



SMOOTHIES

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SPICED MAPLE

BANANA OATMEAL SMOOTHIE

- 1 frozen banana
 - ½ cup ice
 - ½ cup plain or vanilla yogurt
 - ¼ cup quick oats
 - ¼ cup milk
 - 1 tablespoon maple syrup, plus additional for garnish
 - Dash of ground cinnamon
 - Dash of ground nutmeg
 - Whipped cream (page 12) and cinnamon sticks (optional)
- 1 Place banana, ice, yogurt, oats, milk, 1 tablespoon maple syrup, ground cinnamon and nutmeg in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses. Garnish with whipped cream and cinnamon sticks. Drizzle with additional maple syrup. Serve immediately.

Makes 2 servings





PEACHES AND GREEN

- 1 cup ice
- 1 cup packed torn fresh spinach
- 1 cup frozen peach slices
- 1 cup vanilla almond milk
- 2 teaspoons honey

1 Place ice, spinach, peaches, almond milk and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into two glasses; serve immediately.

Makes 2 servings

TRIPLE

BERRY SMOOTHIE

- 1½ cups ice
- ½ banana
- ½ cup fresh raspberries
- ½ cup sliced fresh strawberries
- ½ cup fresh blueberries
- ½ cup packed torn fresh spinach
- 1 teaspoon honey

- 1 Place ice, banana, raspberries, strawberries, blueberries, spinach and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into glass; serve immediately.

Makes 1 serving

Note: Frozen berries can be substituted for the fresh berries. When using frozen fruit, omit the ice or reduce to 2 to 3 cubes.



CREAMY

FRUIT BLEND

- 1 banana
- 1 cup milk
- 1 small ripe peach, peeled, pitted and quartered
- ½ cup fresh or frozen unsweetened sliced strawberries
- ½ cup white grape juice
- 2 tablespoons packed brown sugar
- 1 tablespoon fresh lemon juice
- ½ teaspoon almond extract

- 1 Place banana, milk, peach, strawberries, grape juice, brown sugar, lemon juice and almond extract in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses; serve immediately.

Makes 2 servings

Variations: Try substituting other fruit for the peaches and strawberries in this versatile recipe. Raspberries, blueberries, nectarines, pineapple and mango all work well. If fresh peaches are not available, substitute ¾ cup partially thawed frozen peach slices.



SOY

WALNUT SHAKE

- 1½ cups vanilla soy yogurt**
- 1 cup plain soymilk**
- ¼ cup raw walnut halves**
- 2½ tablespoons honey**
- ¼ teaspoon ground cinnamon**
- 4 ice cubes**

- 1** Place soy yogurt, soymilk, walnuts, honey, cinnamon and ice in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into four glasses; serve immediately.

Makes 4 servings



PINEAPPLE

CRUSH

- 1½ cups frozen pineapple chunks**
- ½ cup plain yogurt**
- ½ cup milk**
- ½ cup coconut milk**
- 2 ice cubes**
- 2 teaspoons sugar**
- 1 teaspoon vanilla**

1 Place pineapple, yogurt, milk, coconut milk, ice, sugar and vanilla in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into two glasses; serve immediately.

Makes 2 servings



PEAR

AVOCADO SMOOTHIE

1½ cups ice

1 pear, peeled and cubed

1 cup apple juice

½ avocado, peeled and pitted

¼ cup fresh mint leaves

2 tablespoons fresh lime juice

1 Place ice, pear, apple juice, avocado, mint and lime juice in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into two glasses; serve immediately.

Makes 2 servings



BERRY

SOY-CREAM BLEND

- 2 cups frozen mixed berries**
 - 1 can (14 ounces) blackberries with juice or 1 cup fresh blackberries**
 - 1 cup soymilk or almond milk**
 - 1 cup apple juice**
 - ½ cup (4 ounces) soft tofu**
- 1** Place frozen berries, blackberries, soymilk, apple juice and tofu in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into two glasses; serve immediately.

Makes 2 servings



TROPICAL SUNRISE

1½ cups plain yogurt

1 frozen banana

1 cup frozen mango chunks

1 cup fresh pineapple chunks

½ cup coconut milk

⅓ cup orange juice

1 tablespoon honey

1 Place yogurt, banana, mango, pineapple, coconut milk, orange juice and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.

