

# Transformations: Vegan Recipes You Can Live By Smoothies

## Almond Banana Milk Smoothie§

- 2 cups almond or coconut milk
- 2 teaspoons almond extract
- 2 teaspoons rum extract, optional
- 1/4 cup honey
- pinch of ground nutmeg
- 3 frozen bananas, sliced
- 1 cup frozen strawberries

*Use care in adding frozen bananas. It's easy to over do. If the resulting mixture is too thick, add more almond milk and reblend.*

Combine almond milk, extracts, honey, nutmeg, bananas and strawberries in a blender.

Blend until smooth. Serve immediately.

*Absolutely delicious though it does tend to be a little thick. Really. It's more of a dessert than a smoothie.*

## Anti-Inflammatory Cherry Chia Smoothie§

<http://www.rebootwithjoe.com/anti-inflammatory-cherry-chia-smoothie/>

- 1/4 pineapple, peeled and cut into juicer sized pieces
- 1/4 beet, washed and halved
- 2 frozen bananas, sliced
- 12 cherries, fresh or frozen
- 1 cup coconut milk
- 1 cup ice, optional
- 1 tablespoon chia seeds
- 1 teaspoon coconut oil, optional

*Originally a Reboot with Joe recipe, I added frozen bananas and added using an electric juicer to just the pineapple and beets. Also included in the original recipe was 1/4 cup Kombucha, as an optional ingredient.*

*This juice, which makes 1+ large serving, is absolutely delicious.*

Juice pineapple and beet in an electric juicer.

Add juice to a blender followed by bananas, cherries, coconut milk, ice, chia seeds and coconut oil.

Blend until smooth and creamy. Serve with a straw.

*As an alternate to the above, all the ingredients can be added to a blender. It will require additional coconut milk. When I tried this all the core ingredients were*

*frozen and so I needed 4 cups of coconut milk, which I buy by the half gallon. The more liquid the less coconut milk required.*

## Antioxidant Power

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Locations 2934-2936). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 pound cherries, pitted with stems removed, or frozen cherries can be used
- 1/2 large pineapple, peeled and cut into juicer sized pieces
- 1 lime, peeled, optional
- 1 frozen banana, sliced, optional

Place cherries and ONE-HALF of pineapple in a blender. Add banana if using.

Juice the remaining pineapple and lime, if using, in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy.

## Antioxidant Power Smoothie

Calbom, Cherie. *The Juice Lady's Healthy Holidays Cookbook*. Page 35

- 1 cup coconut milk or almond milk
- 1/2 cup blueberries, frozen
- 1 pear or apple, washed and quartered
- 1/2 cup baby spinach, washed
- 1 tablespoons flaxseed meal
- ice cubes, optional
- 1 frozen banana, sliced, optional
- 1 cup orange or apple juice, optional

Admittedly, when I made this, I only loosely followed the above list. I used coconut milk and an apple instead of a pear. I added the banana (instead of ice) and orange juice (previously made) as I didn't think the original recipe had enough liquid. I also added protein powder to my smoothie. Really, there's no wrong way to make this very filling fruit-based smoothie.

Add all the ingredients to a blender. Process until smooth and serve immediately.

## Apple Cranberry Banana Berry Smoothie

- 3 apples, washed and quartered
- 1 cup cranberries, thawed
- 1 banana, frozen and sliced

# Transformations: Vegan Recipes You Can Live By

## Smoothies

- 1/2-1 cup berries of choice, fresh or frozen

Juice apples and cranberries in an electric juicer.

Combine apple and cranberry juice, banana, and berries in a blender. Blend until smooth and serve.

### Apple Gone Loupey

The Big Book of Juices, page 73, by Natalie Savona

- 1 cup fresh mint, packed
- 2 frozen bananas, sliced
- 3 apples, washed and quartered
- 2 thick slices melon, peeled and cut into juicer sized pieces
- ice cubes, optional

*This is a delicious cool and refreshing mixture that makes a wonderful morning breakfast.*

Collect mint. Pull leaves from stem and place in a blender.

Add banana slices on top of mint.

Process apples and melon in an electric juicer. Combine juice with mint and banana in a blender. Blend until mint is well chopped, about 30 seconds.

*Blend longer than usual to make sure the mint is essentially pulverized.*

Optionally, serve over ice.

### Apple Kiwi Pineapple Smoothie

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 2 kiwi fruit, peeled
- 3 apples, washed and quartered
- 1 orange, peeled
- 2-3 frozen bananas, sliced

Juice apple, apples and orange in an electric juicer.

Add kiwi fruit and bananas to blend. Pour in juice and blend until smooth. Serve immediately.

### Apple Lime Grape Cranberry Banana Smoothie

- 4 apples, washed and quartered
- 1 lime, optionally with peeling, well washed
- 2-3 cups grapes, stemmed and well washed
- 1 cup cranberries, frozen
- 1-2 frozen bananas, sliced

*Including the lime peeling adds a nice punch to this smoothie. That and limes are difficult to peel.*

Juice apples, lime and grapes in an electric juicer.

Place cranberries and banana in a blender. Add freshly made juice and blend until smooth.

*Mixture will be thick but not especially chunky. The cranberries can also be thawed and juiced in the electric juicer with the apples, lime and grapes.*

### Apple Orange Smoothie 1

- 4 apples, washed and quartered
- 2 oranges, peeled
- 2-3 frozen bananas, sliced
- 1/2-1 cup strawberries, hulled and washed

*This makes a very large smoothie, enough for two. It's a bit on the over sweet side.*

Juice apples and orange in an electric juicer.

Combine apple/orange juice, banana and strawberries in a blender. Blend until smooth and serve.

### Apple Orange Smoothie 2

- 5 halo or Clementine orange, peeled
- 2 pears, washed and quartered
- 2 apples, washed, cored and quartered
- 3 kiwi fruit, peeled
- 2 frozen bananas, sliced

*This recipe makes almost a quart of juice.*

Juice the oranges, pears and apples in an electric juicer.

Add bananas and kiwi fruit to a blender followed by juice. Blend until smooth.

Optionally, part of the pear or apple can be added to the blender without juicing for a thicker smoothie.

Serve immediately.

### Apple Peach Strawberry Juice

- 3 apples, washed and quartered
- 1 peach or nectarine, peeled, pitted and quartered
- 8 strawberries, fresh or frozen
- 1/2 cup ice cubes, optional

*This juice is another one rated 11 on a scale of 1-10. It's really delicious.*

Juice apples in an electric juicer.

Add peaches and strawberries to a blender.

Add apple juice and, optionally, ice cubes, and blend until smooth.

### Apple Pie Smoothie

<http://www.rebootwithjoe.com/apple-pie-smoothie-recipe/>

- 1 cup almond milk
- 1 frozen bananas, sliced
- 1 Granny Smith apple, peeled, cored, and quartered
- 1/2-1 cup ice cubes
- 1/4 teaspoon ground cinnamon

# Transformations: Vegan Recipes You Can Live By Smoothies

- pinch of ground nutmeg
- pinch of ground cloves
- 1 teaspoon honey, optional

*This is an interesting smoothie. It's a little bland as smoothies go but certainly quite palatable.*

Place almond milk, banana, apple, ice, cinnamon, nutmeg, clove powder and honey in a blender.

Blend until smooth to serve.

## Apple Pineapple Strawberry Surprise Smoothie

- 2 apples, washed and quartered
- 3 inch slice of pineapple, peeled and cut into juicer sized pieces
- 1 1/2-2 frozen bananas, sliced
- 7-8 strawberries, frozen
- 1 inch slice of pineapple, peeled and cut into juicer sized pieces

*Absolutely delicious. A positive start to any day.*

Juice apple and 3 inch slice of pineapple in an electric juicer.

Add bananas, strawberries and remaining pineapple in a blender. Pour in apple pineapple juice. Blend until smooth and serve.

## Apple Squared

The Big Book of Juices, page 465, by Natalie Savona

- 1/4 cup pineapple, peeled and diced with core removed
- 1 1/2 apples, peeled, cored and sliced
- 3 1/2 apples, washed and quartered
- 1/2 pineapple, peeled and cut into juicer sized pieces
- a few ice cubes, optional

Place diced pineapple and sliced apples into a blender.

Juice the balance of the apples and pineapple in an electric juicer.

Add juice to blender. Optionally add a little ice, especially if fruit is at room temperature. Blend until smooth. Serve immediately.

*The original recipe specified to include more pineapple and apple in the blender. However, very little is required to make a smoothie. The goal is to balance the solid fruit with the juiced fruit.*

## Apple Strawberry Lemon Smoothie

- 1 cup strawberries, frozen and chopped, if necessary
- 2 apples, washed and quartered
- 1 frozen bananas, sliced

- 1 lemon, peeled
- 1 teaspoon mint extract, optional
- filtered water or additional apple juice

Add strawberries and bananas to a blender.

Juice apples and lemon in electric juicer.

Combine apple juice, strawberries, and lemon juice in a blender and add peppermint.

Blend until smooth.

If too thick, add a more little water (or more apple juice), 1 tablespoon at a time, and reblend.

## Appleberry Smoothie

- 2 cups apple juice, about 4 apples
- 1 apple, peeled, cored and quartered
- 2 frozen bananas, sliced
- 1/2 cup berries of choice, frozen
- 1 tablespoon coconut sugar, optional

Juice apples in an electric juicer.

Combine apple juice in a blender with apple, bananas, berries and, optionally, coconut sugar.

Blend until smooth and fruit is well broken down, about 1 minute. Serve immediately.

## Banana Apple Spice Smoothie Recipe

[http://kimberlysnider.com/blog/2016/10/16/banana-apple-spice-smoothie-recipe/?utm\\_medium=email&utm\\_source=ksblog&utm\\_campaign=bananaapplespicesmoothie](http://kimberlysnider.com/blog/2016/10/16/banana-apple-spice-smoothie-recipe/?utm_medium=email&utm_source=ksblog&utm_campaign=bananaapplespicesmoothie)

- 1 1/2 cups apple juice
- 1 apple, peeled, cored and diced
- 1 frozen banana, sliced
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- dash ground cloves
- 1 date, minced, optional

*Just in time for fall. The original recipe calls for 1 1/2 cups of coconut water. I changed it to apple juice.*

Combine all ingredients in a blender in the order indicated.

Blend until smooth and creamy to serve.

## Banana Berry Shake

- 1/2 cup blueberries, thawed or frozen
- 1-2 frozen bananas, sliced
- 1/4 teaspoon ground cinnamon
- 1 pear, peeled, pitted and chopped
- up to 2 cups almond milk

Combine all ingredients EXCEPT almond milk in a blender.

Adding 1/2 cup almond milk at a time, blend until

# Transformations: Vegan Recipes You Can Live By Smoothies

smooth and until desired thickness is reached. Serve immediately.

## Banana Blackberry Basil Smoothie

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Locations 2821-2826). Houghton Mifflin Harcourt. Kindle Edition.

