

sip & slurp



Smoothies of the imagination



Add a dollop of dairy

Make the most of seasonal fruit and veggies, and the goodness of dairy, and get those blenders whirring. Let's make Smoothies of the Imagination!

Dairy foods provide bone-building nutrients like calcium, protein, phosphorus, potassium, zinc and magnesium. Start your smoothie with milk as the base, then add a good dollop of yoghurt or cream cheese.

Have fun experimenting!



Equipment

To whip up tasty Smoothies of the Imagination, you'll need:

- blender
- chopping board
- clean tea towel
- cups for serving
- ice-cube trays
- kitchen knife
- mortar and pestle
- peeler
- saucepan
- measuring cups
- measuring spoons
- cups for serving



1 Avo-blue smoothie

With protein, good fats and fibre, this is the ultimate, satisfying brekkie smoothie. Avo good day!

Ingredients

- 1 cup milk
- ½ cup natural yoghurt
- 1 avocado, peeled and chopped
- 1 banana, peeled and sliced
- 1 cup blueberries, frozen
- 1 tbsp honey

Instructions

Put all the ingredients into a blender and whirr until smooth.
Pour into cups and enjoy!

SERVES 4



BRAVOCADO!

**Did you know that you can freeze avocado?
Peel and mash, then store in ice-cube trays
for an easy addition to your next smoothie.**



2 Banana strawberry smoothie

Bananas add a velvety texture and natural sweetness to smoothies.

Ingredients

1 cup milk
1 cup natural yoghurt
2 bananas, peeled and sliced
10 strawberries, dehulled and halved
1 tbsp honey
pinch of cinnamon
handful mint leaves

Instructions

Put all the ingredients, except the mint, into a blender and whirr until smooth.

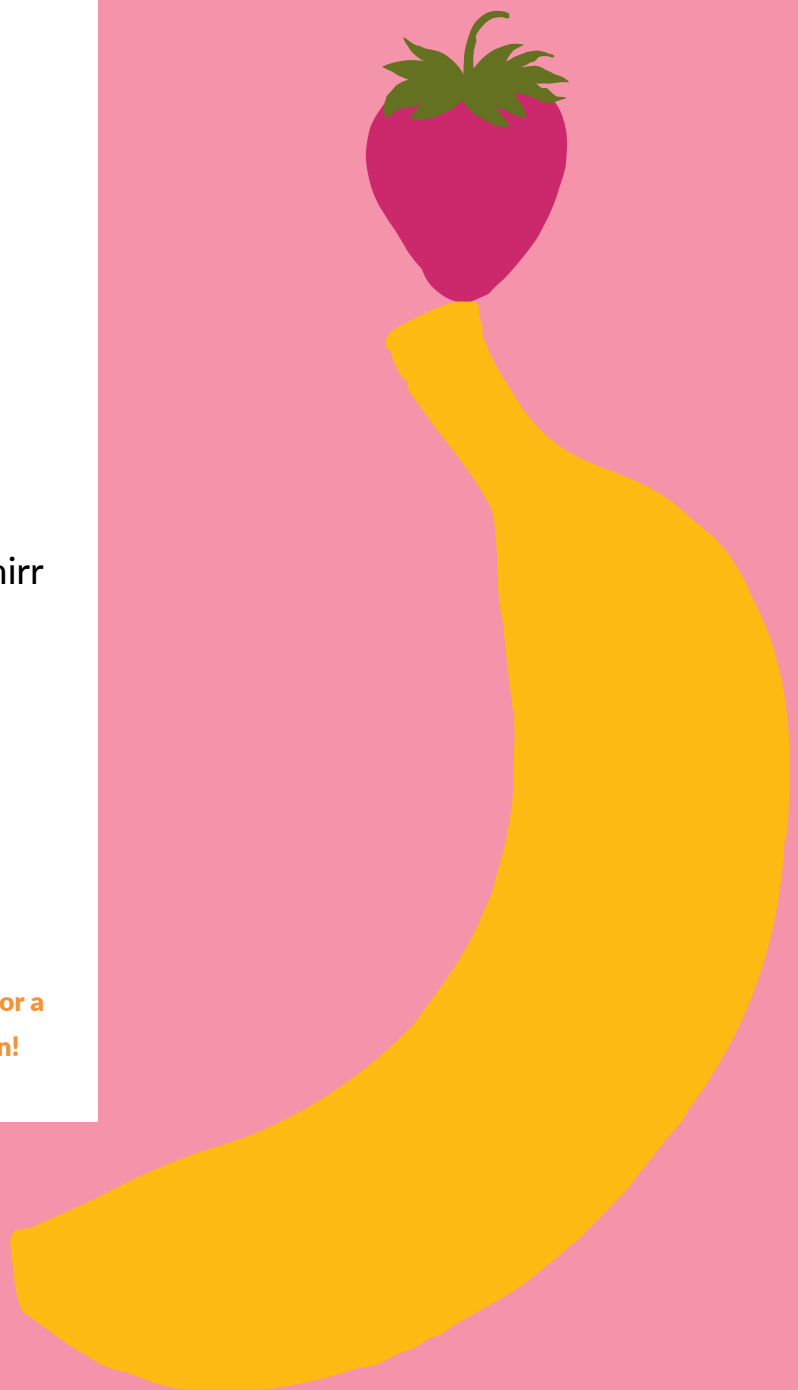
Pour into cups, decorate with mint leaves, and enjoy!

