



New Zealand's Ultimate Summer Smoothie Recipe Book

20 of the best smoothie recipes
inspired by Kiwis for Kiwis

INTRODUCTION

With Kiwi blenders blitzing delicious smoothies up and down the country Almond Breeze set out to discover what the Country's Ultimate Summer Smoothie recipe is. The Californian almond experts teamed up with The Hits radio station and Bite magazine to invite submissions. We had over 800 entries with an array of incredible recipes.

The editorial team at Bite picked four recipes and then the public voted for their favourite one. With over 10,000 votes Marieka Curley from Wellington took out the title with her Raspberry and Coconut Smoothie.

Rather than keep all these amazing smoothie recipes to ourselves, we decided to share our favourite top 20 to encourage more Kiwi creations in the kitchen. The following recipes were inspired by the entries. We worked with a smoothie enthusiast who tweaked the recipes to ensure optimum taste.

Get your blenders and tastebuds at the ready – go forth and ENJOY!

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CONTENT

08-17

Breakfast

Wake me up Smoothie
Spicy madness banana oatmeal
smoothie
Nutty Mocha Smoothie
Peach Almond Cooler
Nutty Banana oatmeal smoothie

20-29

Fresh Fruity

Sunrise Smoothie
Ultimate detox smoothie
Super Power Purple Smoothie
Tropical Sunshine Smoothie
Ultra Micronutrient Smoothie

