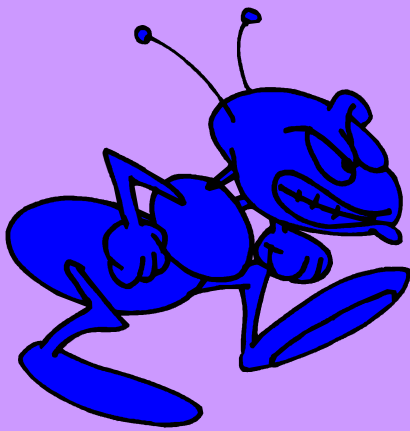
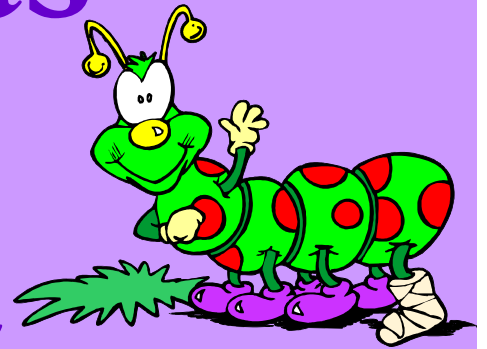


XCentric Ideas

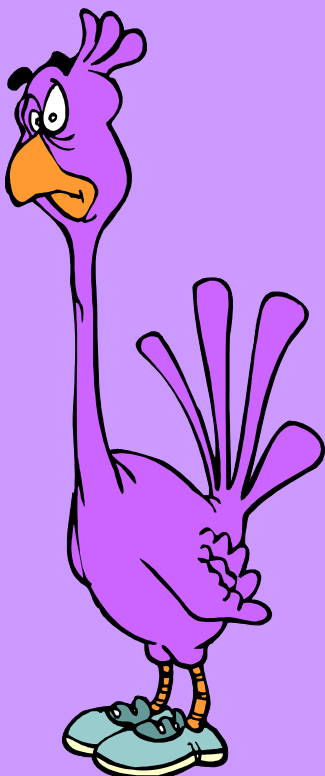
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In a world of Anger,
confusion, sickness,
indulgence and
running in circles...



We need a remedy –
we need a Drink – we
need something to
calm us down –
to help us cope...



We need...
SMOOTHIES!



Recipes & photos from Internet, magazines & recipe books

Make the perfect Smoothie



*Never blend anything you would not normally eat, ie pineapple skins etc .

*Blend smoothies until no lumps are visible.



*Blend mixtures that contain muesli or nuts for longer than usual.



*Pour in just enough liquid to cover the ingredients completely.



*Frozen fruit will give the smoothie a thicker texture. If you're using fresh fruit, add a heaped tablespoon or two of crushed ice to the mixture and blend until smooth. You may need to add a little more liquid in this instance.

*When in a hurry, pour the smoothie in a thermo flask and drink at work.



WHERE TO BUY A BLENDER?

MAKRO (South Africa)



MELLERWARE - Apollo Brushed Stainless Steel Blender
KENWOOD - HB150 Hand Blender
HOMEMARK - Frulata Smoothie Blender

R299.00
R169.00
R399.00

(Otherwise, use a normal food processor.)

Pineapple Colada Smoothie

- 1/2 peeled banana
- 1/2 cup pineapple chunks
- 1/2 cup pineapple juice
- 1/2 cup ice cubes
- 1 tablespoon sugar
- 1/4 teaspoon coconut extract



Place all ingredients in a blender and blend until smooth.

Apple Pie Smoothie

- 1 frozen banana
- 1/2 peeled, chopped apple
- 1 cup apple juice
- 1/2 teaspoon cinnamon
- Pinch of nutmeg



Blend. Control the consistency of the smoothie recipes by adding more or less chopped apple.

Beta Carotene Blast Smoothie

- 3 small ice cubes
- 2 apricots (sliced and pitted)
- 1/2 papaya (frozen in chunks)
- 1/2 mango (frozen in chunks)
- 1/2 cups carrot juice
- 1 tablespoon honey



Add ingredients (except for honey) to blender in the order listed, then blend on high speed for 30 seconds. Add honey and blend few seconds more. Serve in a frosted glass.

Option: add orange juice for a thinner consistency.

Watermelon Ecstasy Smoothie

- 1 cup pineapple juice
- 1 tablespoon honey
- 2 cups seeded and cubed watermelons
- 1 1/2 cups blueberries



Place the juice, honey, watermelon and blueberries in a blender, mix on low speed until the mixture is blended. Continue mixing, gradually increasing the speed, until the mixture is smooth. Pour into glasses and garnish the rim of each glass with Berries on a Skewer.

Spiced Date Smoothie

- 1 cup non-fat milk
- 1 cup vanilla low fat frozen yogurt
- 3 dates, pitted and chopped
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cardamom
- 1/8 teaspoon ground cinnamon
- 1/4 teaspoon pure vanilla extract



Blend all ingredients until smooth. Serve.