- 3 frozen bananas, sliced
- 1 pint blackberries, fresh or frozen
- 6 fresh basil leaves
- 3 cups orange or apple juice (or a combination of both)

*A five-star out of the ball park smoothie, though smoothies would be a better description. This makes two large drinks.*

Place the bananas, blackberries and basil in a blender.

Add the orange and/or apple juice.

Blend until smooth and creamy to serve.

*I added the juice to this recipe. The recipe as originally written would be too thick to drink as a smoothie, and in fact might not even blend because of a lack of liquid.*

## Banana Cranberry Smoothie

Sroufe, Del. *Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year* (Kindle Location 1198) The Experiment Kindle Edition

- 2 cups apple juice, about 4 apples
- 1 cup frozen cranberries
- 1 large frozen banana, sliced

*The original recipe called for 1 1/2 cups of almond milk. I changed this to 2 cups of apple juice.*

Combine all ingredients in a blender until the cranberries are well chopped and beverage is smooth. Serve immediately.

*A delicious start of the day. Makes one large very thick smoothie.*

## Banana Granny Smoothie

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Locations 2713-2717). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 cup spinach, washed
- 2-3 frozen bananas sea salt
- 3 granny Smith apples, washed and quartered
- 2-3 stalks celery, washed

*Wierd name, delicious juice. Keep in mind that since this juice contains both spinach and apples that it can have a potent laxative effect.*

Place spinach and bananas in a blender.

Juice the apples and celery in an electric juicer.

Combine the juice with the solid produce and/or other

ingredients in the blender. Blend until smooth and creamy. Serve immediately.

## Banana Pie Smoothie

The Big Book of Juices, page 428, by Natalie Savona

- 2 frozen bananas, sliced
- 1 cup blackberries, frozen
- 4-5 apples, washed and quartered

Add bananas and blackberries to a blender.

Juice apples and add juice to blender.

Blend until smooth and creamy. Serve immediately.

## Banana Sharp

The Big Book of Juices, page 419, by Natalie Savona

- 2 frozen bananas, sliced
- 1 teaspoon ground cinnamon
- 1 cup orange juice, about 3 large oranges
- 1 pink grapefruit, halved
- 1 lime, halved

Add bananas and cinnamon to a blender.

If not juiced already, make the orange juice.

Juice grapefruit and lime in a citrus juicer.

Combine citrus juice with bananas and cinnamon in blender. Blend until smooth. Serve immediately.

## Banana Strawberry Milkshake

- 1 frozen bananas, sliced
- 12 strawberries, frozen
- 1-2 cups almond milk

*Too good to be a smoothie, this should be in the desserts section.*

Place banana and strawberries in a blender. Add 1/2 cup almond milk and blend.

Continue adding almond milk, up to 2 cups, 1/4 cup at a time and blend until the desired milkshake consistency is reached and serve.

## Banana Strawberry Mint Smoothie

- 1-2 frozen bananas, sliced
- 1 cup almond milk
- 3-6 leaves fresh mint
- 1 teaspoon peppermint extract, or to taste, optional
- 6-8 strawberries, washed and hulled

*Absolutely delicious.*

Combine ingredients in a blender. Blend until smooth and serve.

# Transformations: Vegan Recipes You Can Live By Smoothies

## Bavarian Orange Smoothie Recipe

<http://www.rebootwithjoe.com/bavarian-orange-smoothie-recipe/>

- 1 cup almond milk
- 1 frozen bananas, sliced
- 1 orange, peeled
- 1 teaspoon orange zest
- 1 tablespoon cacao or cocoa powder
- 2 tablespoon flaxseed meal
- 4-6 ice cubes

*Not as good as it sounds, I'll give this smoothie a 4 on a 1-10 scale. It's okay. Drink it quickly. While the ice helps, the flaxseed meal causes it to thicken rapidly.*

Place almond milk, banana, orange, orange zest, cocoa powder and flaxseed meal in a blender. Blend 30 seconds on high until smooth to serve.

## Berry Bonanza

The Big Book of Juices, page 485, by Natalie Savona

- 1/2 cup raspberries, frozen
- 1/2 cup strawberries, frozen
- 1/2 cup blueberries, frozen
- 1/2 cup blackberries, frozen
- 1 frozen banana, sliced
- 2 cups apple juice

Place berries and banana into a blender.

Add apple juice to a blender. Blend until smooth. Serve immediately.

*Absolutely wonderful. Emmale calls it fruity ice cream. This really should be under desserts.*

## Berry Burst Antioxidant Smoothie

Originally "Berry Burst Antioxidant Smoothie Recipe". [http://kimberlysnider.com/blog/2017/01/15/berry-burst-antioxidant-smoothie-recipe/?utm\\_medium=email&utm\\_source=ksblog&utm\\_campaign=berryantioxidantsmoothie](http://kimberlysnider.com/blog/2017/01/15/berry-burst-antioxidant-smoothie-recipe/?utm_medium=email&utm_source=ksblog&utm_campaign=berryantioxidantsmoothie)

- 1-3 cups almond milk or apple juice, to reach desired thickness
- 1 cup blueberries, frozen
- 1 cup blackberries, frozen
- 1 cup strawberries, frozen
- 1 tablespoon coconut nectar or coconut cream
- 1 teaspoon ground cinnamon

Add all ingredients to the blender. Starting the blender on a low speed, blend until smooth. If needed gradually increase to higher speeds and blend until smooth.

## Berry Smoothie

- 1 cup orange juice
- 1 cup berries of choice, frozen
- 1-2 frozen bananas, sliced
- additional orange juice or almond milk, as needed

Combine ingredients in a blender. Blend until smooth.

If too thick, add more juice or almond milk and re-blend.

*Drink slowly with a straw. This 'shake' is very cold and will cause brain freeze if consumed too quickly.*

## Blackberry Kiwi Blend Smoothie

Originally "Blackberry Kiwi Blend - Smoothie". <http://www.rebootwithjoe.com/blackberry-kiwi-blend/>

- 1 kiwi fruit, sliced
- 1 cup blackberries, frozen
- 1 frozen banana, sliced
- 1 cup fresh mint, packed
- 1 tablespoon flaxseed meal
- 1/2 large pineapple, peeled and cut into juicer sized pieces
- 1 pear, washed and quartered
- 1 apple, washed and quartered
- a few ice cubes, optional

Add the kiwi fruit, blackberries, banana, mint and flaxseed meal, if used, to a blender.

Juice the pineapple, pear and apple in an electric juicer.

Add the juice to the blender and blend for 30 seconds on high to thoroughly chop the mint.

Optionally, add ice and blend to chop the ice.

*By its very nature this juice is a bit chunk including the chopped mint leaves. The ice, if used, will thin the juice a bit.*

## Blueberry Chia Smoothie

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 307) Page Street Publishing Kindle Edition

- 1/2 frozen banana, sliced
- 2 large kale leaves, ribs removed, washed and chopped
- 1/2 cup frozen blueberries
- 1/2 cup almond milk
- 2 teaspoons vanilla extract
- 1 1/2 teaspoon chia seeds
- 1 cup frozen strawberries, broken apart if necessary
- 1/2 cup cashews
- 1/2 cup coconut milk
- 1/3 cup maple syrup

*An involved recipe but amazingly delicious! Very rich though doubtless high in calories.*

Combine all ingredients in a blender on high until smooth.

Serve with a straw.

# Transformations: Vegan Recipes You Can Live By Smoothies

## Blueberry Piña Colada 1

- 1/4 large pineapple, peeled and cut into juicer sized pieces
- 1 cup apple juice, about 4 apples
- 1/8 pineapple, peeled and cut into juicer sized pieces
- 1/2 cup blueberries, frozen
- 1/2 frozen bananas, sliced
- 1 tablespoon shredded coconut
- 1 cup ice cubes
- 1-2 teaspoons maple syrup, optional

*I'm not entirely sure if this was an original Reboot with Joe Recipe or not. Both this and the next recipe have common elements but are still quite different. Both are included here with version 2 being credited back to the Reboot with Joe website.*

*Makes one large glass of absolutely delicious juice.*

Process pineapple through an electric juicer. Add the apple juice to the pineapple juice, making it if necessary.

Place diced pineapple, blueberries, banana, shredded coconut, ice and maple syrup, if used, in a blender.

Add juice and blend on high for about 30 seconds until smooth. Serve.

## Blueberry Piña Colada 2

Originally "Blueberry Piña Colada". <http://www.rebootwithjoe.com/blueberry-pina-colada-smoothie-recipe/>

- 1/8 pineapple, carefully peeled and cut into juicer sized pieces
- 1/2 cup blueberries, frozen
- 1 cup coconut milk
- 1 frozen banana, sliced
- 1 tablespoon shredded coconut
- 1/2 cup orange juice
- 1/2 cup ice, optional
- 1-2 teaspoons maple syrup

*Absolutely delicious. Makes 2 regular sized smoothies or 1 very large one. Drink quickly, though, as coconut will tend to separate mixture.*

Add all ingredients to a blender.

Blend until smooth and creamy, until berries, coconut and ice, if used, are well crushed. Serve with a straw.

## Blueberry, Banana Brain Booster

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 81). Encore Publishing. Kindle Edition.

- 3/4 cup frozen blueberries
- 1 frozen, banana, sliced
- 1 cup apple or orange juice, or filtered water

- several ice cubes
- 1 tablespoon coconut oil
- 1 tablespoon coconut sugar, or honey
- 2 tablespoons ground flaxseed

*This makes a potent breakfast beverage to get your day going. It is absolutely delicious.*

Combine ingredients in a blender. Blend on high until well emulsified. Serve immediately.

*Blueberry is great in improving memory and flaxseed is known to lower down the risk of heart disease, cancer, stroke and diabetes.*

## Blueberry, Beets and Broccoli Smoothie

Originally "Blueberry, Beets and Broccoli Juice". Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 18). Encore Publishing. Kindle Edition.

- 2 cups blueberries, frozen
- 1 cup coconut milk
- 1/2 cup broccoli, washed
- 1 apple, washed and quartered
- 1 lemon, peeled
- 2 large carrots, peeled
- 1-2 medium beets, washed and halved, to taste
- 2 inch piece of ginger root, peeled

*Originally listed as a juice I adjusted the recipe to make this into a smoothie. The original recipe called for coconut water. I changed it to coconut milk. It makes an incredibly delicious smoothie wherein you can hardly tell it even contains beets.*

Place the blueberries and the coconut milk in a blender.

Juice the broccoli, apple, lemon, carrots, beet(s) and ginger root in an electric juicer.

Combine the juice in the blender. Blend until blueberries are well chopped to serve.