CONTENT

32-41

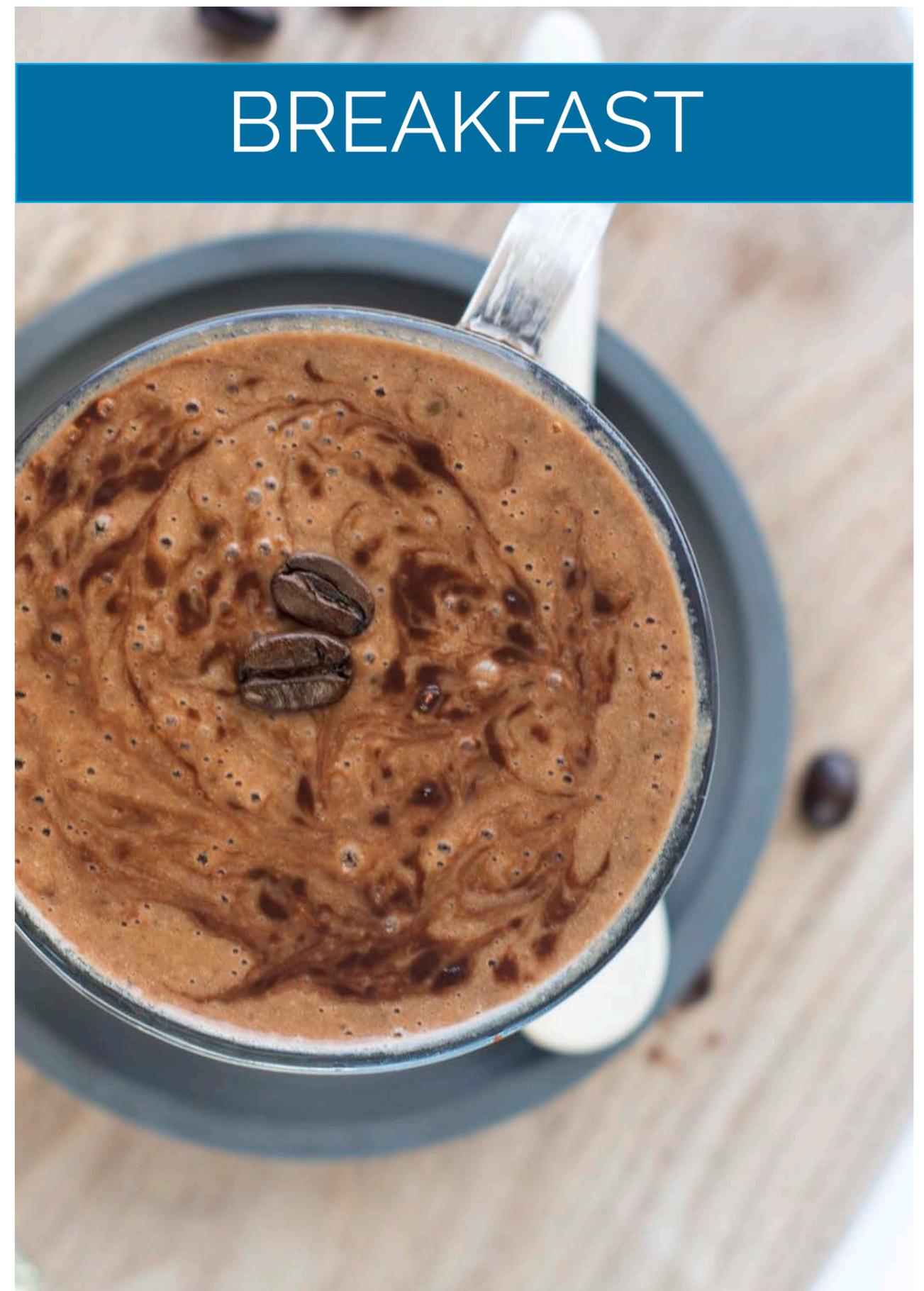
Daily Boost Smoothie

Raspberry and Coconut Smoothie with
a green twist
ChocoNana Chia Smoothie
Skinny Elvis
Berry Chocolate Breeze smoothie
Banana Blueberry Chia Smoothie

44-53

Naughty and So Nice

Bananalicious Caramel Smoothie
Raspberry and Peach Smoothie
Vanilla Fig Smoothie
Zanzibar Special
Cherry Chocolate Smoothie



WAKE ME UP SMOOTHIE

Inspired by Wendy Napper



SERVING
1



MINUTES
5

Jump start your day with this delicious smoothie! A shot of caffeine made sweeter with a dash of cocoa and dates. Fill up your travel mug, and you're good to go!

INGREDIENTS

1/2 cup Almond Breeze Original Almond Milk
1 banana
1 teaspoon unsweetened cocoa powder
1/2 cup brewed or instant coffee, cold
2 dates, pitted
4-6 ice cubes

METHOD

Put all the ingredients into a blender and blend until nice and smooth. For an even thicker consistency, add more ice cubes.



WAKE ME UP SMOOTHIE

Inspired by Wendy Napper

SPICY MADNESS BANANA OATMEAL SMOOTHIE

Inspired by Steve Fergusson



SERVING
1



MINUTES
5

Spice up your morning with three powerful spices mixed together with the sustaining goodness of oats and nut butter - you won't crave any food before lunch!

INGREDIENTS

1 cup Almond Breeze Unsweetened Almond Milk
1 banana, frozen
1/3 cup rolled oats
1 Tablespoon peanut butter (or nut butter of your choice)
1 cup ice
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cardamom
1 teaspoon maca powder

METHOD

Add all the ingredients into a blender and blend until smooth and simply pour into a tall glass. If you have the time, serve in a bowl topped with an extra drizzle of nut butter, chopped almonds, and cocoa nibs.



SPICY MADNESS BANANA OATMEAL SMOOTHIE

Inspired by Steve Fergusson

NUTTY MOCHA SMOOTHIE

Inspired by Emily Taylor



SERVING
1



MINUTES
5

Ease into the day with a healthy Mocha Smoothie which is rich in both fibre and protein. Nutting but happiness!

INGREDIENTS

- 3/4 cup Almond Breeze Original Almond Milk
- 5 dried prunes, pitted
- 1/4 cup brewed or instant coffee
- 1 teaspoon unsweetened cocoa powder
- 1 banana, frozen
- 1 teaspoon peanut butter (or nut butter of your choice)
- 6 ice cubes

METHOD

Put all ingredients into a blender and blend until thick and smooth. Enjoy !



NUTTY MOCHA SMOOTHIE

Inspired by Emily Taylor

PEACH ALMOND COOLER

Inspired by Sophie Woodger



SERVING
1



MINUTES
5

This is a great smoothie bowl to start the day with a whole lot of natural goodness from plant based ingredients. It contains healthy fat from the avocado, fibre from kale and protein from nut butter. Breeze the Day!