SERVES 4



FREEZER FRIENDS

Peel and slice over-ripe bananas. Store in small portioned containers in the freezer for a super-quick, super-cold, smoothie addition!



3 Lactose-free mango lassi

This lassi is rich and creamy, while being easier to digest for people with lactose intolerance. Win-win!

Ingredients

1 cup lactose-free milk
1 cup lactose-free plain yoghurt
2 cups chopped fresh mango
1 tbsp honey
pinch of cinnamon
4 ice cubes
ground cardamon, for sprinkling

Instructions

Put all the ingredients, except the ice cubes and cardamon, into a blender and whirr until smooth.

Add ice cubes and blend until just crushed.

Pour into cups, sprinkle with cardamon, and enjoy!

SERVES 4



SPICE IT UP!

Experiment with herbs and spices in (and on top of!) your smoothies. Ground cardamon and cinnamon add a lovely warming accent. You could also try nutmeg, allspice or tumeric.



4 Choco-nana date smoothie

Dates have a natural caramel flavour and make the most delicious, creamy addition to a smoothie.

Ingredients

4 fresh Medjool dates, pitted, chopped
1 cup milk
1 cup natural yoghurt
2 bananas, peeled and sliced
2 tbsp cocoa or cacao powder
½ teaspoon vanilla essence
cacao nibs, for sprinkling

Instructions

Carefully soak dates in ¼ cup boiling water for at least 15 minutes to soften.

Tip date mixture into a blender with all other ingredients, except cacao nibs, and whirr until smooth.

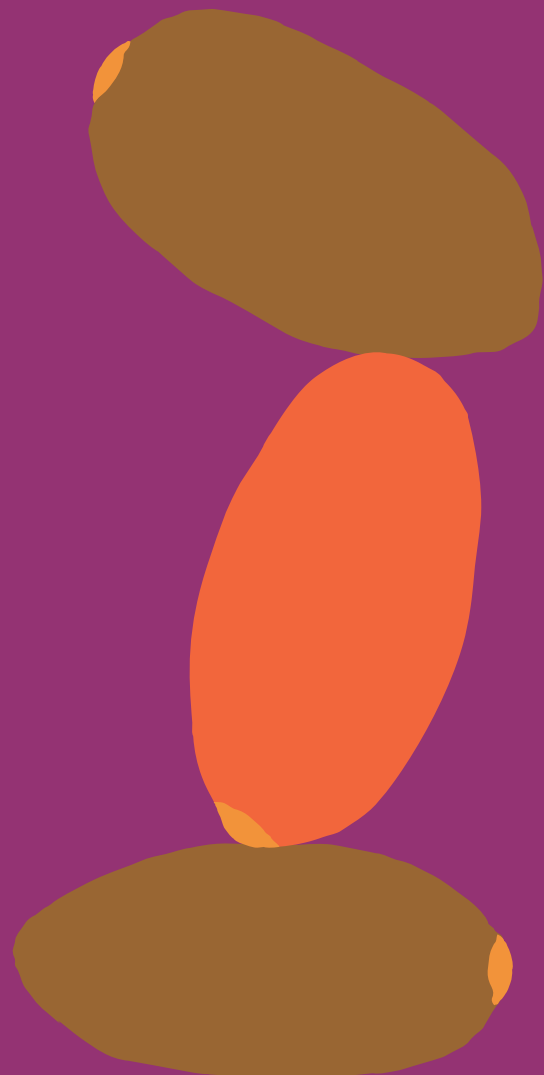
Pour into cups, sprinkle with the cacao nibs, and enjoy!

