

Tropical Pineapple Smoothie

Ingredients:

1 cup fresh pineapple, cut into chunks 1 small banana
1/4 tsp. coconut extract 1/4 cup orange juice

Directions: Place all ingredients into Smooth Chopper and blend well.
Makes 12 ounces. Makes 12 ounces.

For added nutrition, add some “green” to any smoothie!

Kale and celery are great to add. It’s a wonderful way to get veggies into those who typically don’t like them!

Smooth Chopper Recipe Booklet



A Few General Smoothie Tips

Use Greek Style yogurt instead of regular for thicker/creamier smoothie

If you like a sweeter smoothie, use more banana or a few teaspoons of sugar. Add too much sugar you will lose part of its health value and it can easily start to overtake the taste of the fruit!

½ Cup of fresh spinach goes great in any smoothie. The fruit will make it so you don't even taste the serving of healthy greens.

In place of milk - you can sub. soy milk, almond milk, coconut milk, water, or any juice – to provide the liquid to get the consistent smoothie texture you will LOVE!!

By Amanda Thomas in Yummy Fruit Smoothies Volume 1



Peach Raspberry Smoothie

Ingredients:

½ Cup chopped & frozen Peaches ½ Cup frozen Raspberries
½ Cup Light Raspberry Yogurt 1 Cup Skim Milk

Instructions: Now blend the ingredients together in your Tupperware SMOOTH CHOPPER (Add the ingredients in order frozen fruit, yogurt, and milk in last.) Remove blade and enjoy – if you do not finish use the seal and place in the fridge for consumption later, it will be more like a yogurt when you eat it. I recommend eating within 24 hours.

*Tips, if you do not have use raspberry yogurt, but it will help bring out the raspberry flavor.

By Amanda Thomas in Yummy Fruit Smoothies Volume 1

RASPBERRY LEMONADE

Uses Tupperware Smooth Chopper, Tupperware measuring 1 cup, and Tupperware Ice Cream Scoop

Ingredients:

1 Cup frozen raspberries
Raspberry or lemon sherbet
1/2-1 Cup Lemonade (can use crystal light for less calories)

Instructions: First, use you 1 cup Tupperware measuring cup and put in raspberries into the Tupperware Smooth Chopper (with the blade in the base), use the Tupperware Ice Cream scoop to add 1-2 scoops of sherbet, and then take the quick shake and make up a single packet of crystal light in your Tupperware Quick Shaker and splash some lemonade on top of the sherbet. Blend together, add more liquid to your desired consistency of liking. ENJOY the fresh, refreshing treat on a HOT SUMMER day!!!

By Emily Hoffman, Tupperware Consultant

Spring Smoothie

Ingredients:

½ Cup frozen, unsweetened sliced strawberries
1/3 Cup Quaker Oats (uncooked)
1/2 Tsp. minced fresh ginger or 1/4 Tsp. ground nutmeg
3/8 Cup light Vanilla yogurt
½ Cup Orange Juice

Instructions: Now blend the ingredients together in your Tupperware SMOOTH CHOPPER – Add the ingredients in order top to bottom with OJ in last. Remove blade and enjoy – if you do not finish use the seal and place in the fridge for consumption late, it will be more like a yogurt when you eat it.

By Sam's Club, Simply Delicious Meals

Grape Fizz Smoothies

Ingredients:

1 cup red grapes, frozen 1/3 cup concord grape juice
1/3 cup seltzer water

Directions: Remove grapes from stem and place in Tupperware container overnight and place in the freezer. Place all ingredients into Smooth Chopper and blend well. Makes 12 ounces.

Cherry Vanilla Smoothie

Ingredients:

2/3 cup fresh pitted cherries, frozen
4 oz. light vanilla or cherry yogurt 1/4 cup cranberry juice
1/4 tsp. vanilla extract (optional)

Directions: Place all ingredients into Smooth Chopper and blend well. Makes 12 ounces. Makes 12 ounces.