INGREDIENTS

- 1 cup Almond Breeze Original Almond Milk
- 1 tablespoon Pomegranate seeds or blueberries for a super food
- 1/2 avocado flesh, ripe
- 3 kale leaves, trimmed
- 2 fresh peaches, flesh (or 4 canned peaches halves)
- 1 tablespoon almond butter (or nut butter of your choice)
- 1/4 teaspoon ground cinnamon

METHOD

Take all your ingredients, add to your blender and blend until smooth. Serve into a bowl and add 1 teaspoon of chia seed for an extra filling breakfast.



PEACH ALMOND COOLER

Inspired by Sophie Woodger

NUTTY BANANA OATMEAL SMOOTHIE

Inspired by Rachael Andrews



SERVING
2



MINUTES
5

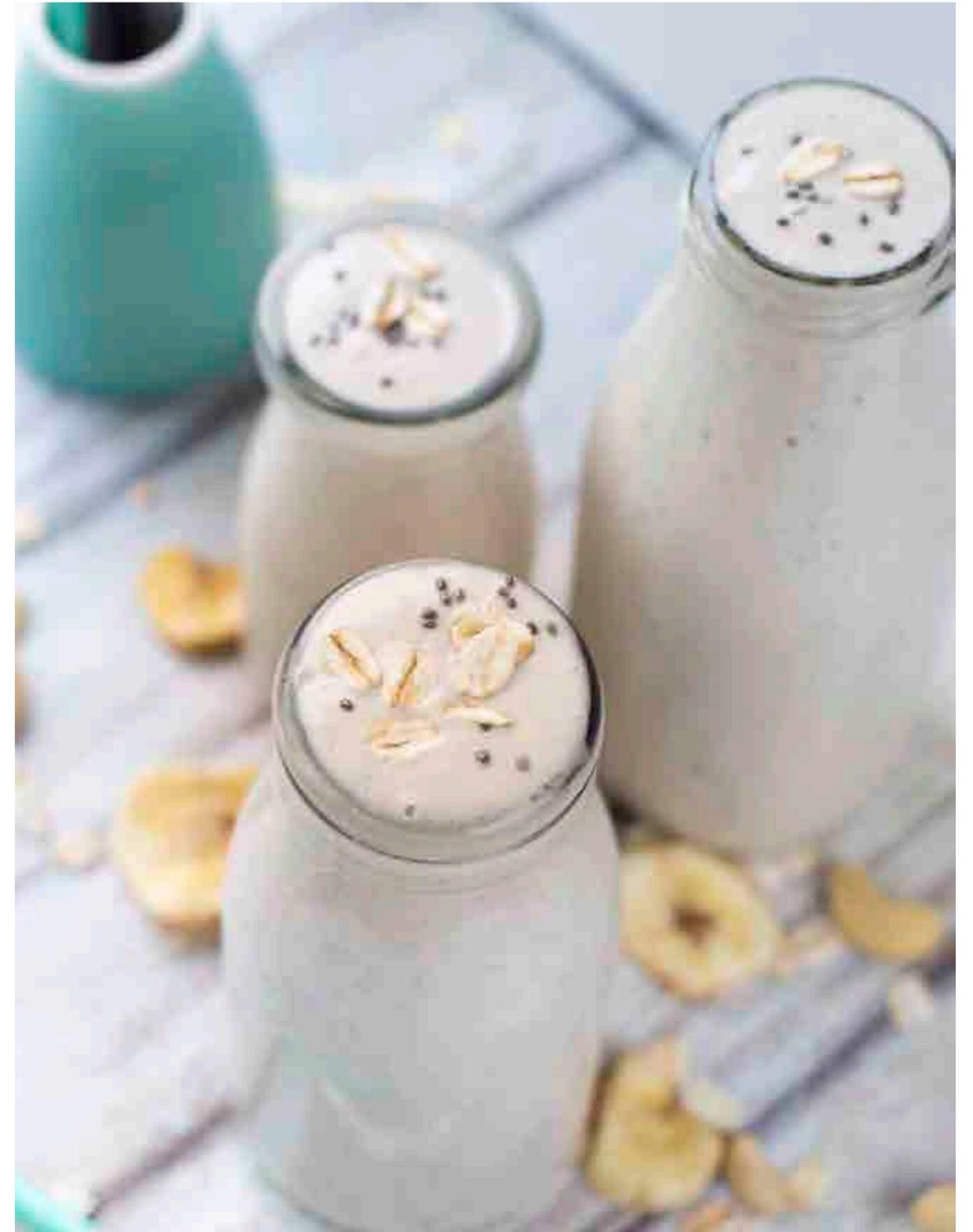
This creamy, rich breakfast is high in fibre and protein and combines the delicious sweet flavours of cinnamon, vanilla, and honey. Heaven in a glass.