SERVES 4



GO NUTS!

Dates pair beautifully with nuts and seeds. Try adding a scoop of your favourite nut butter, sunflower seed butter or tahini.



5 Watermelon wonder smoothie

This pretty pale-pink smoothie is ultra-refreshing, and a delicious way to make use of over-ripe watermelon.

Ingredients

3 cups chopped watermelon,
black seeds discarded
1½ cups strawberries, dehulled
and halved
1 cup natural yoghurt
1 tbsp honey

Instructions

Put watermelon and strawberries into a blender and whirr until smooth.

Add the yoghurt and honey and blend until completely smooth.

Pour into cups and enjoy!

SERVES 4



WATER GREAT IDEA!

Don't discard your watermelon rind!
Carefully remove the green outer skin and use the rind as you would use cucumber.
Slice thinly and add to your next salad.



6 Peachy green smoothie

Make the most of your spinach harvest with this glorious green smoothie, sweetened with stone fruit.

Ingredients

- 1½ cups milk
- ½ cup natural yoghurt
- 1 cup chopped baby spinach
- 2 cups chopped fresh peach or nectarine
- 1 small banana, peeled and sliced
- 1 tbsp honey

Instructions

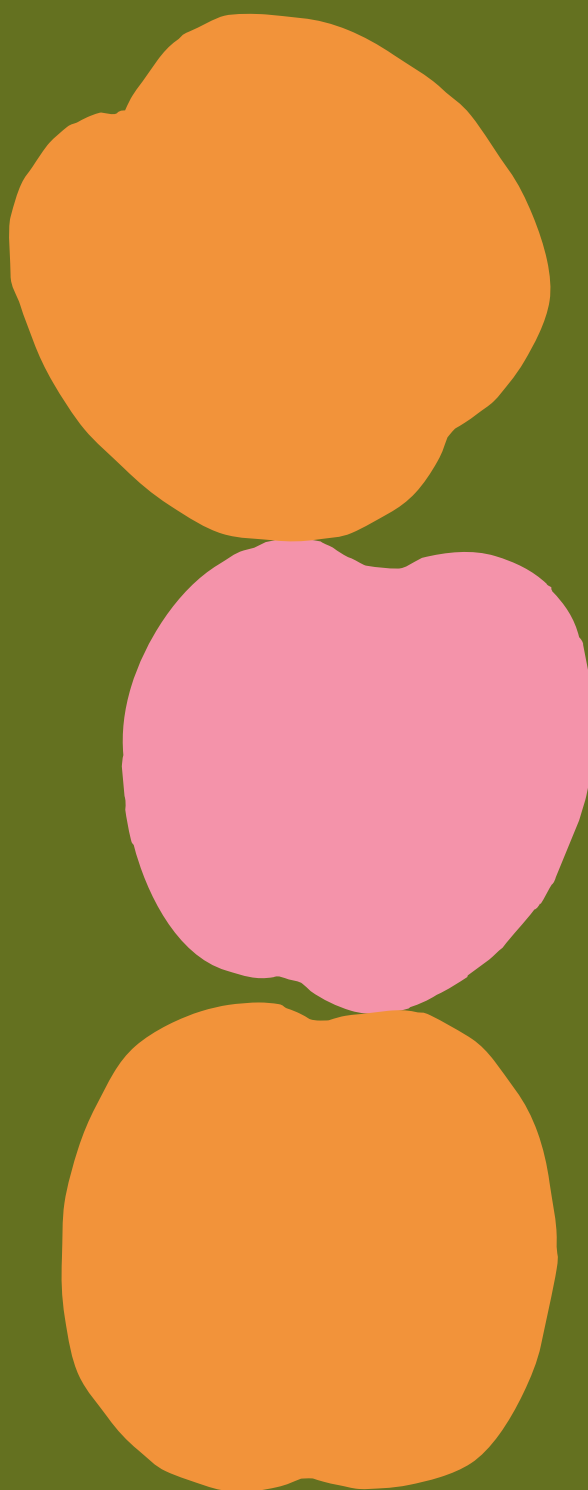
Put all the ingredients into a blender and whirr until smooth. Pour into cups and enjoy!

SERVES 4



IT'S EASY BEING GREEN!

Experiment with leafy greens. Spinach and lettuce are great in smoothies because they have a mild flavour. Kale and silverbeet can be used, but bump up the sweet fruits to balance the bitterness.



7 Sunflower sunshine smoothie

A luscious blend of sunflower seeds, rich coconut cream and banana will take your tastebuds on an adventure.

