

Apple Lovers Smoothie Recipes

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These 10 apple smoothie recipes are sure to get your taste bud going. Made with healthy fruits and other healthy ingredients, the taste will delight apple lovers everywhere.



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APPLE MAPLE SMOOTHIE

Ingredients

2 cups apple sauce
1 cup apple cider
1 cup orange juice
2 tablespoons Vermont maple syrup
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon

Directions

Combine all ingredients in a blender.
Blend until smooth.
Pour into glasses and serve

APPLE APRICOT SMOOTHIE

Ingredients

1 Golden Delicious apple, peeled, cored and chopped
1 c apple juice
4 apricots, fresh, pitted -skin optional
1 banana; peeled
3/4 c plain or vanilla nonfat yogurt
10 ice cubes, up to 12 cubes
1 Tbsp. honey

Directions

Place the ingredients in a blender
Set on puree and mix until smooth.
Pour into glasses and serve (serves 2)

APPLE BANANA SOY SMOOTHIE

Ingredients

2 ripe bananas, peeled and halved
2 apples, peeled, cored and quartered
10 ounces nonfat yogurt
2 tablespoons sugar
15 ounces organic soy milk

Directions

Blend all ingredients on puree for 1 minute.
Pour into glasses and serve.

APPLE BERRY SMOOTHIE

Ingredients

½ cup O.J.
1 Cup fresh Apple Cider
4-6 Strawberries with stem left on
1 Frozen Banana
1 cup Yogurt (Sugar & Fat Free flavored)
¼ cup Almonds
2 Tbs. Wheat Germ

Directions

Blend until consistency is smooth.
Pour into glasses and serve.

APPLE CINNAMON SMOOTHIE

Ingredients

3/4 cup apple sugar free syrup
1/4 cup cinnamon sugar free syrup
2 scoops VegeFuel
1 1/2 cups crushed ice
1/4 cup Heavy Cream (optional)

Directions

Blend until smooth and pour into glasses.

APPLE COCONUT SMOOTHIE

Ingredients

1/4 cup apple juice
1 pinch grated coconut or 1 tablespoon coconut milk
1/2 banana
1/4 teaspoon fresh ginger root peeled
2 small ice cubes

Directions

Blend all ingredients in blender until smooth.
Pour into glasses and serve.

APPLE COCONUT GINGER SMOOTHIE

Ingredients

1/4 c Apple juice
1 pinch coconut, grated or 1 tablespoon coconut milk
1/2 Banana
1/4 teaspoon ginger root; fresh, peeled and grated
1/2 c -crushed ice or 2 small ice cubes

Directions

Blend all until smooth and pour into glasses to serve.

APPLE PIE A-LA-MODE SMOOTHIE

Ingredients

2 cup frozen vanilla yogurt, nonfat
3/4 cup unsweetened applesauce
1/4 cup apple juice, chilled
1 cup apple, peeled, diced and frozen
1/2 teaspoon cinnamon
1/4 teaspoon ground nutmeg

Directions

In blender, combine frozen yogurt, applesauce, and apple juice.
Add remaining ingredients and blend until smooth.
Pour into glasses and serve.

APPLE AVOCADO SMOOTHIE

Ingredients

1 granny smith apple, cored
1/2 ripe avocado
1/2 cup apple juice
3 mint leaves
1 teaspoon lime juice
1/2 cup ice

Directions

Place all ingredients in blender.
Pulse blender until ice is crushed.
Blend until smooth.
Pour in glasses and serve (makes 2 servings)

APPLE MELON SMOOTHIE

Ingredients

1 cup strawberries
1/2 melon
3 ounces plain yogurt
3 1/2 ounces apple juice

Directions

Place all ingredients in blender.
Blend until smooth.
Pour and serve (makes 1 serving)

For more healthy recipes, visit www.exercise4weightloss.com/healthy-recipes.html