INGREDIENTS

2 cups Almond Breeze Original Almond Milk
1/2 cup cashew nuts, ideally soaked overnight
1 banana
2 tablespoons peanut butter (or nut butter of your choice)
1/4 cup rolled oats
2 tablespoon honey (or maple syrup)
1/2 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
1 tablespoon chia seeds
1 tablespoon ground LSA
1 tablespoon ground flaxseed

METHOD

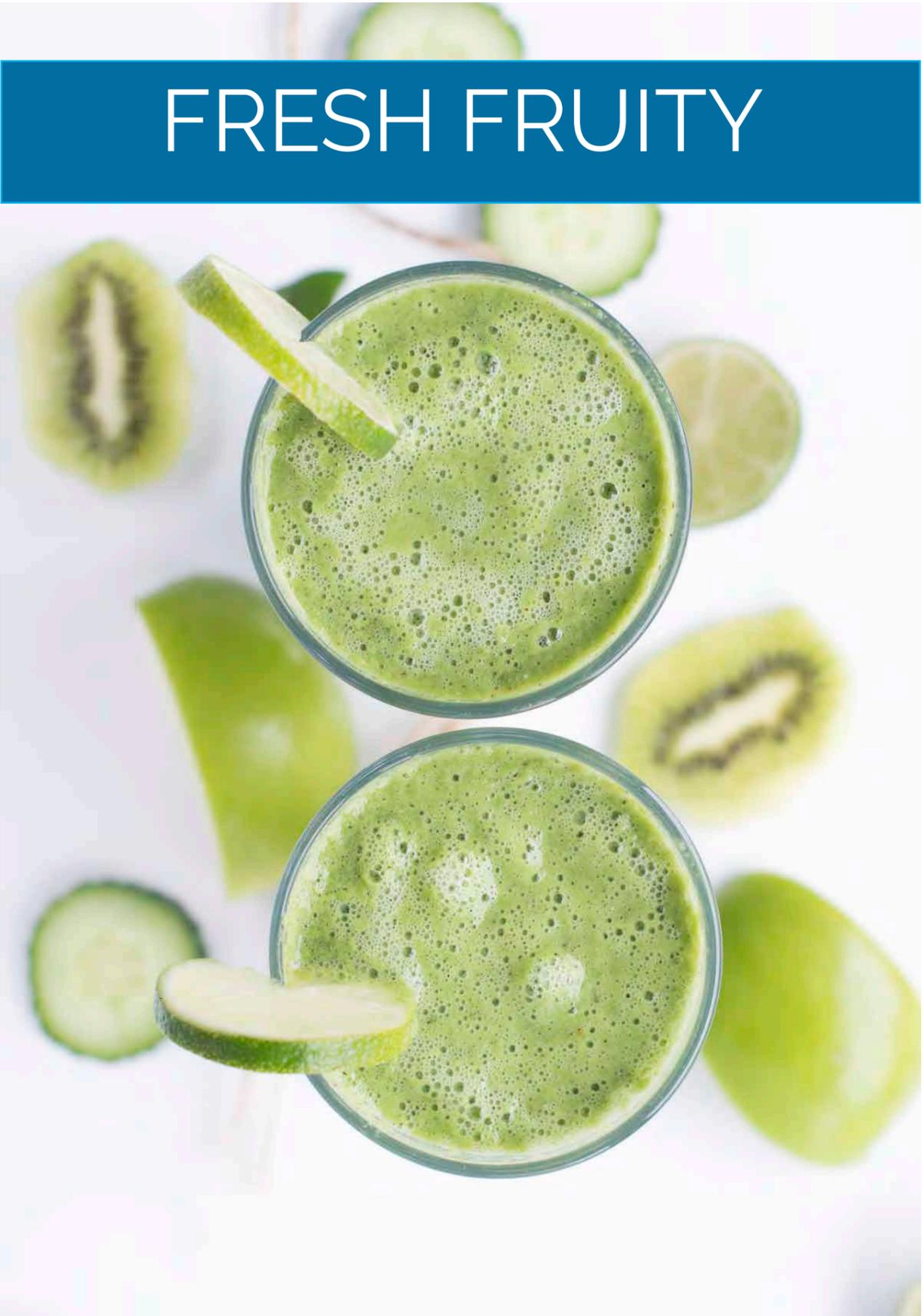
Put all your ingredients together into a blender. Blend until thick and smooth. Serve as a thick on-the-go shake.



