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## Fruit smoothie recipes with yogurt and frozen fruit pdf

Summer time temps means frozen custard and ice cream is the name of the game. So we're officially announcing his season scoop. But don't just dive with a spoon first into this bowl of homemade ice cream; Make room for another of our favorite frozen treats: frozen yogurt. Listen to us. Yes, your local soft serve here-yo joint has probably been around for a while and you've come to really like adding all these toppings. But guys, we're talking about homemade frozen yogurt, which is a very different kind of concoction. You will be absolutely blown away by how easy it is to make your own creamy creations. In fact, most recipes only require about three or four ingredients: fruit, some kind of sweetener (raw honey, maple syrup, etc.), and regular or Greek yogurt for base. And while it may help to have an ice cream maker, it's not, strictly speaking, necessary to bring these ideas to life. For many homemade here-yo flavors, you can get with a food processor or blender. So, with this new homemade frozen yogurt understanding, come to work pumping up your own batch of light treatments for the whole family. Start with our uber-cream vanilla-frozen yogurt basic recipe, below. After that, check out some updates, including blueberry basil, mango lassi, and green honey tea. After that, check out some of our favorite recipes from around the internet, or just go to town adding your own confusion. Strawberry peanut butter? Why not? The best part to make your own taste is you can decide! 1 in 16 Creamy vanilla frozen yogurt is lighter than traditional ice cream, but still just as creamy and juicy, this frozen yogurt is the perfect guilt without summer treatment. Take the recipe. 2 of the 16 blueberry basil frozen yogurt farm stand blueberries add color and flavor, but it is a genius addition of fresh basil that provides this sweet treat with an amazing depth of taste. Take the recipe. 3 out of 16 Mango Lassi Swirl Frozen Yogurt If you've ever had a mango lassi yogurt drink on a hot day, you know how refreshingly cool they are. But take these flavors and put them in frozen yogurt and they are positively energizing. Take the recipe. 4 out of 16 Strawberry Rhubarb Frozen Yogurt There may not taste a combination that says summer is more than strawberries and rhubarb. While classic pies and biscuits are pretty invincible, there is a soft spot in our hearts for this delicious here-yo take. Take the recipe. 5 of the 16 Green Tea Honey Frozen Yogurt Green Tea Ice Creams, that are the main Japanese restaurants around the world, are almost worth the trip all by itself. Now you can have this lighter version of the house whenever you want. Take the recipe. SHOP GREEN TEA POWDER 7 of Peach Frozen Yogurt Celebrates Summer with One of Its Greatest Seasonal Offerings: Fresh Peaches. Or, make seconds of this simple four-ingredient recipe and and replace any any of your choice. Get the recipe to taste better from scratches. 8 of the 16 pineapple up-and-down frozen yogurt Cake Two desserts -cake and frozen yogurt merge into one gloriously delicious treat, imbued with pineapples, maraschino cherries, and vanilla. Get a recipe for my sequined life. 9 out of 16 Dark Raspberry Chocolate Frozen Yogurt Prepare for a sweet tooth sensory overload once you take a bite out of this dreamy homemade frozen yogurt. Get a recipe for Just So Tasty. 10 of the 16 Skinny Peanut Butter Banana Frozen Yogurt It may look just like cookie dough, but this frozen yogurt blend actually packs a healthy kick thanks to its sugar-free ingredients. We'll have three scoops, please. Get the recipe mostly homemade mom. 11 of the 16 Orange Creamsicle Frozen Yogurt Little will enjoy eating from peeled orange skin, and you can easily get over filling the Greek yogurt base. Get a recipe for my fussy eater. 12 of Brownie Chunk Frozen Yogurt's All Here-Yo fans know that every taste is just as good as its confusion. Complete this chocolate variation with slices of cakes and say hello to your new favorite dessert. Get a recipe for Kleinworth and Co. 13 of the 16 Double Chocolate Protein Frozen Yogurt packed with protein, minimal sugar, and plenty of chocolate goodness-this frozen yogurt is pretty much perfect. Get a recipe for desserts with benefits. 14 of the 16 Cake Batter Frozen yogurt In just five minutes, you can whip up this sweet and simple frozen yogurt that can be made without dairy or vegan by swapping honey for agave and using dairy-free yogurt. Get a recipe for Big Boulder Baking. 