

*Blended &*  
**SPLENDID**  
SPRING SMOOTHIE  
RECIPE GUIDE



# Table of Contents

- 04** • STRAWBERRY MANGO SMOOTHIE
- PEACH RECOVERY SMOOTHIE
- 07** • TOASTED COCO-BERRY SMOOTHIE
- BLUEBERRY-LIME SMOOTHIE
- 08** • TROPICAL SMOOTHIE
- PB AND CHOCOLATE SMOOTHIE
- SUPERFOOD SMOOTHIE
- 11** • SKINNY PEACH BERRY SMOOTHIE
- GREEN MOUNTAIN SMOOTHIE
- 12** • BLACKBERRY GRAPEFRUIT SMOOTHIE
- STRAWBERRY CHEESECAKE SMOOTHIE
- 15** • BLUEBERRY CHEESECAKE SMOOTHIE
- BUTTER ME UP SMOOTHIE
- 16** • ALMOND JOY SMOOTHIE
- BLUEBERRY YUM YUM SMOOTHIE





*Bard Valley*  
**NATURAL DELIGHTS**  
FRESH MEDJOOOL DATES

# Blended & SPLENDID

SPRING SMOOTHIE  
RECIPE GUIDE

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It's time to shake off those Winter blues and put some Spring in your step with all-new smoothie recipes! We're excited to bring you twelve splendid smoothie recipes, perfect for any occasion. So whether you're waking up to our blackberry grapefruit smoothie, recharging with our green mountain smoothie, or simply taking time to indulge in our blueberry cheesecake smoothie, we've got exactly what you need to stay refreshed this season!



*Bard Valley*  
**NATURAL DELIGHTS**  
FRESH MEDJOOOL DATES



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**MAKES 2 SMOOTHIES**

- • • • •
- 1 cup orange juice
- ¼ cup Cabot plain Greek-style yogurt
- 2 cups California Giant Strawberries
- 1¼ cup fresh mango, cubed
- 3 Natural Delights Medjool Dates, pitted and roughly chopped
- finely shredded coconut and fresh strawberry for garnish (optional)
- • • • •

## Strawberry Mango Smoothie

Add all ingredients, except garnish, to a Blendtec® blender in the order listed. Blitz for 3-5 minutes or until smooth. For layered smoothie, blend orange juice with mango first. Fill bottom of glass. Blend remaining ingredients and pour slowly over mango mixture.

Garnish by moistening rim of glass and dipping in finely shredded coconut. Top with a fresh berry.



**MAKES 2 SMOOTHIES**

- • • • •
- 1 cup Cabot 2% Plain Greek-Style Yogurt
- 1 cup pure coconut water
- 2 peaches, pitted and quartered
- 1 banana, peeled and broken in half
- 1/2 cup ice cubes
- • • • •

## Peach Recovery Smoothie

Combine yogurt, coconut water, peaches, banana and ice in a Blendtec® blender. Puree until smooth, 30 to 45 seconds.





## Toasted Coco-Berry Smoothie

In a Blendtec® blender, blend the toasted coconut flakes so that they are powder-like.

Next, add the yogurt, dates, banana, and strawberries and blend till smooth.

Top with fresh strawberries and toasted coconut flakes.

Enjoy!

### MAKES 1 SMOOTHIE

• • • • •  
 ¾ cup toasted coconut flakes  
 ½ cup Cabot plain Greek-style yogurt

2 Natural Delights Medjool Dates, pits removed

½ banana

1 cup California Giant strawberries, stems removed, frozen

• • • • •



## Blueberry-Lime Smoothie

Combine all ingredients in Blendtec® blender and blend until smooth.

### MAKES 2 SMOOTHIES

• • • • •  
 1/2 cup Cabot 2% Vanilla Bean Greek-Style Yogurt

1/2 cup fresh California Giant blueberries

1/4 cup lowfat (1%) milk

2 tablespoons frozen limeade concentrate, not thawed

1 tablespoon honey (optional)

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**MAKES 2 SMOOTHIES**

- 
- 12 ounces coconut water
- 1 mango, cubed
- 1 tablespoon chia seeds
- 6 Natural Delight's Medjool Dates, pitted and roughly chopped
- 1 frozen banana
- mango slice for garnish (optional)
- 

## *Tropical Smoothie*

Place all ingredients in a Blendtec® blender in the order listed. Blitz for 3-5 minutes or until smooth. Garnish with mango slice.



**MAKES 2 SMOOTHIES**

- 
- 2 cups almond milk
- 1 tablespoon peanut butter
- ¼ teaspoon vanilla extract
- 4 Natural Delights Medjool Dates
- 3 tablespoons cacao powder
- 1 tablespoon hemp seed
- 1 frozen banana
- 

## *PB and Chocolate Smoothie*

Place all ingredients in a Blendtec® blender in the order listed. Blitz for 3-5 minutes or until smooth.



**MAKES 2 SMOOTHIES**

- 
- 16 ounces coconut water
- 5 Natural Delights Medjool Dates
- 1½ cups California Giant strawberries
- 1 cup California Giant blueberries
- 3-4 kale leaves, stem removed
- 2 tablespoons chia seeds
- 

## *Superfood Smoothie*

Place all ingredients in a Blendtec® blender in the order listed. Blitz for 3-5 minutes or until smooth.