*A beet is an aid to liver function and can increase the body's production of bile that helps pushing stuffs out. Lemon can stimulate nerve and hormone activation of the liver. Broccoli can help in eliminating toxins and berries are good as antioxidants.*

## Cacao-Nut Mango Smoothie

- 1 cup mango, frozen
- 2 frozen bananas, sliced
- 2 tablespoons shredded coconut
- 1 tablespoon cacao powder
- 1 cup almond milk
- 1 cup ice cubes, optional
- additional almond milk, as needed

*Thick and delicious. Drink slowly. Can easily cause brain freeze. Makes one large cup plus.*

# Transformations: Vegan Recipes You Can Live By Smoothies

Place mango, bananas, coconut, cacao powder, coconut, almond milk and ice in a blender. Blend until smooth. If too thick, keep adding almond milk, pushing down contents, a little at a time until mixture forms into a thick slurry. Keep adding almond milk until desired thickness is reached and to serve.

## Cantaloupe Mint Smoothie

Originally "Cantaloupe Mint Sorbet Smoothie". Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2791-2810). Houghton Mifflin Harcourt. Kindle Edition.

- 1 ripe cantaloupe, peeled, seeded and cut into juicer sized pieces.
- 6 leaves fresh mint, washed
- 2 limes, juiced
- several ice cubes, optional, but especially important if melon is not chilled
- blueberries, as a garnish, optional
- additional fresh mint leaves, as a garnish, optional

*This makes a pitcher of juice, enough for three large glasses full. Adjust ingredients for a smaller quantity. Also, depending on the size of the melon, not all the melon juice may fit in the blender. Combine with final mixture in a pitcher.*

Place ONE-HALF the cantaloupe pieces and lime juice in a blender.

Juice the remaining cantaloupe in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy.

Optionally, garnish with blueberries and mint to serve.

*The original recipe suggests placing the entire cantaloupe in the blender. Doing so would render a thick sorbet-like mixture, hence the original name. This would be along the lines of softened ice cream.*

## Cherry Nectarine Delight

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2913-2925). Houghton Mifflin Harcourt. Kindle Edition.

- 4 ripe nectarines (or peaches), peeled with pits removed, cut into juicer sized pieces; or about 3 cups of frozen peaches
- 3/4-1 cup cherries, pitted with stems removed, or frozen cherries can be used
- 3 cups grapes, or more as needed
- 2 apples, washed and quartered

Place nectarines and cherries in a blender.

Juice the grapes and apples in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and

creamy.

*Mixture will be very thick. You'll need at least 2 cups of juice to emulsify the cherries and peaches. Drink slowly as this smoothie can cause brain freeze.*

## Chocolate Almond Butter Milkshake

<http://www.rebootwithjoe.com/smart-sweet-chocolate-almond-butter-smoothie/>

- 1 cup apple juice or almond milk
- 1-2 frozen bananas, sliced
- 1 heaping tablespoon cocoa powder
- 1-2 tablespoons almond butter
- dash sea salt
- 3 ice cubes
- additional apple juice or almond milk, as needed, optional

*The original recipe for this called for almond milk, which I didn't have at the time. Instead I used freshly made apple juice. It would seem like an odd combination but it was really delicious with the apple juice. Almond milk does, however, make for a more milkshake like smoothie.*

Combine ingredients in a blender. Blend on high until mixture is smooth and creamy.

*If too thick, add more liquid and press the contents down with a wooden stick to mix.*

Serve in a large glass with a straw.

## Chocolate Cherry Shake

Calbom, Cherie. *The Juice Lady's Healthy Holidays Cookbook*. Pages 36-37

- 1 tablespoons cocoa powder
- 1 cup dark cherries, frozen
- 1 cup coconut milk or almond milk
- 1 teaspoon vanilla extract
- several ice cubes
- 1 frozen banana, sliced, optional

Place all ingredients in a blender and process until smooth.

## Chocolate Cinnamon-Raspberry Smoothie

Originally "Chocolate Cinna-Raspberry Smoothie". <http://www.rebootwithjoe.com/chocolate-cinna-raspberry-smoothie/>

- 1 cup almond milk
- 1-2 frozen bananas, sliced
- 1/4 cup raspberries, fresh or frozen
- 1 cup spinach, washed
- 2 tablespoons cocoa powder
- dash of ground cinnamon

Combine all ingredients in a blender.

Blend until smooth and creamy. Serve with straw.

# Transformations: Vegan Recipes You Can Live By Smoothies

## Chunky Monkey Smoothie

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1212) The Experiment Kindle Edition

- 1 cup almond milk, of apple juice
- 2 medium frozen bananas, sliced
- 1 tablespoon peanut butter
- 1 tablespoon cocoa powder

*While the original recipe calls for almond milk, 1-1 1/2 cups of apple juice will will too. The flavor of mixing cocoa and peanut butter with apple juice actually works pretty well.*

Combine all ingredients in a blender and process until smooth and creamy. Serve immediately.

## Cinnaberry Smoothie

<http://www.rebootwithjoe.com/in-the-reboot-kitchen-cinnaberry-smoothie/>

- 1/2 cantaloupe, peeled and cut into juicer sized pieces
- 1 large carrot, peeled
- 3-4 apples, washed and quartered
- 1/2 cup strawberries, fresh or frozen, hulled and washed if fresh
- 1/2 cup mango, frozen
- 1/2 cup blueberries, frozen
- 1/4 cup raspberries, frozen
- 1 frozen banana, sliced
- dash of ground cinnamon

Process cantaloupe and carrot through an electric juicer. Place almond milk, strawberries, mango, blueberries, raspberries, banana and ground cinnamon in a blender. Add juice and blend until smooth.

Juice the cantaloupe, carrot and apples in an electric juicer.

Add the strawberries, mango, blueberries, raspberries, banana and cinnamon to a blender.

Add the juice to the blender and blend, starting on low, until all the frozen fruit is well chopped. Serve immediately, with a straw.

## Citrus Pineapple

The Big Book of Juices, page 459, by Natalie Savona

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 4 oranges, peeled, and broken into
- 1 lime, peeled
- 2 frozen bananas, sliced

Juice the pineapple, oranges and lime in an electric juicer.

Add juice to blender along with the sliced banana.

Blend until smooth. Serve immediately.

*Makes 2 large glasses of juice.*

## Cocobeet's Blue Coconut Smoothie

<http://www.rebootwithjoe.com/cocobeet-blue-coconut-smoothie-recipe/>

- 1 cup blueberries, frozen
- 1/2 teaspoon chia seeds
- 16 ounces almond milk
- 1/2 tablespoon coconut oil, optional
- 1 tablespoon shredded coconut
- 1 tablespoon almond butter, or peanut butter

*A most interesting beverage. Blueberries and nut butter makes for a very interesting flavor. The coconut oil does not have to be melted.*

Place blueberries, chia seeds, almond milk, coconut, coconut oil and almond butter in a blender. Blend until smooth to serve.

## Coconut-Apricot Smoothie

<http://media.mercola.com/assets/pdf/ebook/raw-food-ebook.pdf>, page 29.

- 1 cup coconut milk
- 1 cup almond milk
- 2 cups peaches, frozen
- 2 kiwi fruits, peeled and quartered

*The original recipe called for apricots. Peaches are a relative second. If you have apricots, peel, pit and freeze two cups for this recipe.*

*When making this, the end result was way to thick to drink with only coconut milk. I added the cup of almond milk, to thin it, and even with that it still turned out to be very thick.*

Place ingredients in a blender. Blend until smooth to serve.

## Cold Busting Berry Smoothie

<http://www.rebootwithjoe.com/cold-busting-berry-smoothie/>

- 1/2 cup blackberries, frozen
- 1/2 cup cherries, frozen
- 1/2 cup raspberries, frozen
- 1 cup almond milk
- 1 orange, juiced
- 1 tablespoon blueberries, frozen
- 1 frozen banana, sliced

*On a scale of 1-5, I'll give this one a 10. It's ABSOLUTELY delicious.*

Place blackberries, cherries, raspberries, almond milk, orange and blueberries in a blender. Blend until smooth to serve.

# Transformations: Vegan Recipes You Can Live By Smoothies

## Collard Orange Pineapple Smoothie

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2766-2785). Houghton Mifflin Harcourt. Kindle Edition.

- 6 oranges, juiced
- 2 handfuls of collard or mustard greens, washed
- 1/2 large pineapple, peeled and cut into juicer sized pieces
- 3 frozen bananas, sliced
- dash ground cinnamon

*Makes 2 very large smoothies.*

Place bananas and cinnamon in a blender.

Juice the greens, oranges and pineapple in an electric juicer.

Combine juice with bananas and blend until smooth and creamy.

## Cool 'n' Pale 1

"The Big Book of Juices", page 302, by Natalie Savona.

- several ice cubes, optional
- 2 frozen bananas, sliced
- 1 teaspoon ground cinnamon
- 1 cucumber, peeled
- 2 apples, washed and quartered

*Originally specified as a fruit juice, it wasn't that great when I made it as such. Beyond the apples and cucumber, I added the rest of these ingredients to make it into a smoothie, which works considerably better.*

Place the ice, optional, bananas and ground cinnamon in a blender.

Juice cucumber and apples in an electric juicer.

Add this juice to the blender. Blend until smooth and creamy and serve.

## Cranapple Crush

The Big Book of Juices, page 489, by Natalie Savona

- 1 cup raspberries, frozen
- 1/2 cup cranberries, frozen
- 2 frozen bananas, sliced
- 4 apples, washed and quartered
- 2 lemons, peeled, peeled

*Following the basic recipe, I tweak it considerably by adding the optional ingredients indicated. Makes two large smoothies.*

Place raspberries, cranberries and bananas, if used, into a blender.

Juice the apples and lemon.

*Adding the lemons makes this juice tart. It's still quite*

*delicious but, because of the cranberries, too, it makes it quite tart.*

Add the juice to the blender. Blend until smooth. Serve immediately.

## Cranberry Pineapple Pear Peach Smoothie

- 1 cup cranberries, frozen
- 1/2 pineapple, trimmed and cut into juicer-sized pieces
- 1 cup peaches, frozen
- 1 frozen banana, sliced
- 1 pear, peeled, cored and diced
- 2 lemons, peeled, optional

*Makes two good sized smoothies. The lemon is need to keep the smoothie from being too sweet.*

Add cranberries, peaches and banana to a blender.

Juice the pineapple, pear and lemons, if used, in an electric juicer.

Add juice to to blender. Blend until smooth an creamy to serve.

## Creamy Coconut Citrus Smoothie

<http://www.rebootwithjoe.com/creamy-coconut-citrus-smoothie-recipe/>

- 1 orange, halved
- 1 yellow grapefruit, halved
- 1 lemon, halved
- 1 lime, halved
- 1 cup coconut milk
- 1/2 inch piece of ginger root, peeled and minced
- 1-3 frozen bananas, sliced
- 1/2 cup ice, optional

*Absolutely creamy, smooth and delicious! Makes 1 large oversized smoothie.*

Juice orange, grapefruit, lemon and lime in a citrus juicer.

Add juice to a blender. Add coconut milk, bananas and ice, if using.

Blend until smooth and creamy. Serve with a straw.

