

The Finest
Smoothie
Recipes
From
Nature's
Finest



Nature's
Finest

Mango Smoothie

BREAKFAST BOWL



- **Serves: 1**
- **Prep Time: 10mins**

What You Will Need:

- 1 x 400g pot of Nature's Finest Mango
- 1 x banana, peeled and sliced
- Lime juice
- Honey
- Suggested Toppings
 - Diced kiwi
 - Raspberries
 - Blueberries
 - Pomegranate seeds
 - Coconut flakes
 - Seeds of your choice!

How To Prepare:

- 1** Drain the mango, retaining the juice. Place the mango and banana in a blender. Blitz until smooth, adding as much mango liquid as you need to achieve a silky smoothie like consistency.
- 2** Add a squeeze of lime or a spoonful of honey to taste for added sharpness or sweetness as needed.
- 3** Divide between two bowls or even place one portion in a sealed container to save for the next day.
- 4** Decorate with your choice of toppings and enjoy!

Mandarin Orange

IMMUNITY BOOST



- **Serves: 1**
- **Prep Time: 5mins**

What You Will Need:

- 1 x Snack pot of Nature's Finest Mandarin (Drained)
- 1 x carrot and 1 x banana
- Pinch of ginger
- Orange juice
- Lemon juice
- Pinch of turmeric & cinnamon
- Ice

How To Prepare:

- 1 Load all of your ingredients to a high powered blender in the order they are listed above.
- 2 Blend everything until smooth.
- 3 Have a little taste to test for sweetness and adjust accordingly. If you're looking for a thicker smoothie, pop in a bit more ice!
- 4 Pour your immunity boosting smoothie into your favourite glass or tumbler, garnish if you would like to and of course – enjoy!

Top Tip! Add honey to sweeten for antioxidant properties . If you've already made your smoothie but you have leftovers – you can pour it into an ice-cube tray and then put it in the freezer! Then simply pop your cubes out and lightly blend before serving.

Pineapple & TURMERIC BLAST



- Serves: 2
- Prep Time: 5mins

What You Will Need:

- 1 x 400g pot of Nature's Finest Pineapple (drained)
- 1 large ripe banana
- 1 tsp ground turmeric
- 2cm piece ginger, peeled and grated
- 150ml of semi-skimmed milk
- A hand full of ice cubes

How To Prepare:

- 1 Put all the ingredients in a blender and blend until smooth.
- 2 Pour into a small bowl (or even a glass if you prefer to drink it instead) and garnish with some extra banana slices or other fruit of your choice!

Tip – Why not substitute with Almond or Coconut Milk for a different creamy taste and garnish with some more sliced banana; pineapple and coconut shavings?

Pear Chai

SMOOTHIE RECIPE



- Serves: 1 -2
- Prep Time: 5mins

What You Will Need:

- 1 x 400g pot of Nature's Finest Pear
- 1 tbsp honey
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- 1 cup warm semi-skimmed milk (240ml)
- 2 chai tea bags

How To Prepare:

- 1 Steep the chai tea bags in the warm milk for 3-5 minutes.
- 2 In a blender, combine the chai tea milk, Pear, honey, vanilla, and cinnamon. Blend on high speed for 3 minutes, or until completely smooth.
- 3 Transfer the chai Pear mixture to a small saucepan and heat over medium-low heat until just warmed through. Do not boil.
- 4 Pour into a heat resistant glass or mug, and serve immediately to enjoy!

Pear, Apple & GINGER PICK ME UP!



- Serves: 1 - 2
- Prep Time: 10mins

What You Will Need:

- 1 x 400g pot of Nature's Finest Pear (drained)
- 1 Apple, peeled & cored
- 1-2 tbsp honey
- 1 tsp lemon juice
- 1 tsp fresh grated ginger
- 250ml plain yoghurt

Why Not ?

- Add ½ an avocado for extra creaminess.
- A stick of celery to reduce the sweetness.

How To Prepare:

- 1 Simply pop all ingredients in a blender with a few ice-cubes and whizz up until smooth.
- 2 Serve and enjoy immediately as a delicious tasting fruity & nutritious pick me up!

Top Tip: Why not freeze a batch in an ice-cube tray and blend to enjoy when ever you need that fruity fix.

Simple Mango MILKSHAKE



- Serves: 4
- Prep Time: 5mins

What You Will Need:

- 1 x pot of Nature's Finest 700g Mango (drained)
- 250–300ml cold milk
- ½–1 tsp runny honey, or to taste
- Ice cubes, to serve

How To Prepare:

- 1** Drain the juice from the Mango and then purée in a food processor or blender.
- 2** Add the milk and honey and combine until it becomes a thick smooth mass.
- 3** Chill until ready to drink. Add the ice cubes and serve straight from the fridge. A little goes a long way, so serve in small glasses!

Pineapple & COCONUT CHILLER



- Serves: 2
- Prep Time: 5mins

What You Will Need:

- 230g Nature's Finest Pineapple Chunks
- 250ml canned coconut milk
- Honey or maple syrup to taste
- Ice cubes (to taste)

How To Prepare:

- 1 Blend all ingredients together until smooth.
- 2 Drink and Enjoy!

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