## *Skinny Peach Berry Smoothie*

Add ingredients to FourSide or WildSide+ Blendtec® blender jar in order listed and secure lid.

Blend on "Smoothie" cycle or blend on a Medium speed for 50-60 seconds.

### MAKES 3 SMOOTHIES

- • • • •
- 1 cup unsweetened almond milk
- ½ banana
- ½ cup fresh spinach
- ½ cup fresh kale, trimmed
- 1 medium fresh peach, halved and pitted
- 1 cup frozen mixed California Giant berries
- 1 ½ cups ice cubes
- 1 tsp stevia (or sweetener of your choice)



## *Green Mountain Smoothie*

In a Blendtec® blender, combine yogurt, ice, cider or juice, banana, dates and honey.

Add kale leaves and puree on high speed for about 45 seconds or until completely smooth. Serve immediately.

### MAKES 2 SMOOTHIES

- • • • •
- 1 cup Cabot 2% Plain Greek-Style Yogurt or Cabot Plain Greek-Style Yogurt
- 1 cup ice
- ¾ cup apple cider or apple juice
- 1 banana, peeled and broken in half
- 3 soft Natural Delights Medjool Dates, pitted and cut in half
- 2 tablespoons honey
- 3 cups clean torn kale leaves



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**MAKES 2 SMOOTHIES**

- • • • •
- ¼ cup pomegranate juice
- ¼ cup Cabot nonfat yogurt
- 2 cups California Giant Blackberries
- 1 whole grapefruit, peeled and segmented
- 5 Natural Delights Medjool Dates, pitted and roughly chopped
- 1½ tablespoons chia seed
- 2 sprigs mint
- mint, chia, and blackberry garnish (optional)
- • • • •

## *Blackberry Grapefruit Smoothie*

Add all ingredients, except garnish, to a Blendtec® blender in the order listed. Blitz for 3-5 minutes or until smooth.

Garnish by topping with fresh blackberries, a sprinkling of chia seeds, and a sprig of fresh mint.



**MAKES 3 SMOOTHIES**

- • • • •
- 10 fl oz unsweetened almond milk
- 4 oz Cabot cream cheese
- 2 sheets graham crackers, halved
- 2 tbsp honey (or sweetener of choice, to taste), optional
- 1 ¼ cups frozen California Giant strawberries
- ½ cup ice cubes
- • • • •

## *Strawberry Cheesecake Smoothie*

Add ingredients to WildSide+ or FourSide Blendtec® blender jar in order listed and secure lid.

Blend on "Smoothie" cycle or on a Medium speed for 50-60 seconds.

Garnish with whipped cream and fresh California Giant berries.







## Blueberry Cheesecake Smoothie

Add all ingredients, except garnish, to a Blendtec® blender in the order listed. Blitz for 3-5 minutes or until smooth.

Garnish by moistening rim of glass and dipping in crushed graham crackers. Top smoothie with a dollop of yogurt and fresh California Giant blueberries.

### MAKES 2 SMOOTHIES

- • • • •
- ½ cup skim milk
- ½ teaspoon vanilla extract
- ½ cup lowfat vanilla bean Greek-style yogurt
- 1 tablespoon fresh lemon juice
- 1½ cups California Giant blueberries
- 3 Natural Delights Medjool Dates, pitted and roughly chopped
- 1 tablespoon lemon zest
- 1 medium banana, sliced
- crushed graham cracker, fresh blueberries, and yogurt garnish (optional)

• • • • •



## Butter Me Up Smoothie

In a Blendtec® blender, blend all together until smooth.

Top with fresh chopped blackberries and enjoy!

### MAKES 1 SMOOTHIE

- • • • •
- 2 T almond butter
- ½ banana
- 1 T maple syrup
- ½ cup Cabot nonfat yogurt
- 1 cup frozen California Giant blackberries

• • • • •



**MAKES 1 SMOOTHIE**

- • • • •
- 6 fl oz unsweetened almond milk
- 2 tbsp raw almonds
- 2 tbsp unsweetened cocoa or cacao powder
- ½ cup spinach
- ¼ tsp coconut extract, (or 2 tbsp shredded coconut)
- 1 tbsp honey (or sweetener of choice, to taste)
- ½ frozen banana, cut in half
- 1 cup ice cubes
- • • • •

# Almond Joy Smoothie

Add ingredients to Blendtec® blender jar in order listed and secure lid.

Select "Smoothie" cycle or blend on a Medium speed for 50 seconds.



**MAKES 1 SMOOTHIE**

- • • • •
- 2 Natural Delights Medjool Dates, pits removed
- ¼ tsp ground cinnamon
- ¼ tsp vanilla extract
- 1 banana
- ½ cup Cabot plain Greek-style yogurt
- 1 cup frozen California Giant blueberries
- • • • •

# Blueberry Yum Yum Smoothie

In a Blendtec® blender, blend together dates, cinnamon, vanilla extract, banana, and yogurt until smooth

Add your frozen blueberries and blend until smooth

Top with fresh blueberries and enjoy!