NUTTY BANANA OATMEAL SMOOTHIE

Inspired by Rachael Andrews

ALL NATURAL
**BLUE
DIAMOND**
ALMONDS™
**Almond
Breeze**™
ALMOND MILK



SUNRISE SMOOTHIE

Inspired by Jordan Barnfield



SERVING
1



MINUTES
5

Hello, Sunshine! Close your eyes when you taste this delicious smoothie and let the flavour sensations transport you to a tropical beach! Packed with antioxidants and digestive cleansers this smoothie is heavenly.

INGREDIENTS

1 cup Almond Breeze Original Almond Milk
1/4 cup mango, diced
1/4 cup pineapple, diced
1/4 avocado flesh, ripe
1/2 banana, frozen
2 tablespoons desiccated coconut

METHOD

Blend until smooth. Garnish with desiccated coconut and pineapple chunks for an extra tropical burst. Enjoy!



SUNRISE SMOOTHIE

Inspired by Jordan Barnfield

ULTIMATE DETOX SMOOTHIE

Inspired by Meredith Baldwin



SERVING
1



MINUTES
10

Unleash the power of green fruit and vegetables with this amazing tasting detox smoothie. Arm your body with detoxing and cellular activating agents and a boost of antioxidants. Go forth and conquer your day!

INGREDIENTS

1 cup Almond Breeze Unsweetened Almond Milk
1/2 green kiwi fruit, peeled, cubed
1/2 granny smith apple, skin on, cubed
3/4 cup baby spinach leaves
5 cm length of cucumber, skin on
2 teaspoons chia seeds
1 teaspoon ground flax seed
1 teaspoon grated fresh ginger
1/2 teaspoon of ground turmeric
Juice of one small lemon

METHOD

Add all the ingredients together into a blender. Blitz until smooth.



ULTIMATE DETOX SMOOTHIE

Inspired by Meredith Baldwin

SUPER POWER PURPLE SMOOTHIE

Inspired by Wendy Harper



SERVING
1



MINUTES
10

Purple is the new black this smoothie season with this fabulous tasting creation. Full of essential nutrients and vitamins from the beetroot, blueberries, boysenberries, and plums, this is this summers MUST try smoothie.

INGREDIENTS

- 1 cup Almond Breeze Unsweetened Vanilla Almond Milk
- 1 small beetroot, precooked or in vacuum bag, chop
- 1 cup frozen blueberries
- 1 cup frozen boysenberries
- 1 plum, stoned, halved (optional, if in season)
- 1 tablespoon honey (or maple syrup)
- 1 tablespoon ground LSA

METHOD

Smooch the ingredients together in a blender. For an even smoother consistency, add more almond milk!



SUPER POWER PURPLE SMOOTHIE

Inspired by Wendy Harper

TROPICAL SUNSHINE SMOOTHIE

Inspired by Michelle Hudgell



SERVING
2



MINUTES
10

Want to feel fresh and fruity? This beautiful tasting smoothie includes five fresh fruit and is loaded with vitamins.