Ingredients

- ¼ cup sunflower seeds, crushed in a mortar and pestle
- ½ cup coconut cream, frozen in an ice-cube tray
- 2 cups milk
- 1 avocado, peeled and chopped
- 1 banana, peeled and sliced
- 2 tbsp cocoa or cacao powder
- 1 teaspoon vanilla extract
- 1–2 tbsp honey, to taste

Instructions

Place the crushed sunflower seeds, coconut cream and milk into a blender, and whirr for 4 minutes, or until very smooth.

Add all other ingredients and blend until smooth.

Pour into cups and enjoy!

SERVES 4



SUPER SEEDS!

Ground seeds are a lovely addition to a smoothie, and a great way to use up any seedy remnants lingering in your pantry.



8 Coconut dream smoothie

Mango, coconut and cream cheese make for a tropical delight – a little like a drinkable cheesecake.

Ingredients

1 cup milk
½ cup natural yoghurt
½ cup cream cheese, softened
2 cups chopped mango, frozen
1 tbsp maple syrup
½ teaspoon vanilla extract
2 tbsp desiccated coconut, or
grated fresh coconut, plus extra
for sprinkling

Instructions

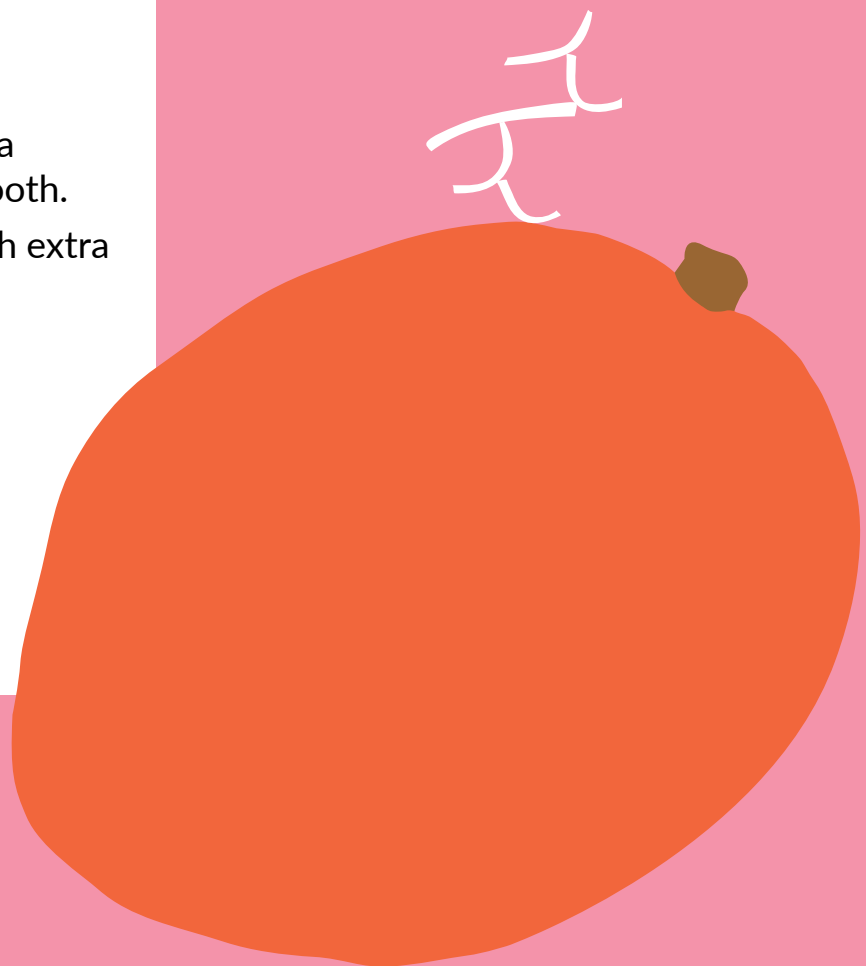
Put all the ingredients into a blender and whirr until smooth.
Pour into cups, sprinkle with extra coconut, and enjoy!

SERVES 4



GET SPRINKLING!

Crunchy toppings add texture and interest to your smoothies. Try chia seeds, muesli or sesame seeds.



9 Can't-be-beet smoothie

Beetroot and pomegranate juice make for a deliciously tangy, bright pink smoothie.