## Creamy Orange Dream

The Big Book of Juices, page 497, by Natalie Savona

- 1 cup peaches, frozen
- 1/1 cup mango, frozen
- 1 orange, peeled and broken into sections, with seeds removed if necessary
- 1 cup orange juice

*Absolutely delicious. Smoothies don't get any better than this!*

# Transformations: Vegan Recipes You Can Live By Smoothies

Place peaches, mango and orange segments into a blender.

Add orange juice to a blender. Blend until smooth. Serve immediately.

## Creamy Peanut Butter and Jam Smoothie

<http://www.rebootwithjoe.com/creamy-peanut-butter-jam-smoothie/>

- 1/2 cup strawberries, frozen
- 1/2 cup raspberries, frozen
- 1 tablespoon natural peanut or almond butter
- 1/2-1 frozen banana, sliced
- 1 cup almond milk or fruit juice
- 1 cup ice
- 1 teaspoon maple syrup or honey, optional

*This makes a very thick but delicious smoothie. Drink, sip or spoon it, slowly as its very cold and can cause brain freeze.*

Place strawberries, raspberries, peanut or almond butter, banana, almond milk or juice, ice and maple syrup or honey in a blender.

Add more almond milk or juice it two thick and reblend. Blend until smooth to serve.

## Dr. M. Green Smoothie

- 2 bananas, fresh or frozen, sliced
- 4 oranges, halved
- any leftover orange pulp left in the citrus juicer
- a few ice cubes

*Named after my new found doctor, Dr. Matthew Green DO. It's pure and simple, like Dr. Green's medical practice model.*

Place the bananas in the blender.

Juice the oranges in a citrus juicer. Add the juice plus any left over pulp in the juice and a few ice cubes to the blender.

Blend until smooth and creamy. Makes one delicious large glass of juice.

## Easy Morning Mash

The Big Book of Juices, page 427, by Natalie Savona

- 2 frozen bananas, sliced
- 1 pear, peeled, cored and sliced
- 1 orange, peeled and sectioned, with seeds removed if necessary
- 1 cup apple juice
- additional apple juice, as needed, optional

Add bananas, pears and orange pieces to a blender.

Juice apples and add juice to blender. Blend until smooth and creamy.

If too thick, add more apple juice and blend until desired consistency is achieved.

## Ecstatic Banana Cherry Smoothie

- 3 medium to large frozen banana, sliced
- 2 cups cherries, thawed
- 5 apples, washed and quartered
- 1 cup pineapple, peeled and cut into juicer sized pieces

*The original recipe called for 5 bananas plus the cherries. That was over kill. I changed it to 3 and added considerably more apple juice than originally indicated, plus the pineapple.*

Place the bananas and cherries into a blender.

Juice the apples and pineapple in an electric juicer.

Combine with bananas and cherries and blend until smooth.

Makes 2 large smoothies.

## Emmale's Pineapple and Papaya Extravaganza

- 1/2 cup pineapple, peeled and diced
- 1/2 cup Mexican papaya, peeled and diced
- 1 inch slice honeydew melon, peeled and diced with seeds removed
- 2 frozen banana, sliced
- 3 oranges, halved

*This is another smoothie that I invented on the spur of the moment. It was made from a fruit salad Emmale made consisting of diced pineapple and Mexican papaya, which is in and of itself delicious. It makes one large smoothie.*

Add pineapple, papaya, melon, and bananas to a blender.

Juice the oranges and add the juice to the blender.

Blend until smooth and creamy. Serve immediately.

## Eve's Delight

The Big Book of Juices, page 439, by Natalie Savona

- 1 cup mango, frozenw
- 2 apples, peeled, cored and sliced
- 3 apples, washed and quartered
- additional apple juice, if needed, optional

Add mango and apples to blender.

Juice apples in an electric juicer.

Blend until smooth and creamy.

If too thick, add more apple juice and blend until desired consistency is achieved.

# Transformations: Vegan Recipes You Can Live By Smoothies

## Festive Spice Holiday Smoothie

Originally, "Festive Spice Holiday Smoothie Recipe". [http://kimberlysnyder.com/blog/2016/12/18/festive-spice-holiday-smoothie-recipe/?utm\\_medium=email%20&utm\\_source=ksblog&utm\\_campaign=festiveholidaysmoothie](http://kimberlysnyder.com/blog/2016/12/18/festive-spice-holiday-smoothie-recipe/?utm_medium=email%20&utm_source=ksblog&utm_campaign=festiveholidaysmoothie)

- 1 cup coconut milk
- 1/3 cup cranberries, frozen or fresh
- 1/2 cup raspberries, frozen
- 1 cup spinach leaves, washed
- 1 frozen banana, sliced
- 2 dates, optional
- 4 oranges, halved
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- pinch of ground cloves

*The original recipe called for filtered water. I changed it to coconut milk, which I personally think makes for a much richer smoothie blend. I also added 4 oranges as there was not enough liquid for the juice to blend properly.*

Add all ingredients to blender.

Juice oranges in a citrus juicer and add to blender. Blend on low and gradually increasing until fully blended.

Serve immediately.

## Fizzy Berry Crush

The Big Book of Juices, page 657, by Natalie Savona

- 2 cups frozen strawberries
- 2 cups frozen blueberries
- 4 oranges, halved
- 1 lemon, halved
- 2 cups sparkling mineral water, chilled

*A cut about the normal juice in that this includes sparkling water. Make sure it's sparkling water not to be confused with carbonated or seltzer water, which contains phosphoric acid.*

Place the strawberries and blueberries in a blender.

Juice oranges and lemons. Add citrus juice and 2 cups of sparkling water to blender. (The blender will be almost full.)

Blend until berries are well crushed

*Makes two or more glasses of delicious 'fizzy' juice.*

## Fruit Flip

- 1 cup peaches, thawed if frozen
- 1 cup orange or apple juice, or almond milk
- 1-2 bananas, frozen and sliced
- several ice cubes, optional
- 1 tablepoon almond extract

- fresh mint, as a garnish, optional

Combine all ingredients, except mint, in a blender.

Blend on high until frothy.

Garnish with mint to serve.

## Globe Trotter

The Big Book of Juices, page 477, by Natalie Savona

- 1 cup papaya, peeled and cut into juicer sized pieces, with seeds removed
- 2 kiwi fruit, peeled
- 1 pear, peeled, cored and sliced
- 1 cup apple juice
- several ice cubes or a frozen banana, sliced, optional

Place papaya, kiwi fruit and, optionally, ice or frozen banana, into a blender.

Juice the pear and apples blender.

Combine juice in blender. Blend until smooth. Serve immediately.

## Granny Eat Your Strawberries!

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days-Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Locations 2721-2723). Houghton Mifflin Harcourt. Kindle Edition.

- 10-12 strawberries, hulled and washed
- 2 frozen bananas, sliced
- 1 small to medium head butter lettuce, washed
- 3-4 granny Smith apples, washed and quartered

*When I made this I used a entire lettuce plant from my garden. Admittedly, the juice ended up a bit on the bitter side, but that may have been because I just the lettuce stem and all. Juice the lettuce a little at a time, to prevent jamming, as it is actually rather tough to get through the juicer. Makes two large glasses of juice.*

Place strawberries and bananas in a blender.

Alternately juice lettuce and apples in an in an electric juicer.

Combine the juice with the solid produce in the blender. Blend until smooth and creamy. Serve immediately.

## Grapefruit Lime Orange Tangerine Strawberry Banana

- 1 pink grapefruit, peeled
- 1 yellow grapefruit, peeled
- 1 lime, peeled
- 4-5 oranges, peeled
- 1 apple, washed and quartered
- 3 tangerines or oranges, peeled
- 1 1/2 cups strawberries, frozen

# Transformations: Vegan Recipes You Can Live By Smoothies

- 2-3 frozen bananas, sliced

Juice citrus and apple in an electric juicer.

Place strawberries and bananas in a blender.

Add citrus juice mixture and blend until smooth to serve.

## Grapefruit, Cranberry, Orange and Pineapple Smoothie

- 1/2 cup cranberries, frozen
- 1/2 cup mango, frozen
- 2 frozen banana, sliced
- 1 grapefruit, peeled
- 2-3 oranges, peeled
- 1 inch slice of pineapple, trimmed and cut into juicer-sized pieces

*Absolutely delicious though a little thick.*

Place cranberries, mango and bananas in a blender.

Juice grapefruit, oranges and pineapple in an electric juicer. Add prepared juice to blender.

Blend on high until smooth to serve.

## Great Juicy Mixture

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 47). Encore Publishing. Kindle Edition.

- several ice cubes or frozen slices of cucumber, optional
- 2 frozen bananas, sliced
- up to 1 large pineapple, peeled and cut into juicer sized pieces
- 1-2 carrots, peeled
- 2 inch piece of ginger root, peeled

Add ice, if used, and bananas to a blender.

Juice the pineapple, carrot and ginger in an electric juicer. Add juice to blender and blend until smooth and creamy to serve.

## Great Tasting Green Drink

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 49). Encore Publishing. Kindle Edition.

- 1 cup frozen strawberries, washed and hulled
- 1 handful Swiss chard, washed
- 1 lemon, peeled
- 1 apple, washed and quartered
- 1 pear, washed and quartered

Place strawberries and chard in a blender.

Juice the lemon, apple and pear in an electric juicer. Add the juice to blender and blend until berries and

chard are well chopped. Serve immediately.

*This juice is great for kids and they will love it. It is sweet and delicious yet very nutritious. This juice is packed with vitamin C and K and it has calcium for bones and fibre for digestion.*

## Green Banana Too

The Big Book of Juices, page 416, by Natalie Savona

- 2 frozen bananas, sliced
- 2 kiwi fruit, sliced
- 1 cup grapes, stemmed and washed
- 1 cup apple juice
- additional apple juice, if needed, optional

Place bananas and kiwi fruit in a blender.

Juice grapes and apples in an electric juicer.

Add juice to blender. Blend until smooth. Serve immediately.

## Green Juice with Cinnamon

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (p. 37). Encore Publishing. Kindle Edition.

- 1 tablespoon ground cinnamon
- 1 1/2 cups coconut milk
- 1 frozen banana, sliced
- 1 cup ice
- 1 cup kale, washed
- 2 cups spinach, washed
- 3 stalks celery, washed
- 1-2 cups orange juice

More of a smoothie than a juice, I changed coconut water to coconut milk and added orange juice.

Place the cinnamon, coconut milk, banana and ice in a blender.

If available, juice the kale and spinach in a wheatgrass or cold press juicer. Otherwise add kale and spinach directly to blender.

Juice the celery in an in an electric juicer.

Add green juice, if made, and orange juice to blender. Blend until ice is well crushed to serve.

*This juice is high in antioxidants that help to keep us rejuvenated and alive. Using cinnamon to this recipe can also help to cleanse our blood and empower the effects in concentration and alertness.*

## Green Velvet Smoothie

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 96) Page Street Publishing Kindle Edition

- 3-4 large kale leaves, washed
- 1 apple, washed and halved

# Transformations: Vegan Recipes You Can Live By Smoothies

- 1 frozen banana, sliced
- 2 dates, pitted and minced
- 1 tablespoon chia seeds
- 1 tablespoon peanut butter (or almond butter)
- 1 cup almond milk
- raspberries, thawed, optional
- blueberries, thawed, optional
- almonds, sliced, optional

Juice the kale and apple in an electric juicer.