Peach Raspberry Smoothie

Ingredients:

1 fresh peach, cut into quarters & pit removed
1/4 cup fresh raspberries (can use frozen)
1/2 cup orange juice

Directions: Place all ingredients into Smooth Chopper and blend well. Makes 12 ounces. Makes 12 ounces.

Banana 'n Peanut Butter

Ingredients:

1 Cup sliced and frozen Bananas 2 Tsp. Peanut Butter
3 Tbs. Light Vanilla Yogurt 1 Cup Skim Milk

Instructions: Now blend the ingredients together in your Tupperware SMOOTH CHOPPER (Add the ingredients in order frozen fruit, PB, yogurt, and milk in last.) Remove blade and enjoy – if you do not finish use the seal and place in the fridge for consumption later, it will be more like a yogurt when you eat it. I recommend eating within 24 hours.

*Tips, do NOT over blend this on or it will become watery. Get the PB mixed in good and serve! Recommend ALWAYS use vanilla flavored yogurt in this one. You can substitute PB protein powder. Also a dash of cinnamon in this one is great too!

By Amanda Thomas in Yummy Fruit Smoothies Volume 1

Strawberry Yogurt Smoothie

Ingredients:

1 banana, sliced and frozen into chips
3/4 Cup sliced strawberries, frozen
3/4 Cup plain yogurt
1Tbl. honey or agave nectar
1 Tsp. vanilla
1/2 Cup water

Instructions: First use your 3/4 cup Tupperware measuring cup and put in frozen strawberries into the Tupperware Smooth Chopper (with the blade in the base), then add the frozen banana slices, and then add the yogurt, honey, vanilla and water. Blend together; add more water to your desired consistency of liking. ENJOY the fresh, refreshing treat on a HOT SUMMER day!!!

www.smoothie-handbook.com/yogurt-smoothie-recipe.html

Blueberry Yogurt Smoothie

Ingredients:

1 Cup blueberries, frozen ¾ Cup plain yogurt
1 Tbl. honey 1 Tsp. vanilla
¼ Cup water

Instructions: First, place the frozen berries into the base of the Tupperware Smooth Chopper with the blade in, and then add the yogurt, honey, vanilla, and water. (I have used ¾ Cup light Yoplait Vanilla yogurt in place of the 3 middle ingredients (honey, plain yogurt, and vanilla)). Blend together and enjoy!

By Emily Hoffman , Tupperware Consultant

Yogurt Melon Smoothie

Ingredients:

¼ of a small cantaloupe, ripe, and sliced into 1 inch cubes
½ Cup vanilla yogurt (or non-fat frozen yogurt and little milk)

Instructions: First, place all of the fresh fruit closest to the blade of the Tupperware Smooth Chopper and then put the yogurt in . Blend until smooth. Add, juice, water, or milk if a thinner smoothie is desired.

Very Cherry Smoothie

Ingredients:

1 banana 1 Cup cherries, frozen
¼ Cup light cherry yogurt ¾ Cup water

Directions: First Add the water, yogurt, banana, cherries, ice, and stevia into the blender in that order. Blend until smooth. Serves 1-2

By Emily Hoffman , Tupperware Consultant

Fig Yogurt Smoothie

Ingredients:

4 figs, fresh with tops removed ½ Cup plain yogurt
1 banana, sliced and frozen ½ Cup water
½ Tsp. stevia

Instructions: First, add banana and figs, then yogurt, stevia and finally water. Blend until smooth. Enjoy!

www.smoothie-handbook.com/yogurt-smoothie-recipe.html

Raspberry Yogurt Smoothie

Ingredients:

1 Cup raspberries, frozen
2/3 Cup low fat or fat free vanilla yogurt
¼ Cup water

Directions: First, add the frozen raspberries, then the yogurt, and finally the water.

***Tip, if you blend until completely smooth it will help break down the raspberry seeds if you prefer that texture instead.**

www.smoothie-handbook.com/yogurt-smoothie-recipe.html

Just Peachy

Ingredients:

1 Cup Frozen peach slices ½ Cup Vanilla Yogurt
1 Cup orange juice

Directions: First, add the frozen peach slices, then the yogurt, and finally the juice

By Emily Hoffman , Tupperware Consultant