15 of 16 Strawberry Cheesecake Frozen Yogurt With real strawberries, a little cream cheese, and Graham cracker crumbs, this fruity frozen yogurt is almost addictive. Get a recipe for Spicy. 16 of Reese's 16 Peanut Butter Cup Frozen Yogurt with only four ingredients, this chocolate-peanut butter snack tastes indulgent but much healthier than Reese's ice cream version! Get a recipe for not enough cinnamon. This part is fun, especially if you have an aroma injector syringe! Fill each of your cube sections with almost full yogurt. I've used plain, full fatty yogurt, but everything you plan to use in your puree should work. If you use a syringe, swirl it around a bit as you fill the cube to make sure it fills evenly without air bubbles. You can try to smooth the top if you like, but since you're going to spray the end result anyway, as long as there are no giant peaks that will stick to something as they freeze it seems pointless to worry about whether it Or not. You can certainly fill the cubes with a narrow spoon if you don't have a syringe! In fact, you probably need to use a spoon to make the last few cubes when you run out of yogurt at the end. I recommend a syringe if you can. As you can see in the the second picture, two full trays was very little clutter outside the cubes, but the partial tray was noticeably sloppier (that is, where I had to switch to a spoon). It's that time of year when you want to be out and about all the time, which means you don't eat as healthy as you want. It also doesn't help that you put a bathing suit almost every weekend, come on, it's beach weather and we should enjoy it. If all junk food gets a little old (or maybe it just makes you feel a little sick), it may be time to add some healthy options to your diet. Since you are always on the go, it makes sense to have healthy options that are also travel friendly. And that's where detox (and easy) fruit smoothies come in. They're loaded with vitamins your body craves, eat enough sweets to kick sugar cravings, and even help rid your body of those pesky toxins you've been taking lately. You want a combination of greens and fruit-green for chlorophyll, which releases toxins from our cells and fruits for extra fiber. What's more, this healthy habit can actually taste good. Below we've collected our favorite fruit detox smoothies you'll actually enjoy drinking. Pinch Yum If you're a beginner of detox puree and you don't mind drinking what's green, then this is the drink for you. The blend of berries gives this light recipe for fruit smoothies a rather purple hue, despite the spinach (it's also Instagram-worthy). Bonus points that it contains a handful of bran cereals for added fiber. Foodie Crush We like that this delicious detox puree of almond milk also gives your immune system a boost. It's packed with cabbage, spinach, mango, kiwi, pineapple, ginger and lemon, so really, how could it not be? The best part is that the fruit can be sliced and frozen in advance for an easy day of preparation. Music to our ears. Half baked Vintage Is Good, so you can drink this cocktail all year round, but there's something about it called a summer cocktail that makes it even more appealing. So what happens in a summer smoothie? Kiwi, banana, spinach, peach, raspberry, mint and even passion fruit. All you have to do is break the raspberries a little and mix it all with the milk of your choice. Also, you don't even try the two cups of spinach you get with all these fresh fruits. Advertising - Continue reading below harvests: 2 servings Prep Time: 0 hours 5 minutes Total time: 0 hours 5 minutes 1 1/4 c. d-fortified skimmed milk 1/4 c. d-fortified orange juice 3/4 c. d-fortified low-fat vanilla yogurt 1/3 c. skimmed whipped topping 1/2 c. Frozen blackberries, strawberries or raspberries 1/2 c. Frozen cauliflower This ingredient is a trade module created supported by a third party, and imported to this page. You can find more information about this similar content on their website. In a blender, mix milk, juice, yogurt, whipped toppings, berries and cauliflower for 1 minute, or until smooth. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Advertising - Continue reading below Whip up one of these diet mixes when you need a post-workout snack, a belly-flattening breakfast, or grab and go lunch Candice Kumai After a weekend (or a couple of weeks) indulging, breaking out of the blender to clear your cravings and rebooting. Serves: 2Ingredients:1 frozen banana2 cups cabbage1 tablespoon spirulina2 tablespoons chia seeds1 1/2 cup unsweetened almond milk1 cup iceDirections: Mix all ingredients in a blender and mix until smooth. Nutrition score per serving: 177 calories, 7 grams fat (0 g saturated), 26g carbohydrates, 8g protein, 7g fiber, 327 mg calcium, 205 mg sodium Advertising Advertising Candice Kumay Avocado and chocolate make an incredibly indulgent combo. Here their flavors are combined with banana and other natural ingredients to create a uniquely delicious, creamy delicacy. Serves: 2Ingredients: 1 avocado, peeled and pitted 2 tbsp dark unsweetened cocoa powder 2 tbsp agave nectar 1 frozen banana 1 cup ice 1 cup unsweetened almond milk directions: Combine all ingredients in a blender and blend until smooth. Nutrition score per serving: 306 calories, 17 grams fat (3 grams saturated), 42 grams carbohydrates, 4 grams protein, 11 grams of fiber, 124 mg of calcium, 101 mg of sodium Candice Kumai When I lived in San Diego, there were always tons of fresh fruit and lots of sunlight, two things I sometimes miss living in New York. So whenever I want to be taken back to California, I whip up this simple cocktail that tastes just like the beach! Serves: 4Ingredients:2 cups mango chunks2 frozen bananas2 tbsp crushed coconut1 cup ice1 1/4 cup almond milk1 1/4 cup coconut milk2 tablespoons whey protein powderDirections: Mix all ingredients in a blender and mix until smooth. Nutrition score per serving: 293 calories, 19 grams fat (15 g saturated), 29 g carbohydrates, 7 grams of protein, 4 grams of fiber, 108 mg calcium, 97 mg sodium Advertising Candice Kumai You will go bananas for this creamy, delicious green drink. Sip it for breakfast on the go, for refueling after exercise or for energy in the middle of the day. Serves: 2Ingredients:2 cups spinach2 frozen bananas1 1/2 cup unsweetened almond milk1 tablespoon whey powderDirections: Combine all ingredients in a blender and blend until smooth. Nutrition score per serving: 161 calories, 3g fat (0 g saturated), 30g carbohydrates, 7g protein, 4g fiber, 205 mg calcium, 170 mg sodium Candice Kumai berries boast high levels that help fight free radicals that cause skin damage. Mix this bright cocktail to combat wrinkles, smooth skin, and satisfy your sweet tooth. Serves: 2Ingredients:1 frozen banana1 cup frozen strawberries1 cup frozen blueberries2 tablespoons almond oil1 tablespoon flaxseed 2 cups unsweetened almond milks: Mix all ingredients in a blender and mix until smooth. Nutrition score per serving: 272 calories, 14 grams fat (1 g saturated), 35 grams carbohydrates, 7 grams of protein, 9 grams fiber, 289 mg calcium, 219 mg sodium Candice Kumai Savor all the best flavors fall with this filling, fragrant mixture. Serves: 2Ingredients:1 1/2 cups unsweetened almond milk3/4 cup organic pumpkin puree1 frozen banana1/2 Bartlett pear1/4 teaspoon pumpkin spice1 scoop (2 tablespoons) pea protein1/2 cup ice straighten: Mix all ingredients in a blender and mix until smooth. Nutrition score per serving: 177 calories, 3 grams fat (0 g saturated), 29 grams carbohydrates, 9 grams protein, 7 grams of fiber, 180 mg of calcium, 141 mg sodium Advertising Advertising Candice Kumai Combine antioxidant-packed spinach and blueberries, fiber-filled pears, and alkaline lemon juice for one power plant puree. Serves: 2Ingredients:1 cup coconut water1 Bartlett pear, halved and cored1 cup organic baby spinach2 cup frozen blueberries2 tablespoons lemon juice1 teaspoon lemon zest: Mix all ingredients in a blender and mix until smooth. Nutrition score per serving: 156 calories, 1 g fat (0 g saturated), 6 g carbohydrates, 2 grams protein, 8 grams fiber, 20 mg calcium, 15 mg sodium Candice Kumai Feeling under the weather? Whisk this drink to sip, stat. Bee pollen can help treat allergy symptoms and improve the body's immune system, while coconut offers powerful antiviral and antioxidant properties that can help your body prevent the disease. Serves: 4Ingredients:2 cups unsweetened coconut milk (out of the box, not able)2 cups organic frozen strawberries1 tablespoon lemon juice1 tablespoon spirulina1 teaspoon bee pollen2 tablespoons toasted coconut shavings (divided) Directions: Combine the first five ingredients and 1 tablespoon coconut in a blender and mix until smooth. Toast the remaining coconut in a 350-degree oven for 3 minutes until golden brown. (Watch carefully because coconut can burn easily.) Top smoothies with toasted coconut. Nutrition score per serving: 81 calories, 4 grams fat (4 g saturated), 10 grams carbohydrates, 2 grams protein, 2.5 grams fiber, 63 mg calcium, 29 mg sodium sodium fruit smoothie recipes with yogurt and frozen fruit pdf

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