Add juice to blender along with the dates, chia seeds, nut butter and almond milk. Blend until smooth and creamy.

To serve, pour into a large glass and optionally top with raspberries, blueberries and almonds.

## Green for Life Smoothie

<http://www.rawfamily.com/portfolio/green-for-life-smoothie>

- 1/2 avocado, peeled and pitted
- 3 kiwi fruits, peeled
- 2 cups spinach, washed
- 2 granny smith apples, washed and quartered
- 1 cup filtered water
- several ice cubes, optional

Place the avocado, kiwi fruits and spinach into a blender, preferably along the lines of a Vita-Mix blender.

Juice the apples in an electric juicer.

Add the apple juice, water and ice, if used, to the avocado, kiwi fruit and spinach. Blend until spinach and kiwi fruit is well chopped. Serve immediately.

*According to the author, this recipe makes about 1 quart of smoothie, which is substantial.*

## Heaven Scent

The Big Book of Juices, page 475, by Natalie Savona

- 1 cup papaya, peeled and cut into juicer sized pieces, with seeds removed
- 1 grapefruit, peeled, broken into sections, with seeds removed as necessary
- 1 cup raspberries, frozen
- 1 lime, juiced
- 1 cup grapefruit juice

Place papaya, grapefruit pieces and raspberries into a blender.

Add lime and grapefruit juice to blender. Blend until smooth. Serve immediately.

## Hide-the-Spinach Tropical Smoothie

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Locations 2707-2712). Houghton Mifflin Harcourt.

Kindle Edition.

- 1 cup spinach, washed
- 4-5 leaves fresh mint, washed
- 1/2 to 1 cup blueberries, frozen
- 1 granny Smith apple, peeled, quartered and seeded
- 1 frozen banana, sliced
- 1 inch slice fresh pineapple, peeled and cut into juicer sized pieces
- 1 orange, peeled

Place spinach, mint, blueberries, apple and banana in a blender.

Juice the pineapple, orange in an in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy. Serve immediately.

## Honey Dew Be Mine: Cantaloupe Version

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2854-2879). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 honeydew melon, peeled, seeded and cut into juicer sized chunks
- 1/2 cantaloupe, peeled, seeded and cut into juicer sized chunks

Place ONE-HALF of honeydew and cantaloupe in a blender.

Juice the remaining melons in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy.

## Honey Dew Be Mine: Cucumber Version

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2854-2879). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 honeydew melon, peeled, seeded and cut into juicer sized chunks
- 1 cucumber, peeled

Place honeydew melon in a blender.

Juice the cucumber in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy.

## Honey Dew Be Mine: Grape Version

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2854-2879). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 honeydew melon, peeled, seeded and cut into juicer sized chunks
- 2 cups grapes, stemmed and washed

# Transformations: Vegan Recipes You Can Live By Smoothies

Place honeydew melon in a blender.

Juice the grapes in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy.

## Honey Dew Be Mine: Nectarine Version

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2854-2879). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 honeydew melon, peeled, seeded and cut into juicer sized chunks
- 3 nectarines (or peaches), peeled, with pit removed, and cut into chunks.

Place ONE-HALF of honeydew melon and nectarine or peach pieces in a blender.

Juice the remaining melon in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy.

*Nectarines and peaches need to be blended. As with bananas and strawberries, they do not juice well in an electric juicer.*

## Honey Dew Be Mine: Pineapple Version

Carrillo-Bucaram, Kristina. The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes (Kindle Location 2854-2879). Houghton Mifflin Harcourt. Kindle Edition.

- 1/2 honeydew melon, peeled, seeded and cut into juicer sized chunks
- 1/2 large pineapple, peeled and cut into juicer sized pieces

Place honeydew melon in a blender.

Juice the pineapple in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy.

## Identity Crisis

The Big Book of Juices, page 473, by Natalie Savona

- 1 cup papaya, peeled and cut into juicer sized pieces, with seeds removed
- 3 tangerines or oranges, peeled, broken into sections, with seeds removed as necessary
- 1 cup orange juice

Place papaya and tangerines or oranges into a blender.

Add juice to blender. Blend until smooth. Serve immediately.

## Kiwi Apple Juice

Tyler, Daniel. 30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting (pp. 45-46). Encore Publishing. Kindle Edition.

- 3 large kiwi fruit, sliced
- 1-2 cups apple juice
- several ice cubes, optional

Place the kiwi fruit, apple juice and ice, if used, and blend until kiwi fruit is emulsified. Serve immediately.

*This juice is high in vitamin C. It can boost your immunity, improves digestion, helps weight loss, and fights bad cholesterol. It can also help to have a beautiful skin plus it is rich in antioxidants. This juice can help you to regulate blood sugar, guards your body from colds, can prevent constipation.*

## Kiwi Cantaloupe Smoothie

- 1/4 cantaloupe, peeled
- 1 kiwi fruit, peeled
- 1 frozen banana, sliced

Juice cantaloupe in an electric juicer.

Place kiwi fruit and bananas in a blender. Add cantaloupe juice.

Blend until smooth to serve.

## Kiwi-Strawberry

<http://media.mercola.com/assets/pdf/ebook/raw-food-ebook.pdf>, page 21.

- 1 cup coconut milk
- 2 kiwi fruit, peeled, optionally frozen
- 1 1/2 cups strawberries, frozen
- 2 tablespoons grated coconut
- 1/4 teaspoon almond extract

Place ingredients in a blender. Blend until smooth to serve.

## Mango Blues

The Big Book of Juices, page 454, by Natalie Savona

- 1 cup mango, frozen
- 1 blueberries, frozen
- 1 lime, juiced
- 1 cup apple juice

Place mangos and blueberries to a blender.

Add lime and apple juice to blender. Blend until smooth. Serve immediately.

## Mango Crush

The Big Book of Juices, page 440, by Natalie Savona

- 1 cup mango, frozen
- 2 oranges, peeled and sectioned, with seeds removed if necessary

# Transformations: Vegan Recipes You Can Live By Smoothies

- 1 lime, juiced
- 1 cup apple juice
- additional apple juice, if needed, optional

Add mango and orange pieces to blender.

Add apple and lime juice to blender. Blend until smooth and creamy.

If too thick, add more apple juice and blend until desired consistency is achieved.

## Mango Ice Smoothie

- 1 cup mango, frozen
- 1 frozen banana, sliced
- 1/2 cup almond milk
- 1/2 cup ice

Place frozen mango, banana, almond milk and ice in a blender.

Blend until smooth to serve.

## Mango Vanilla Nectar

- 2 cups mango, frozen
- 1 cup orange juice

Combine orange juice and mango in a blender.

Blend until smooth to serve.

## Mango Zingo

The Big Book of Juices, page 447, by Natalie Savona

- 1 cup mangos, frozen
- 1 grapefruit, peeled
- 1/2 inch piece of ginger root, peeled
- 3 apples, washed and quartered

Place mangos in a blender.

Juice grapefruit, ginger root and apples.

Add juice to blender. Blend until smooth. Serve immediately.

## Mango, Cantaloupe and Pineapple Smoothie

- 1/2 cup cantaloupe, peeled and cut into juicer sized pieces
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1/2 cup mango, frozen
- 1 tablespoons pumpkin seeds
- 1/4-1/2 cup almond milk

Process cantaloupe and pineapple through an electric juicer.

Place frozen mango, pumpkin seeds and in a blender.

Add juice and blend until smooth to serve.

## Mean Green Smoothie

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1174) The Experiment Kindle Edition

- 1 cup almond milk
- 1 cup frozen berries
- 1 frozen banana
- 2 cups kale, washed, with ribs removed and coarsely chopped, or 2 cups of spinach, washed and packed
- 1/2 cup pitted dates, optional

Combine the almond milk, berries, banana and kale (or spinach) in a blender until smooth and creamy.

*Optionally, add the pitted dates. The dates will be difficult to chop and will leave a chunky texture, but are okay if the 'chunkiness' isn't an issue.*

Serve immediately.

## Mellow Bite

The Big Book of Juices, page 434, by Natalie Savona

- 2 frozen bananas, sliced
- 1/2 melon, peeled and diced
- 1 cup apple juice
- 1 lime, juiced
- additional apple juice, if needed, optional

Add bananas and melon to blender.

Add apple and lime juice to blender. Blend until smooth and creamy.

If too thick, add more apple juice and blend until desired consistency is achieved.

## Melon Shake

Originally "In the Reboot Kitchen: The Melon Shake". <http://www.rebootwithjoe.com/melon-smoothie/>

- 1 cup cantaloupe, peeled and cut into juicer sized pieces
- 1 frozen banana, sliced
- 1/2 cup coconut milk
- 1/2 cup ice

Place cantaloupe, banana, coconut milk and ice in a blender.

Blend until smooth to serve.

## Mint Chocolate Protein Shake

<http://www.rebootwithjoe.com/mint-chocolate-protein-shake/>

- 1 cup almond milk or coconut milk
- 1 tablespoon cocoa powder
- 1 tablespoon cacao nibs (for a crunchy texture)
- 2 drops of peppermint oil
- 1 cup spinach, washed
- 1-2 dates, coarsely chopped

# Transformations: Vegan Recipes You Can Live By Smoothies

- 1/2 cup ice

Combine ingredients in a blender.

Blend until smooth and creamy. Serve with a straw.

## Mint Pineapple Banana Apple Smoothie

- 2 cups mint tea
- 4-5 inch slice of pineapple, peeled and cut into juicer sized pieces
- 1 frozen banana, sliced
- 2 apples
- ice cubes

Make peppermint tea.

Place about 3 cups of diced pineapple and banana in a blender.

Juice remaining pineapple and apples with an electric juicer. Add pineapple and apple juice to blender.

Blend until smooth.

In a funnel, pour tea over ice cubes into blender. Blend to combine and serve.

## Minty Fresh Berry Juice

Originally "Minty Fresh Berry – Juice". <http://www.rebootwithjoe.com/minty-fresh-berry/>

- 2 cups blueberries, fresh or frozen, thawed if frozen
- 2 kiwi fruit, peeled and sliced
- 16 strawberries, frozen
- 2 cups fresh mint, packed
- filtered water
- ice cubes, optional

Add blueberries, kiwi fruit, strawberries and mint leaves to a blender.

Add filtered water and blend until smooth. Add water and ice, sufficient to liquify mixture.

Blend until smooth and creamy to serve.

## Nectargo

The Big Book of Juices, page 453, by Natalie Savona

- 1 cup frozen mango
- 2 nectarines or peaches, pitted and diced, or 1 cup frozen peaches
- 1 orange, peeled and broken into segments, with seeds removed if necessary
- 1 cup orange juice

Place mangos and nectarines or peaches, and orange segments to a blender.