INGREDIENTS

- 2 cups Almond Breeze Coconut Almond Milk
- 1/2 frozen papaya, seeded, cubed
- 1/2 frozen mango, peeled, cubed
- 1/2 frozen pineapple, cubed
- 1 banana
- 1 orange, peeled, cut into quarters
- 1 tablespoon honey (or maple syrup)
- 1/4 cup desiccated coconut
- 1/2 cup of ice, add if fruits are not frozen

METHOD

Place all the ingredients together into a blender. Blend until smooth and decorate with a pineapple chunk and/or some coconut flakes, relax, close your eyes, you are on an island. Enjoy!



TROPICAL SUNSHINE SMOOTHIE

Inspired by Michelle Hudgell

ULTRA MICRONUTRIENT SMOOTHIE

Inspired by Andrew Mc Kenna



SERVING
3



MINUTES
10

This is the ULTIMATE granddaddy of a healthy smoothie recipe! This creation gives you a whooping amount of micronutrients, vitamins, minerals, fibre and essential fatty acids. It is a great cleansing smoothie and a perfect way to reload your body with essential nutrient after a busy social time!

INGREDIENTS

3 cups Almond Breeze Original Almond Milk
2 kale leaves, trimmed
¼ cup baby spinach leaves
2 silver beet or rainbow chard leaves, trimmed
1 small carrot, peeled and cut
1/2 cup frozen blueberries
1 banana
1 small apple, skin on
2 tablespoon tomato juice
Juice of a small lemon
1 tablespoon ground flaxseed

METHOD

Add all the ingredients into a blender. Blend until smooth.
Add more almond milk until you reach the desired consistency or add 1/2 avocado flesh to make it super thick.



ULTRA MICRONUTRIENT SMOOTHIE

Inspired by Andrew Mc Kenna



ALL NATURAL
BLUE DIAMOND
ALMONDS
Almond Breeze[™]
ALMOND MILK



DAILY BOOST



RASPBERRY AND COCONUT SMOOTHIE WITH A GREEN TWIST

Inspired by Marieka Curley



SERVING
1



MINUTES
10

Move aside Energiser Bunny! This delicious smoothie is a great replenishing drink which provides a powerful punch of goodness and is packed with energy lifting ingredients.

INGREDIENTS

1 cup of Almond Breeze Unsweetened Almond Milk
1 cup frozen raspberries
1 tablespoon avocado flesh, ripe
¼ cup baby spinach leaves
1 banana, ripe
2 tablespoons coconut yoghurt (or Greek Yoghurt)

METHOD

Add all the ingredients into a blender and blend until smooth.
If you are feeling naughty, add cacao nibs on top!



RASPBERRY AND COCONUT SMOOTHIE
WITH A GREEN TWIST

Inspired by Marieka Curley

CHOCONANA CHIA SMOOTHIE

Inspired by Tammy Brenstrum



SERVING
1



MINUTES
10

Recharge and refuel your body after a workout with this high plant based protein thirst quencher.

INGREDIENTS

- 1 cup of Almond Breeze Unsweetened Almond Milk
- 1/2 banana, frozen
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon cashew butter (or nut butter of your choice)
- 3 medjool dates, pitted, soaked in hot water 5 minutes
- 1 teaspoon ground chia seeds

METHOD

Put all the ingredients into a blender. Blend on high speed until smooth. Enjoy!



CHOCONANA CHIA SMOOTHIE

Inspired by Tammy Brenstrum

SKINNY ELVIS

Inspired by Tim Severne



SERVING
1



MINUTES
5

You can't help falling in love with this smoothie. A sweet melody of nuts with a touch of honey finished off with the goodness of chia seeds.

INGREDIENTS

- 1/2 cup Almond Breeze Unsweetened Almond Milk
- 1/4 cup of Ice cubes
- 1 tablespoon unsalted peanut butter (or nut butter of your choice)
- 1 banana, ripe
- 1 teaspoon honey (or maple syrup)
- 1 tablespoon of chia seeds

METHOD

Place all the ingredients together into a blender. Blend until smooth. Serve with a light sprinkle of ground cinnamon or ground nutmeg.



