

# Recipes for Smoothies

Measurements are not exact, just add what you want. If you want your smoothie to taste more like strawberries than oranges, add more strawberries. Use frozen fruit (couldn't find frozen banana's), juices can be found in the cold juice section where you find milk, the frozen section or the juice isle section of the grocery store.

Put smoothies in a cup with a lid and freeze it overnight. Your runner can take it with him/her in the morning and by the time they are finished with their workout, it should be thawed.

## **Mango Smoothie (Tastes like Mango-A-Go-Go)**

1/2 of 16 oz. bag of frozen "Fruit Blend for Smoothies" frozen fruit  
1 1/2 Cups Twister "Mango Tangerine Mambo" fruit juice  
2 scoops of pineapple sherbet  
1 cup of ice cubes or crushed ice.  
1 Scoop of Protein Powder (Purchased at Valley Vitamins)

Put everything in a blender and blend

## **Orange Peel (Tastes like Orange-A-Peel)**

1 1/2 cup of frozen strawberries  
1 banana  
2 scoops of vanilla frozen yogurt  
1 1/2 - 2 cups of orange juice  
1 cup of ice cubes or crushed ice  
1 Scoop of Protein Powder

Put everything in a blender and blend

## **Orange/Strawberry Smoothie (Tastes like orange dream machine)**

1 1/2 - 2 Cups frozen strawberries (you can buy a big bag at Fry's)  
1 1/2 cups orange juice  
1 cup soymilk  
1 scoop vanilla frozen yogurt  
2 scoops orange sherbet  
1 cup of ice cubes or crushed ice  
1 scoop of Protein Powder

Put everything in a blender and blend