Add orange juice to blender. Blend until smooth. Serve immediately.

## Orange Banana Flip

A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 11.

- 4 cups orange juice
- 2-3 frozen banana, sliced
- several ice cubes, optional

Combine ingredients in a blender.

Blend until smooth to serve.

## Orange Delight

Originally "In the Reboot Kitchen: Orange Delight". <http://www.rebootwithjoe.com/in-the-reboot-kitchen-orange-delight/>

- 1 cup orange juice
- 1 cup apple juice
- 1-2 frozen banana, sliced
- 1 teaspoon honey
- dash ground cinnamon
- several ice cubes, optional
- 3 oranges, peeled

Combine ingredients in a blender.

Blend on high until frothy to serve.

## Orange Lime Mint Pineapple Smoothie

- 1 lime, juiced
- 1 lime ice cubes, optional
- 1 inch slice of pineapple, peeled and cut into juicer sized pieces
- 6 leaves fresh mint
- a second inch piece of pineapple, peeled and cut into juicer sized pieces
- 1 frozen banana, sliced
- 1+ orange juice, as more as needed

Combine ice, pineapple, mint, rest of pineapple, banana and orange juice to a blender.

Add lime juice. Blend until smooth to serve.

## Orange Peaches

The Big Book of Juices, page 498, by Natalie Savona

- 1 cup peaches, frozen
- 1 cup papaya, peeled and cut into juicer sized pieces, with seeds removed
- 1/2 lime, juiced
- 1 cup orange juice

Place peaches and papaya into a blender.

Add lime and orange juice to a blender. Blend until smooth. Serve immediately.

## Orange, Banana and Lemon Smoothie

- 1 lemon, halved
- 2 frozen banana, sliced

# Transformations: Vegan Recipes You Can Live By Smoothies

- 4 cups orange juice

Juice lemon in a citrus juicer.

Add bananas to a blender. Pour in orange and lemon juice.

Blend until smooth to serve.

## Oranges, Mango and Strawberries

- 3 oranges, halved
- 1 cup mango, frozen
- 1 cup strawberries, frozen

Juice oranges in a citrus juicer.

Add orange juice, mangos and strawberries to a blender. Blend on high until smooth. Serve immediately.

## Panama

The Big Book of Juices, page 492, by Natalie Savona

- 1 cup peaches, frozen
- 2 frozen bananas, sliced
- 1 cup apple juice

Place peaches and bananas into a blender.

Add apple juice to a blender. Blend until smooth. Serve immediately.

## Papaya Colada

[http://www.rebootwithjoe.com/papaya-colada/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3AJointhereboot%2Fu0Br+%28Reboot+With+Joe%29](http://www.rebootwithjoe.com/papaya-colada/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3AJointhereboot%2Fu0Br+%28Reboot+With+Joe%29)

- 1 inch slice of pineapple, peeled and cut into cubes
- 1 frozen banana, sliced
- 1/4 Mexican papaya, peeled and seeded
- 1/2 cup ice cubes
- 1/2 cup orange juice or almond milk
- 1/2 cup coconut milk
- 1 tablespoon shredded coconut
- 2 teaspoon chia seeds

Combine ingredients in the order indicated in a blender.

*One cup of coconut milk can be used instead of orange juice or almond milk and coconut milk. The main concern is to provide enough liquid for the solids to be properly emulsified.*

Blend until smooth and creamy. Serve immediately.

## Papaya Powered Smoothie

<http://www.rebootwithjoe.com/papaya-superfood-smoothie-recipe/>

- 1 cup papaya, frozen or fresh, diced
- 1/2 frozen banana, sliced
- 1 cup almond milk
- 1 teaspoon coconut oil, optional

- 1 teaspoon chia seeds
- 1/4 teaspoon ground turmeric
- 1 teaspoon maca root powder, optional
- 1 cup ice

Place papaya, banana, almond milk, coconut oil, chia seeds, turmeric, maca powder and ice in a blender.

Blend until smooth to serve.

## Papaya Pure

The Big Book of Juices, page 471, by Natalie Savona

- 2 cups papaya, peeled and cut into juicer sized pieces, with seeds removed
- 1 lime, juiced
- 1 cup apple juice

Place papaya into a blender.

Add juice to blender. Blend until smooth. Serve immediately.

## Papaya Salad (Smoothie)

The Big Book of Juices, page 472, by Natalie Savona

- 1 cup papaya, peeled and cut into juicer sized pieces
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 frozen banana, sliced
- 1 slice watermelon, peeled and cut into juicer sized pieces
- 1 cup pineapple, peeled and cut into juicer sized pieces

Place papaya, pineapple and banana into a blender.

Juice watermelon and pineapple including core in an electric juicer

Add juice to blender. Blend until smooth. Serve immediately.

## Pastel Perfect

The Big Book of Juices, page 463, by Natalie Savona

- 1/2 pineapple, peeled and diced with core removed
- 3 kiwi fruit, peeled and sliced
- 1 cup pineapple, including core

Place diced pineapple and kiwi fruit into a blender.

Juice the pineapple in an electric juicer.

Add juice to blender. Blend until smooth. Serve immediately.

## Paw Paw Freezie

The Big Book of Juices, page 644, by Natalie Savona

- 1/4 Mexican papaya, peeled and cut into juicer sized pieces

# Transformations: Vegan Recipes You Can Live By

## Smoothies

- 1/2 pineapple, peeled, cored and diced
- 1 lime, juiced
- 1/2 inch piece of ginger root, peeled
- 1 cup pineapple, peeled and cut into juicer sized pieces
- 6-10 ice cubes

*For the record, this is not made with paw paw fruit, though logically you'd think so.*

Add pineapple pieces to a blender.

Juice ginger root and pineapple in an electric juicer.

Add juice to blender with ice. Blend until ice is well crushed. Serve immediately.

### Peach Melba

The Big Book of Juices, page 494, by Natalie Savona

- 1 cup peaches, frozen
- 1 frozen banana, sliced
- 1/2 cup raspberries, frozen
- 1 cup apple juice

Place peaches, banana and raspberries into a blender.

Add apple juice to a blender. Blend until smooth. Serve immediately.

### Peaches and Cream 1

Originally "Peaches & Cream". <http://www.rebootwithjoe.com/peaches-cream-smoothie-recipe/>

- 1 large peach, fresh or frozen, peeled, pitted and quartered if fresh
- 1 frozen banana, sliced
- 2 teaspoon chia seeds
- 1 cup coconut milk
- 1 cup ice

Place peach, frozen, chia seeds, coconut milk and ice in a blender.

Blend until smooth to serve.

### Peaches 'n' Dream

The Big Book of Juices, page 433, by Natalie Savona

- 2 frozen banana, sliced
- 1/2 cup peaches, frozen
- 2 oranges, peeled and sectioned, with seeds removed if necessary
- 1 cup orange juice
- additional orange juice, if needed, optional

Add bananas, peaches and oranges to a blender.

Add orange juice to blender. Blend until smooth and creamy.

If too thick, add more orange juice and blend until

desired consistency is achieved.

### Peaches 'n Cream Smoothie

<http://www.rebootwithjoe.com/peaches-and-cream-smoothie/>

- 1 peach, peeled, pitted and quartered
- 1 frozen banana, sliced
- 1 tablespoon chia seeds
- 1 cup coconut milk
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon honey, optional
- ice, as needed

Place peach, banana, chia seeds, coconut milk, cinnamon, vanilla extract, honey and ice in a blender.

Blend until smooth to serve.

### Peachy Strawbs

The Big Book of Juices, page 481, by Natalie Savona

- 2 cups strawberries, fresh or frozen, hulled and washed if fresh
- 1 cup peaches or nectarines, frozen or fresh, peeled, pitted and sliced in fresh
- 1 cup orange juice

Place strawberries peaches or nectarines into a blender.

Add orange juice to a blender. Blend until smooth. Serve immediately.

### Pear Pie Juice

The Big BookOriginally "You Pick: Peach or Pear Pie Juice". <http://www.rebootwithjoe.com/you-pick-peach-or-pear-pie-juice/>

- 1 sweet potato, peeled and cut into juicer sized pieces
- 2 pears, washed and quartered
- 1 apple, washed and quartered
- 1 1/3 cups blueberries, frozen
- dash of ground cinnamon

Alternately, juice sweet potato, pears and apples in an electric juicer.

Add juice to a blend with blueberries and cinnamon. Blend until blueberries are well crushed. Serve immediately.

### Pina Colada Smoothie

<http://www.rebootwithjoe.com/in-the-reboot-kitchen-pina-colada/>

- 1/4 pineapple, peeled and cut into juicer sized pieces
- 1 frozen banana, sliced
- 1 cup almond milk or coconut milk
- 1/2 cup ice
- 1/2 teaspoon vanilla extract
- 1 tablespoon honey

# Transformations: Vegan Recipes You Can Live By Smoothies

- 1/2 teaspoon ground cinnamon

Juice pineapple. Place banana, almond milk, ice, vanilla extract, honey and cinnamon in a blender.

Add juice and blend until smooth to serve.

## **Pineapple Grapefruit Lime Orange Strawberry Banana**

- 1/2 pineapple, peeled and cut into juicer sized pieces
- 1 grapefruit, peeled
- 1 lime, peeled
- 3 oranges, peeled
- 1/2 cup strawberries, frozen
- 1-2 frozen bananas, sliced

Juice pineapple, grapefruit, lime and oranges. Combine pineapple, citrus juice, strawberries, and banana in a blender.

Blend until smooth to serve.

## **Pineapple Zing**

The Big Book of Juices, page 460, by Natalie Savona

- 1/2 pineapple, peeled and diced with core removed
- 1 grapefruit, peeled and halved
- 4-6 ice cubes
- 1/2 inch piece of ginger root, peeled
- 1 cup pineapple, peeled and cut into juicer sized pieces

Place diced pineapple and ice into a blender.

Juice grapefruit, ginger root and pineapple in an electric juicer.

Add juice to blender. Blend until smooth. Serve immediately.

## **Pineberry**

The Big Book of Juices, page 466, by Natalie Savona

- 1/2 pineapple, peeled and diced with core removed
- 1 cranberries, frozen
- 1 cup strawberries, fresh or frozen, hulled and washed if fresh
- 1 cup pineapple, peeled and cut into juicer sized pieces

Place diced pineapple, cranberries, and strawberries into a blender.

Juice pineapple and core in an electric juicer.

Add juice to blender. Blend until smooth. Serve immediately.

## **Pink Banana**

The Big Book of Juices, page 413, by Natalie Savona

- 2 frozen bananas, sliced
- 8 strawberries, fresh or frozen
- 1 cup apple juice
- additional apple juice, if needed, optional

Combine bananas, strawberries and apple juice in a blender. Blend until smooth.

Add additional apple juice to create a smooth texture as needed. Serve immediately.