Ingredients

- 1 cup milk
- ½ cup natural yoghurt
- 1 medium beetroot, peeled
- 1 banana, peeled and sliced
- 1 cup raspberries, frozen
- ½ cup pomegranate juice
- 1 tbsp maple syrup

Instructions

Bring a medium-sized saucepan of water to the boil.* Add the beetroot and simmer for 20–40 minutes, until tender. Drain, and set aside to cool, then slip the skin off with your fingers. Cut beetroot into quarters.

Put all the ingredients into a blender and whirr until smooth.

Pour into cups and enjoy!

*Adult supervision required.

SERVES 4



GOT A BUMPER BEET CROP?

Cook a couple of extra beetroots at the same time and make a tasty beetroot dip to enjoy with fresh cut vegetables!



10 Melon raspberry smoothie

Sweet, juicy rockmelon and raspberries combine to make summer in a glass.

Ingredients

- 1 cup milk
- 1 cup natural yoghurt
- ¼ rockmelon, chopped and frozen (about 1 cup)
- Punnet of raspberries (about 25 berries)
- 1 small banana, peeled and sliced
- 1 tbsp honey

Instructions

Put all the ingredients into the blender and whirr until smooth.

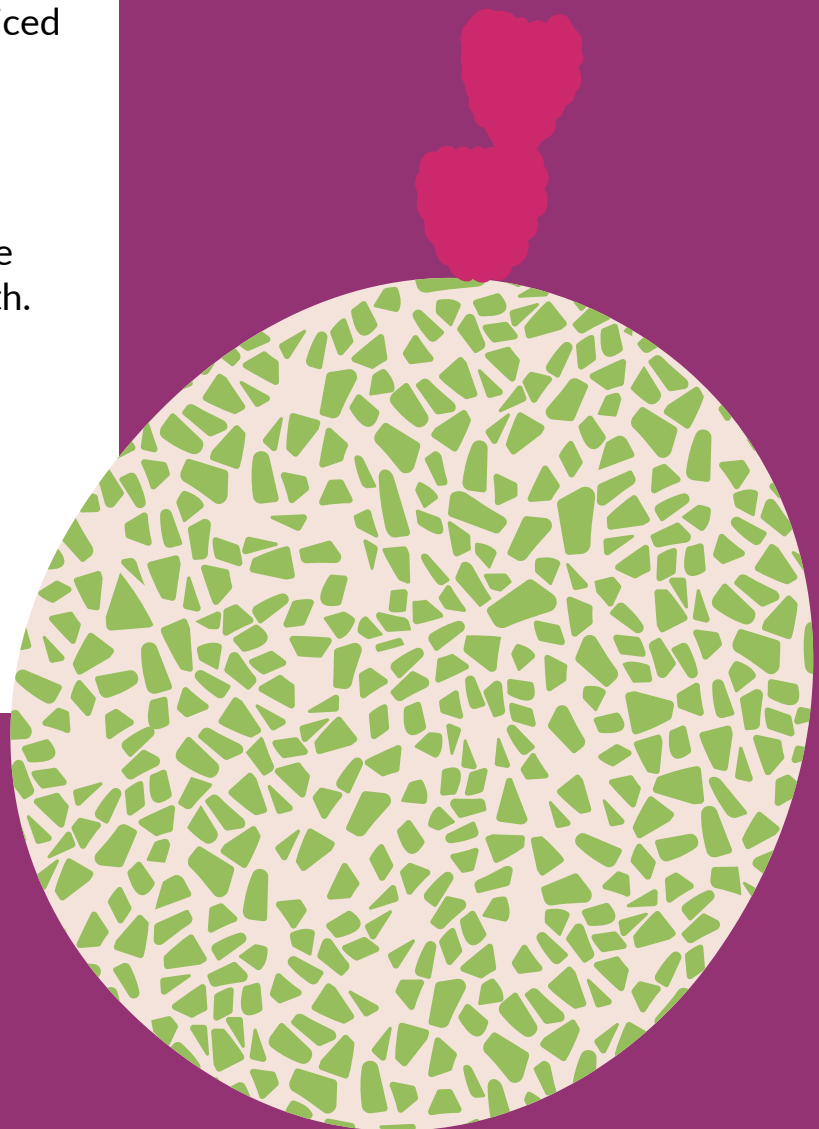
Pour into cups and enjoy!

SERVES 4



SWAP IT!

Rockmelon can be replaced with canary melon, dino melon or honeydew melon.



Thank you

The work of the Stephanie Alexander Kitchen Garden Foundation is only made possible with the continued support of our partners, and we thank Saputo Dairy Australia for their commitment and generosity.

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