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 pealed 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.