2 Pour into four glasses; serve immediately.

Makes 4 servings

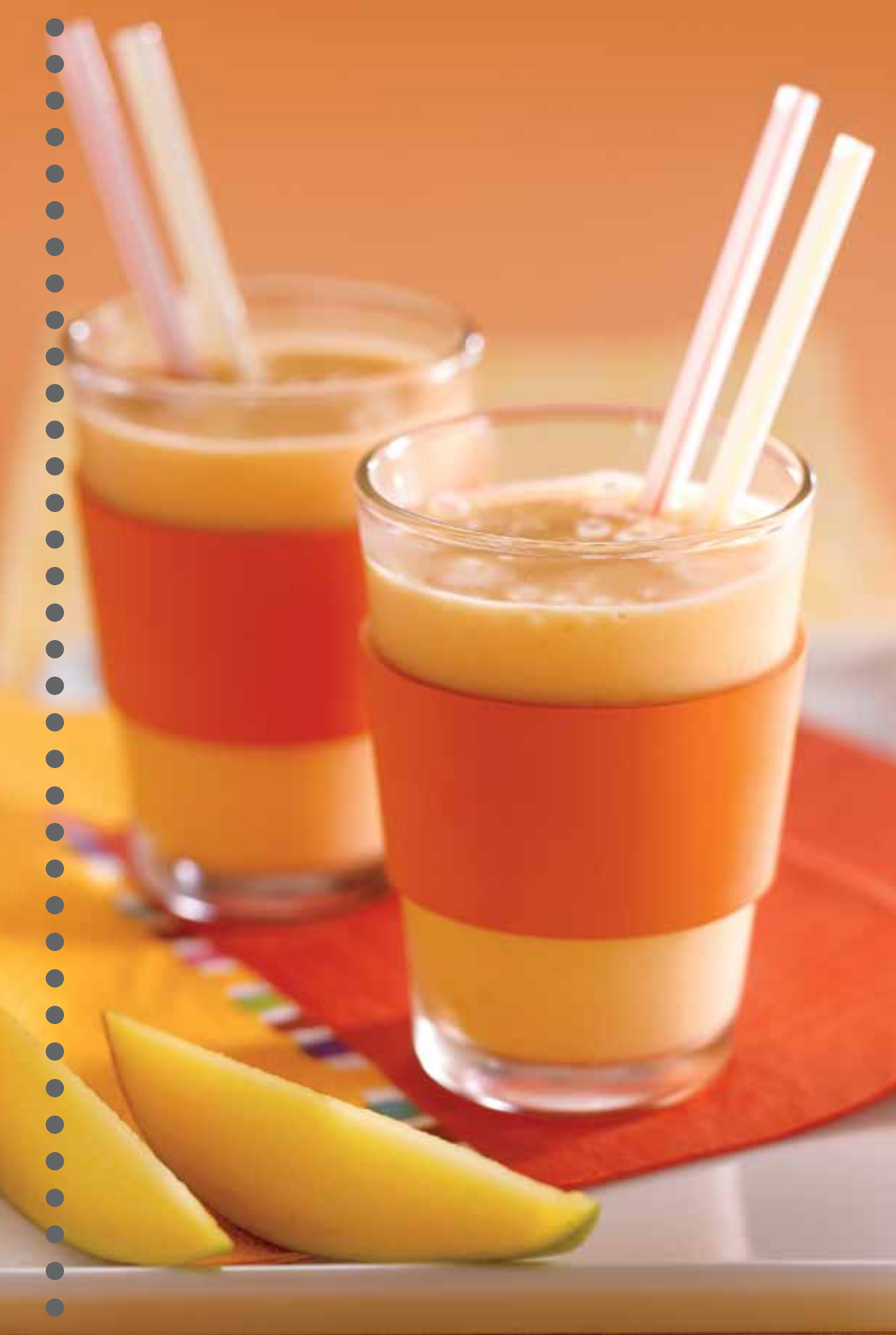


MANGO

LASSI

- 1 cup frozen mango chunks**
 - 1 container (6 ounces) vanilla or plain yogurt**
 - ½ cup orange juice**
 - 1 tablespoon honey**
- 1** Place mango, yogurt, orange juice and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into two glasses; serve immediately.

Makes 2 servings



BANANA-PINEAPPLE

BREAKFAST SHAKE

- 2 cups plain yogurt**
 - 1 can (8 ounces) crushed pineapple in juice, undrained**
 - 1 banana**
 - 1 cup ice**
 - 2 tablespoons sugar**
 - 1 teaspoon vanilla**
 - 1/8 teaspoon ground nutmeg**
- 1** Place yogurt, pineapple, banana, ice, sugar, vanilla and nutmeg in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into four glasses; serve immediately.

Makes 4 servings



PEANUT BUTTER

BANANA BLEND

- 1** frozen banana
 - ½** cup plain yogurt
 - ½** cup milk
 - 1** tablespoon natural unsweetened peanut butter
 - 2** teaspoons honey
- 1** Place banana, yogurt, milk, peanut butter and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2** Pour into two glasses; serve immediately.

Makes 2 servings





CARDAMOM APRICOT SMOOTHIE

- 1½ cups ice
- 1½ cups vanilla frozen yogurt
- 2 cans (about 15 ounces each)
apricot halves, undrained
- 1 banana
- 1 tablespoon honey
- ½ teaspoon ground cardamom

- 1 Place ice, yogurt, apricots, banana, honey and cardamom in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into four glasses; serve immediately.

Makes 4 servings

BEET

AND BERRY BLAST

- ½ cup ice
- ½ cup canned sliced beets
- ½ cup frozen mixed berries
- ½ cup orange juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon honey

- 1 Place ice, beets, berries, orange juice, lemon juice and honey in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Icy Drinks/Smoothies setting.
- 2 Pour into two glasses; serve immediately.

Makes 2 servings