## **Pink Berry Crush**

The Big Book of Juices, page 483, by Natalie Savona

- 1 cup raspberries, frozen
- 1 cup strawberries, frozen
- 1 orange, peeled and broken into sections, with seeds removed if necessary
- 3-4 leaves fresh mint
- 1 cup orange juice

From "The Big Book of Juices", page 483, by Natalie Savona.

Place raspberries, strawberries, orange and mint into a blender.

Add orange juice to a blender. Blend until smooth. Serve immediately.

## **Pink Lady**

The Big Book of Juices, page 421, by Natalie Savona

- 2 frozen bananas, sliced
- 1 cup raspberries, frozen
- 1 cup freshly made cranberry juice
- additional freshly made cranberry juice, as needed, optional

Add bananas and raspberries to a blender.

Juice cranberries and add juice to blender. Blend until smooth and creamy.

If too thick, add more cranberry juice and blend until desired consistency is achieved.

## **Pink Panther Smoothie**

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Locations 254-255) Page Street Publishing Kindle Edition

SMOOTHIE

- 1/2 frozen banana
- 1/3 cup cashews
- 1 cup frozen strawberries
- 1/2 cup almond milk
- 1 tablespoon maple syrup

# Transformations: Vegan Recipes You Can Live By Smoothies

## TOPPINGS

- berries, thawed, optional
- almonds, sliced, optional

Blend all the SMOOTHIE ingredients together in a blender on high until smooth and creamy.

Optionally top with TOPPINGS to serve.

### **Pink Peach 2**

The Big Book of Juices, page 501, by Natalie Savona

- 3 peaches or nectarines, fresh or frozen, peeled, pitted and sliced if fresh
- 1 thick slice of melon, peeled and cut into juicer sized pieces
- 1 cup raspberries, thawed if frozen
- 1 cup orange juice

Add peaches or nectarines, melon and raspberries to a blender.

Add orange juice and blend until smooth. Serve immediately.

*You may need to push down the contents initially to get them all to blend with the orange juice.*

### **Pumpkin Pie Smoothie**

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1222) The Experiment Kindle Edition

- 1 cup almond milk
- 1/2 cup pumpkin puree
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- pinch of ground nutmeg

Combine all ingredients in a blender and puree until smooth and creamy. Serve immediately.

### **Purple Passover Juice**

Originally "Meatless Monday: Purple Passover Juice". <http://www.rebootwithjoe.com/purple-passover-juice/>

- 2 cups black or purple grapes, washed and stemmed
- 2 inch pieces of ginger root
- 2 cups blackberries, optionally frozen

Juice grapes and ginger root. Place blackberries in a blender.

Add juice and blend until smooth to serve.

### **Raspberry Ritual Vitality Smoothie**

- 1 cup raspberries, frozen
- 1 1/2 frozen bananas, sliced
- 1/4 cup almond milk
- 3/4 cup orange juice
- 2 tablespoons avocado, peeled and pitted, optional

- pinch of orange zest

Combine ingredients in a blender.

Blend on high until smooth to serve.

### **Red Antioxidant Power Smoothie**

<http://www.rebootwithjoe.com/grape-pomegranate-strawberry-smoothie-recipe/>

- 1/2 pomegranate, peeled
- 1 large handful red grapes, stemmed
- 1 cup coconut milk
- 1/2 cup strawberries, frozen
- 1 frozen banana, sliced
- 1/2 cup ice

Juice pomegranate and red grapes in an electric juicer.

Place coconut milk, strawberries, banana and ice in a blender.

Add juice and blend until smooth to serve.

### **Rich and Creamy Chocolate Peach Smoothie**

<http://www.rebootwithjoe.com/rich-and-creamy-chocolate-peach-smoothie/>

- 1/2 cup blueberries, frozen
- 1 cup peaches, frozen
- 1/3 frozen banana, sliced
- 1 cup spinach, washed
- 8 almonds
- 2 tablespoons cocoa powder
- 1 cup almond milk, or more as necessary

Combine ingredients in a blender.

Blend until smooth and creamy, pushing down contents as necessary to blend.

If necessary, add additional almond milk to achieve desired consistency.

### **Scrum**

The Big Book of Juices, page 469, by Natalie Savona

- 1/2 pineapple, peeled and diced with core removed
- 1 frozen banana, sliced
- 1 cup strawberries, fresh or frozen, hulled and washed if fresh
- 1 cup pineapple or apple juice

Place diced pineapple, banana and strawberries into a blender.

Add juice to blender. Blend until smooth. Serve immediately with a straw.

### **Simple Topical**

The Big Book of Juices, page 443, by Natalie Savona

- 1 cup mangos, frozen
- 1 frozen banana, sliced

# Transformations: Vegan Recipes You Can Live By Smoothies

- 1 cup orange juice

Place mangos and banana in a blender.

Add orange juice. Blend until smooth. Serve immediately.

## Spiced Golden Coconut Milk

<http://www.rebootwithjoe.com/spiced-golden-coconut-milk-recipe/>

- 2 frozen bananas, sliced
- 1 cup coconut milk
- 1 cup ice
- 2-3 tablespoons honey
- 1 tablespoon ground turmeric
- 1 tablespoon ground ginger
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

*The original recipe left a lot of latitude for adjustment with many ingredient possibilities. I added the frozen banana to lend thickness to this recipe and make it into more of a smoothie consistency.*

Combine all ingredients in a blender.

Blend until smooth and creamy.

## Spiced Orange Coconut Chia Smoothie

<http://www.rebootwithjoe.com/orange-spiced-chia-smoothie-recipe/>

- 2 oranges, peeled with any seeds removed, broken into pieces
- 1 teaspoon honey
- 1 cup coconut milk
- 1 cup ice
- 1 teaspoon chia seeds
- 1 inch piece of ginger root, peeled and minced
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- pinch of ground cardamom, optional
- pinch of ground clove, optional
- pinch of ground nutmeg, optional

Combine ingredients in a blender.

Blend until smooth and creamy to serve.

## Spicy Citrus and Cranberry Blast

Originally "Spicy Citrus & Cranberry Blast Recipe". [http://kimberlysnnyder.com/blog/2017/01/22/spicy-citrus-cranberry-blast-recipe/?utm\\_medium=email&utm\\_source=ksblog&utm\\_campaign=](http://kimberlysnnyder.com/blog/2017/01/22/spicy-citrus-cranberry-blast-recipe/?utm_medium=email&utm_source=ksblog&utm_campaign=)

- 1 orange peeled, broken into sections and seeded
- 1 cup cranberry juice, freshly made from thawed cranberries
- 1/4 cup filtered water
- 1-3 frozen bananas, sliced
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- pinch of cayenne pepper

- 1/2-1 teaspoon stevia, or to taste

Add all ingredients to the blender except for the stevia. Starting the blender on a low speed, blend until smooth. If needed gradually increase to higher speeds and blend until smooth.

Gradual add stevia to the blender and blend, adjusting sweetness to desired taste.

*The more banana used the less stevia that will be required.*

## Spicy Pear Smoothie Recipe

[http://kimberlysnnyder.com/blog/2016/11/13/spicy-pear-smoothie-recipe/?utm\\_medium=email&utm\\_source=ksblog&utm\\_campaign=spicypearsmoothie](http://kimberlysnnyder.com/blog/2016/11/13/spicy-pear-smoothie-recipe/?utm_medium=email&utm_source=ksblog&utm_campaign=spicypearsmoothie)

- 2 pears, washed and quartered
- 1 cup coconut water, or coconut milk
- 1/2-1 frozen banana, sliced
- 1/2 teaspoon grated ginger
- 1/4 teaspoon ground cinnamon
- dash of cayenne pepper, optional

*I tweaked this recipe a little juicing the pears in an electric juicer and increasing the banana. I'm not sure about the cayenne pepper.*

Juice the pear in an electric juicer.

Combine all the ingredients in a blender. Blend on high until smooth and creamy.

Serve with a straw.

## Spicy Tropical Green Smoothie

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1183) The Experiment Kindle Edition

- 2 cups spinach, washed and packed
- 1 cup frozen mango
- 4-6 ice cubes
- 1 cup pineapple, peeled and diced
- 1 tangerine, or orange, peeled
- 1 lime, peeled
- 2 apples, washed and quartered

Place spinach, mango and ice cubes in a blender.

Juice the tangerine/orange, lime and apples in an electric juicer.

Add the juice to the blender and blend until spinach is well chopped. Serve immediately.

*The original recipe suggested including 1/4 teaspoon of cayenne pepper—hence the inclusion of "Spicy" in the title—to the finished drink. I don't think so.*

## Strawberry Coconut Avocado Smoothie

<http://www.rebootwithjoe.com/strawberry-coconut-avocado-smoothie/>

- 12 strawberries, fresh or frozen

# Transformations: Vegan Recipes You Can Live By Smoothies

- 1/2 avocado, peeled and pitted
- 2 tablespoon shredded coconut
- 1 1/2 cups almond milk
- 1/2-1 banana, frozen

Place strawberries, avocado, coconut, almond milk and banana in a blender.

Blend until smooth to serve.

## Strawberry Kiwi Smoothie

Originally "Vitamin C Packed Strawberry Kiwi Smoothie". <http://www.rebootwithjoe.com/strawberry-kiwi-smoothie-recipe/>

- 1 1/2 cups coconut milk
- 2 kiwi fruit, peeled
- 1 1/2 cups strawberries, frozen
- 1/2 frozen banana, sliced
- 1/4 avocado, peeled and pitted
- 1 tablespoon lime juice
- 1 tablespoon maple syrup, optional

Place almond milk, kiwi fruit, strawberries, banana, avocado, lime juice and maple syrup in a blender.

Blend until smooth to serve.

## Strawberry Peach Smoothie

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1205) The Experiment Kindle Edition

- 1/2 cup frozen strawberries
- 1/2 cup frozen peaches
- 1 1/2 cups almond milk

Combine all ingredients in a blender and process until smooth and creamy.

## Strawberry Pineapple Tangerine Smoothie

- 6 tangelos, peeled
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 2 cups strawberries
- 2 frozen bananas, sliced

Juice tangelos and pineapple.

Place strawberries and bananas in a blender.

Add tangelo and pineapple juice and blend until smooth to serve.

## Strawblend Classic

The Big Book of Juices, page 480, by Natalie Savona

- 2 cups strawberries, fresh or frozen, hulled and washed if fresh
- 1 frozen banana, sliced
- 1/4 pineapple, peeled and diced with core removed
- 1 cup pineapple, peeled and cut into juicer sized pieces

Place strawberries, banana and diced pineapple into a blender.

Juice pineapple in an electric juicer

Add juice to a blender. Blend until smooth. Serve immediately.

## Summer Mango Special

The Big Book of Juices, page 448, by Natalie Savona

- 1 cup mangos, frozen
- 1 cup raspberries, frozen
- 1/2 lemon, juiced
- 1 cup apple juice

Place mangos and raspberries to a blender.

Add lemon and apple juice to blender. Blend until smooth. Serve immediately.

