL) raspberries	1 cup (250 mL) ice cubes
2 tbsp (25 mL) sugar	

Combine first 7 ingredients (strawberries through vanilla) in a blender. Puree until smooth. Add ice cream and ice cubes and blend until smooth. Serve immediately. Serves 4.

BANANA CRANBERRY FRAPPE

2 cups (500 mL) cranberry cocktail, chilled	1/4 cup (50 mL) whipping cream
2 cups (500 mL) apple juice, chilled	2 tbsp (25 mL) sugar
2 small bananas, sliced	8 ice cubes

Prepare frappe in two batches. For each batch, combine half of each ingredient in a blender. Puree until smooth. Pour into glasses and serve immediately. Serves 6.

PINEAPPLE GRAPEFRUIT SLUSHY

1 can (14 oz/398 mL) crushed pineapple, undrained	1/2 cup (125 mL) thawed frozen grapefruit juice concentrate
2 tbsp (25 mL) light corn syrup	3 cans (355 mL each) club soda, chilled

Process pineapple, corn syrup and grapefruit juice in a blender until smooth. Pour into ice cube trays and freeze. To serve, place 3 or 4 cubes in each glass and fill with club soda. Stir well. Makes 24 cubes.