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## **Grape Blueberry Fizz**

(Makes 2 servings)

1-1/2 cups (375 ml) fresh or frozen blueberries 1 cup (250 ml) Concord grape juice 1/2 cup (125 ml) vanilla-flavored yogurt 1 cup (250 ml) sparkling water

In a blender, on high speed, puree blueberries, grape juice and yogurt. Pour in sparkling water and pulse to blend.

## **Nectarine Dream**

(Makes 2 servings)

2 nectarines or peaches, peeled, pitted and chopped 1/2 very ripe banana 1 cup (250 ml) milk 1/2 cup (125 ml) fresh or frozen strawberries 3 tbsp (45 ml) sweetened condensed milk

In a blender, on high speed, puree nectarines, banana, milk, strawberries and condensed milk.

## **Cucumber Yogurt Smoothie**

(Makes 2 servings)

2 cups (500 ml) chopped, peeled and seeded cucumber 1 cup (250 ml) sparkling water 1/2 cup (125 ml) plain yogurt 1/4 cup (50 ml) lightly packed fresh mint leaves 6 ice cubes

In a blender, on high speed, puree cucumber sparkling water, yogurt, mint and ice.