

## A Trio of Colorful Smoothies: Healthy, Easy, and Delicious

### 1. Kiwi Banana Smoothie (Green):



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### INGREDIENTS

1. Kiwi Banana Smoothie (Green):
  - 2 kiwis, peeled
  - 1 ripe banana
  - 1/2 cup Greek yogurt
  - 1/2 cup almond milk
  - 1 tsp honey (optional)
2. Raspberry Smoothie (Red):
  - 1 cup raspberries (fresh or frozen)
  - 1/2 banana
  - 1/2 cup plain yogurt
  - 1/2 cup orange juice
3. Blueberry Dragon Fruit Smoothie (Purple-Pink):
  - 1/2 cup blueberries
  - 1/2 cup dragon fruit (pitaya)
  - 1/2 cup coconut water
  - 1/2 cup vanilla yogurt

### DIRECTIONS

1. For the Kiwi Banana Smoothie (Green):: Prep: Peel and slice the kiwis and banana.
2. Blend: Place the kiwis, banana, Greek yogurt, almond milk, and optional honey into a blender. Blend on high speed until completely smooth.
3. Garnish: Pour into a glass and garnish with a fresh mint leaf.
4. For the Raspberry Smoothie (Red):: Prep: If using fresh fruit, wash the raspberries and slice the banana.
5. Blend: Place the raspberries, banana, plain yogurt, and orange juice into a blender. Blend on high speed until everything is well combined and smooth.
6. Garnish: Pour into a glass and top with a few fresh raspberries and a mint leaf.
7. For the Blueberry Dragon Fruit Smoothie (Purple-Pink):: Prep: If using fresh fruit, wash the blueberries and chop the dragon fruit.
8. Blend: Place the blueberries, dragon fruit, coconut water, and vanilla yogurt into a blender. Blend on high speed until the smoothie is thick and creamy.
9. Garnish: Pour into a glass and garnish with a few fresh berries and a mint leaf.

### SWAPS & NOTES

Milk and Yogurt : The beauty of these smoothies is their flexibility.

You can easily swap almond milk for any milk of your choice,

such as oat milk, coconut milk, or even regular dairy milk.

For the yogurt, you can use Greek yogurt in any of the recipes for extra protein, or a dairy-free yogurt for a vegan option.

Fruit : Using frozen fruit is a great tip for a thicker, colder

smoothie without having to add ice, which can water down the flavor.

## TIPS FOR SUCCESS

**Frozen Fruit is Best :** For the best, thickest texture without watering down the flavor, I highly recommend using frozen fruit.

**Layer the Blender Correctly :** For easier blending, add the liquids (milks, juices) first, followed by the softer ingredients (yogurt, fresh fruit), and finally the frozen ingredients (frozen fruit, ice).

**Adjust Consistency :** If your smoothie is too thick, you can add a splash more of your chosen liquid.

If it's too thin, you can add a little bit more frozen fruit or a scoop of Greek yogurt.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/a-trio-of-colorful-smoothies-healthy-easy-and-delicious/>