

Sky High Smoothies

Yield: Each batch makes 3 16 ounce servings

Source: Recipes developed by Dixie High's 2003-2004 ProStart students and Mrs. Wilson

A powerful blender such as the Champ should be used to make the following recipes.

Strawberry Stravaganza

½ cup apple juice

1 ½ cups strawberries thawed

1 ½ bananas

½ can frozen apple juice concentrate

Ice to fill blender

Blend on #3

Peach Passion

1 cup non-dairy creamer

1 ½ cups canned cold peaches with juice (use 2 fresh peaches when in season)

½ can Kerns peach fruit nectar

½ can frozen Passion Orange juice concentrate (Hawaiian's Own)

Ice to fill blender

Blend on #3

Berry Blue

2 cups apple juice

1 cup frozen blueberries slightly thawed

½ can frozen Welch's pineapple juice blend

4 large scoops frozen yogurt (Farr's)

Ice to fill blender

Blend on #4

Breakfast Blast

2 cups fresh orange juice

1 ½ cups cold canned pears with juice

1 ½ bananas

tsp. vanilla

4 large scoops frozen yogurt (Farr's)

Ice to fill blender

Blend on #2

Cappuccino Wake-Up

2 ½ cups cold cappuccino

5 large scoops frozen yogurt (Farr's)

Ice to fill blender

Top with whipped cream and cinnamon

Blend on #3 may have to stop blender a few times and stir

Tropical Delight

1 peeled mango cut off from pit

1 cup canned pineapple with juice

1 banana

½ can frozen mango/orange juice concentrate (Hawaiian's Own)

Ice to fill blender

Blend on #3

Liquid always goes in first. Use side of jar to measure.