## Summer Refresher

The Big Book of Juices, page 461, by Natalie Savona

- 1/2 pineapple, peeled and diced with core removed
- 1 cup raspberries, frozen
- 5-6 leaves fresh mint
- 1 cup pineapple, including core

Place diced pineapple, raspberries and mint leaves into a blender.

Juice the pineapple in an electric juicer.

Add juice to blender. Blend until smooth. Serve immediately.

## Summer's Essentials in a Glass

<http://www.rebootwithjoe.com/strawberry-watermelon-smoothie-recipe/>

- 2 tablespoons lime juice
- 1 1/2 cups watermelon, peeled and cut into juicer sized pieces
- 6 strawberries, frozen
- 1/2 cup ice, frozen

Place lime juice, watermelon, frozen strawberries and ice in a blender.

Blend until smooth to serve.

## Sunset Crush

The Big Book of Juices, page 468, by Natalie Savona

- 1/2 pineapple, peeled and diced with core removed
- 2 thick slices watermelon, peeled and cut into juicer sized pieces
- orange juice, enough to liquefy contents

Place diced pineapple and watermelon into a blender.

Add orange juice and start blending, pushing down contents. Continue adding more orange juice until

# Transformations: Vegan Recipes You Can Live By Smoothies

mixtures forms into a thick slush. Serve immediately with a straw.

## Sunshine Juice

- 1-2 cups orange juice
- 2 oranges, peeled, seeded and segmented
- 1/2 cup raspberries
- 1-2 frozen banana, sliced
- ice, optional
- several leaves fresh mint

Combine orange juice, orange fruit, raspberries and banana in a blender.

Blend until smooth.

Garnish with mint to serve.

## Super Sweet Pink Smoothie

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2742-2762). Houghton Mifflin Harcourt. Kindle Edition.

- 1 can (2-3 cups) coconut milk, chilled
- 2 cups strawberries, hulled and washed
- 1/2 pineapple, peeled and cut into juicer sized pieces
- 2-3 oranges (ideally blood oranges), peeled

*I liked the general idea of this smoothie but to add more structure to it I changed the coconut water to coconut milk. The strawberry greens can be included as long as the strawberries are organic and the greens are fresh.*

Place coconut milk and strawberries in a blender.

Juice the pineapple and oranges in an electric juicer.

Combine the juice with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy. Serve immediately.

## Sweet and Citrus Orange Juice Smoothie

Originally "Sweet and Citrus Bloody Orange Juice". Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting* (p. 7). Encore Publishing. Kindle Edition.

- 1 cup coconut cream
- 1 handful mint leaves, washed with stems removed
- 2 frozen bananas, slice
- 1 lemon, peeled
- 1 orange, peeled
- 1 cucumber, peeled

*Originally, this was listed as a juice. I changed it to more of a smoothie and reclassified it.*

Place the coconut cream, mint leaves and frozen bananas in a blender.

Juice the lemon, orange and cucumber in an electric

juicer.

Combine the juice in the blender and blend until smooth and creamy. Serve immediately.

## Sweet and Minty Juice For Digestion

Tyler, Daniel. *30 Day Juice Cleanse: Over 100 Juicing Recipes to aid Weight Loss, Detox, and Fasting* (p. 39). Encore Publishing. Kindle Edition.

- 1 handful fresh mint, washed with stems removed
- 1 cup strawberries, frozen
- 1/2 large papaya, peeled and cut into juicer sized pieces

Combine mint and strawberries in blender.

Juice the papaya in an electric juicer.

Add juice to blender and blend until mint and berries are finely chopped. Serve.

*This juice contains digestive enzyme from the papaya that can aid in breaking down undigested proteins. Strawberries, on the other hand, are rich in vitamin C and can help in improving the body's response to stress. Fresh mint is also helping in digestion.*

## Tangy Key Lime Smoothie

Originally "Tangy Key Lime Smoothie Recipe". [http://kimberlysnyder.com/blog/2016/12/11/tangy-key-lime-smoothie-recipe/?utm\\_medium=email&utm\\_source=ksblog&utm\\_campaign=tangylimesmoothie](http://kimberlysnyder.com/blog/2016/12/11/tangy-key-lime-smoothie-recipe/?utm_medium=email&utm_source=ksblog&utm_campaign=tangylimesmoothie)

- 1 cup filtered water
- 2 tablespoon lime juice
- 1 cup frozen mango
- 1/4 inch piece of ginger root, peeled
- 1 large frozen banana, sliced
- 1/4 cup kale
- a few ice cubes, optional

*For an added treat, use key limes instead of regular limes, as implied in the recipe title.*

Add all ingredients to a blender.

Blend on high until smooth and kale is well chopped.

## Tart Start Smoothie

Originally "Tart Start". Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Locations 2703-2707). Houghton Mifflin Harcourt. Kindle Edition.

- 4-5 leaves fresh mint, washed
- 1 granny Smith apple, peeled, quartered and seeded
- 1 frozen banana, slice
- 1 large pink grapefruit, peeled
- 8 large leaves kale, washed

Place mint leaves, apple and banana in a blender.

Juice the grapefruit and kale in an in an electric juicer.

Combine the juice with the solid produce and/or other

# Transformations: Vegan Recipes You Can Live By Smoothies

ingredients in the blender. Blend until smooth and creamy. Serve immediately.

## Totally Tropical Smoothie

Carrillo-Bucaram, Kristina. *The Fully Raw Diet: 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes* (Kindle Location 2889-2902). Houghton Mifflin Harcourt. Kindle Edition.

- 2 cups fresh or frozen mangos
- 3 frozen bananas, sliced
- 1/4 pineapple, peeled and cut into juicer sized pieces
- 2-3 large leaves kale, washed
- 1 cup coconut milk

Place mangos and bananas in a blender.

Juice the pineapple and kale in an electric juicer.

Combine the juice and coconut milk with the solid produce and/or other ingredients in the blender. Blend until smooth and creamy.

*The original recipe called for coconut water. I changed it to coconut milk, for a richer consistency.*

## Tropi-Kale Coconut Juice

<http://www.rebootwithjoe.com/tropi-kale-coconut-juice/>

- 3/4 cup coconut coconut milk, chilled
- 2 frozen bananas, sliced
- 4 kale leaves, washed
- 2 apples, washed and quartered
- 1/2 lime, peeled

*Originally a juice beverage from the Reboot with Joe website, I changed the recipe to make it into a delicious smoothie by using coconut milk (instead of coconut water) and frozen bananas. It's delicious, and filling, with no hint of it actually containing kale.*

Place the bananas and coconut milk in the blender.

Juice the kale, apples and lime in an electric juicer.

Combine the juice in a blender with the coconut milk and banana. Blend until smooth to serve.

## Tropical Smoothie

Swansen, Jackie. *Papaya Recipes* (p. 2). Kindle Edition.

- 1/2 cup fresh strawberries, hulled and washed
- 5 ice cubes
- 1 cup frozen mango
- 1/3 cup orange juice
- 1 papaya, or part of a Mexican papaya, peeled with seeds removed
- additional orange juice as needed, optional

Combine strawberries, ice, mango, orange juice and papaya in a blender. Blend until smooth.

As necessary, add additional orange juice to achieve a pourable consistency.

## Tropical Smoothie Slush

- 3/4 cup orange juice
- 1 cup mangos, frozen and diced
- 1 frozen banana, sliced
- 1/2 cup ice cubes, optional

Combine all ingredients in a blender.

Pulse blend until smooth to serve.

## Turmeric Mango Smoothie

<http://www.rebootwithjoe.com/turmeric-mango-smoothie-recipe/>

- 1 cup mango, frozen
- 1/2 frozen banana, sliced
- 1 1/2 cups almond milk
- 1 teaspoon coconut oil
- 1 teaspoon chia seeds
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon chili powder, optional

Place mango, banana, almond milk, coconut oil, chia seeds, turmeric, cinnamon and chili powder, if used, in a blender.

Blend until smooth to serve.

## Vanilla Sky Apple Pie Smoothie

Sozer, Maya. *Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go* (Kindle Location 157) Page Street Publishing Kindle Edition

SMOOTHIE

- 1 apple, peeled, cored and diced
- 1 frozen banana
- 1 cup almond milk
- 1 tablespoon peanut butter
- 1 teaspoon vanilla extract
- pinch of nutmeg
- 1 teaspoon ground cinnamon

GARNISH

- apple, peeled, cored and sliced
- additional ground cinnamon

Combine SMOOTHIE ingredients in a blender until smooth. Pour into 1-2 glasses.

Top with apple slices and ground cinnamon to serve.

## Very Berry Chocolate Smoothie

<http://www.rebootwithjoe.com/very-berry-chocolate-smoothie-recipe/>

- 1 cup mixed berries, fresh or frozen
- 2 tablespoon shredded coconut
- 2 tablespoon cacao powder
- 1-1/2 cups almond milk

# Transformations: Vegan Recipes You Can Live By Smoothies

Place berries, coconut, cacao powder and almond milk in a blender.

Blend until smooth to serve.

## Very Berry Mango Blend Smoothie

Originally "Very Berry Mango Blend – Smoothie". <http://www.rebootwithjoe.com/very-berry-mango-blend/>

- 1/2 cup strawberries, frozen
- 1/2 cup blueberries, fresh or frozen
- 1/2 cup raspberries, fresh or frozen
- 1/2 cup blackberries, fresh or frozen
- 1/2 cup mango, frozen
- 1/2 avocado, peeled and pitted
- 1/4 cup almond milk
- 1/2 cup ice, optional
- additional almond milk, as needed, optional

Place blueberries, raspberries, blackberries, mango, avocado, almond milk and ice in a blender.

Blend until smooth.

Add additional almond milk, 2 tablespoons at a time, to reach desired thickness to serve.

## Vibrant Pomegranate Raspberry Smoothie

<http://www.rebootwithjoe.com/pomegranate-raspberry-smoothie-recipe/>

- 1/2 pomegranate, peeled
- 1/2 cup raspberries, frozen
- 1 banana, frozen
- 1 cup almond milk
- 1/2 cup ice

Juice pomegranate in an electric juicer.

Place banana, almond milk and ice in a blender.

Add juice and blend until smooth to serve.

## Watermelon Crush

The Big Book of Juices, page 510, by Natalie Savona

- 1/2 small watermelon, peeled and cut into juicer sized pieces
- 2 cups raspberries, frozen

Add watermelon and raspberries to a blender.

Crush down watermelon in blender to liquefy and blend watermelon and raspberries together. Serve immediately.

## Watermelon-Mint Smoothie

Originally "After School Snack: Watermelon-Mint Smoothie". <http://www.rebootwithjoe.com/after-school-snack-watermelon-mint-smoothie/>

- 1 1/2 cups watermelon
- 6 strawberries
- 1/2 lemon, juiced
- 1-2 sprigs fresh mint

Place watermelon, strawberries, lemon and mint in a blender.

Blend until smooth to serve.

## **Transformations: Vegan Recipes You Can Live By**