Cucumber Mint Smoothie

- 1 cucumber, peeled, seeded and chopped
- 1 1/2 cups apple juice or still cider
- 1 cup lemon sorbet
- 1 cup ice cubes
- 3 tablespoons mint leaves & mint sprigs - finely chopped

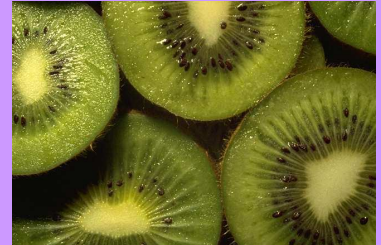


Place the cucumber, mint, apple juice or cider, sorbet and ice in a blender, and blend until smooth.

Garnish with mint, and serve.

Tropical Fruit Blast Smoothie

- 1 large banana, peeled and cut into 1-inch pieces
- 2 kiwi fruit, peeled and quartered
- 1/2 cup peeled and diced mango
- 1/2 cup peeled and diced papaya
- 1 cup freshly squeezed orange juice
- 3 ice cubes



Combine all ingredients in blender and blend until smooth.

Banana Bran Breakfast Smoothie

- 5 tablespoons non-fat vanilla yogurt
- 1 large banana
- 3/4 cup orange juice
- 1/4 cup wheat bran
- ice (3 to 6 cubes)



Add yogurt, banana (quartered), bran and juice to blender. Blend. Serve over ice (or blend with ice for a colder drink with a different texture).

Chocolate Banana Smoothie

- 1 frozen banana -- (peel and freeze in bag)
- 3/4 cup fat-free vanilla or cherry frozen yogurt
- 2 tablespoons chocolate syrup
- 1/2 cups non-fat milk

Put all ingredients into blender.
Blend until smoothie consistency is reached!



Guava Smoothie

- 1 frozen banana
- 1 cup of frozen strawberries
- 1 cup peach sorbet
- 1 can guava nectar

Blend until smooth.



Grape Cherry Guzzler Smoothie

- 2 cups 100% grape juice
- 2 tablespoons lemon juice
- 1 cup frozen dark sweet pitted cherries
- 1/2 teaspoon cinnamon
- 1/2 cup plain non-fat yogurt

Process all in blender until smooth.
Pour over crushed ice.



Brandy Coffee Smoothie

- 60 ml brandy
- 1/2 cup black coffee
- 2 scoops vanilla ice cream

Puree in a blender until smooth.



Cantaloupe Smoothie

- 1/2 ripe cantaloupe, peeled, seeded, cut into chunks
- 1 cup (250 ml) skim milk
- 1 cup (250 ml) unflavored or vanilla fat-free yogurt
- 1 cup (250 ml) crushed ice
- 2 tbs (30 ml) sugar, or to taste

Combine all ingredients in an electric blender and process until smooth.



Broccoli Smoothie

- 1 carrot (chopped)
- 4 florets of Broccoli
- 2 handfuls of Spinach
- 1 apple (chopped)
- 2 oranges (peeled and quartered)
- Orange Juice to dilute



Blend till smooth. You can change the fruit and vegetables to your requirements but this is one way of ensuring you get the portions of fruit and vegetables your body requires.

Peppermint Smoothie

- 4 scoops peppermint ice cream
- 1 1/2 cups milk
- 2 drops peppermint extract
- 1 teaspoon vanilla extract



Combine in blender and blend until smooth. Serve immediately.

Peanut Butter Jelly Smoothie

- 2 cups milk
- 2 tablespoons blackberry jelly
- 2 tablespoons peanut butter
- 1 banana, frozen and cut in chunks
- 2 tablespoons honey
- 2 teaspoons wheat germ



In a blender combine milk, jelly, peanut butter, banana, honey and wheat germ. Blend until smooth.

Fi and Rice Smoothie

30 ml dried figs
30 ml cooked Japanese rice
3/4 cup soy milk
1 pinch cinnamon
30 ml ice
1tsp molasses
1 x strawberry



Place figs, rice, soy milk, cinnamon, ice and molasses in a blender. Blend until smooth. Pour into a glass and garnish with whole strawberry.

Plum Smoothie

3 plums
1 cup non-fat milk
4 tbsp honey
1 tbsp lime juice
1/2 cup ice



Cut plums in half, remove pits. Puree fruit in blender with milk, honey and lime juice till smooth. Add ice and puree. Pour into 2 glasses and serve immediately.

The Siesta Smoothie

2 cups seedless orange slices, (2 oranges)
4 small ripe bananas
1/2 cup fresh or packaged coconut
1/2 cup unsalted peanuts
1/2 cup raspberry jam
1/4 cup wheat germ
1 cup water



Place all ingredients in blender and mix on high for 45 seconds.

Savvy Sanria Smoothie

3/4 cup chilled light fruity red wine (Pinot Noir)

1/3 cup red grape juice

1/2 cup lemon sorbet

2 tbsp orange juice concentrate

1/2 cup fresh grapes, frozen

1 cup diced fresh plums, frozen

Place all the ingredients in a blender. Blend until smooth.



Enjoy!