



Fruit Smoothie Trio

Green Detox Smoothie

Ingredients: Spinach (1/2 cup), mango chunks (1/2 cup), apple slices (1 cup), apple juice concentrate (1/2 cup), lemon juice (1 tsp), ginger puree (1/4 tsp), ground turmeric (1/4 tsp).

Instructions: Add the spinach, mango chunks, and apple slices into the blender, then add the remaining ingredients. Add ½ cup of ice cubes and 1 cup of water or almond milk (or any other milk product). Blend on high for 2 minutes or until smooth. Scrape down the sides of the blender and blend for another 30 seconds.

Berry Peach Smoothie

Ingredients: Peach slices (1 cup), raspberries (1 cup), plain nonfat yogurt (1/4 cup), honey (1 tbsp), apple juice concentrate (1/2 cup).

Instructions: Add the raspberries and peach slices into the blender, then add the remaining ingredients. Add ¼ cup of ice cubes and 1 cup of water or almond milk (or any other milk product). Blend on high for 2 minutes or until smooth. Scrape down the sides of the blender and blend for another 30 seconds.

Tropical Sunrise Smoothie

Ingredients: Mango chunks (1 ½ cups), pineapple chunks (1/2 cup), orange juice concentrate (1/2 cup), pineapple juice (1/4 cup).

Instructions: Add the mango and pineapple chunks into the blender, then add the remaining ingredients. Add ½ cup of ice cubes and 1 cup of water or almond milk (or any other milk product). Blend on high for 2 minutes or until smooth. Scrape down the sides of the blender and blend for another 30 seconds.

Chef Laura Tip: The fruit, juice concentrates, and spinach in these recipes can be fresh or frozen.

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