SKINNY ELVIS

Inspired by Tim Severne

BERRY CHOCOLATE BREEZE SMOOTHIE

Inspired by Donna Higgins



SERVING
1



MINUTES
5

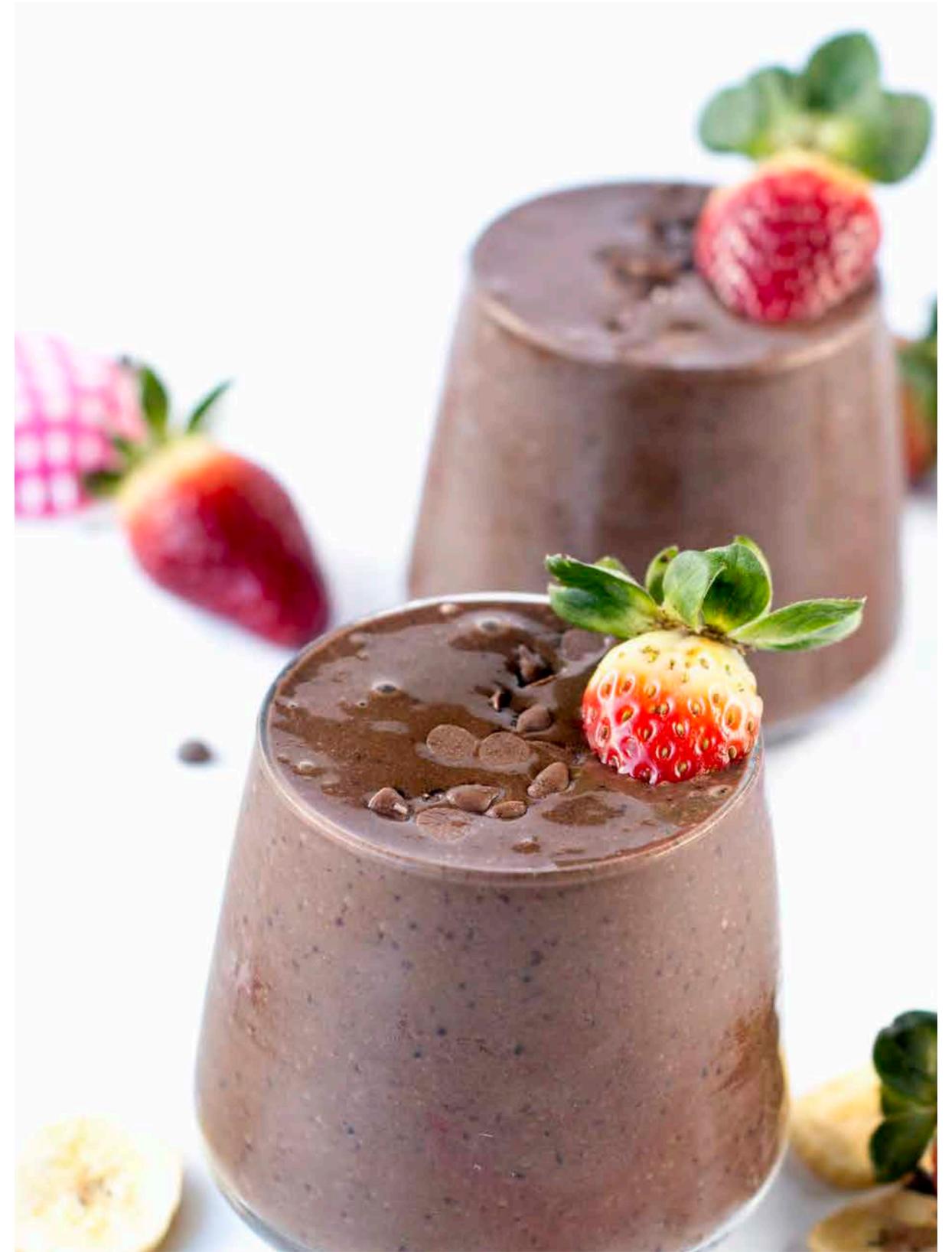
This berry yummy smoothie is easy to make and tastes amazing! Full of fibre and energy this is a great drink to have after a workout.

INGREDIENTS

- 1 cup Almond Breeze Unsweetened Almond Milk
- 1 banana, frozen
- 1 cup strawberries, frozen if you can
- 2 tablespoon unsweetened cocoa powder (or whey protein cocoa powder)
- ½ cup baby spinach leaves

METHOD

Place all the ingredients together into a blender. Blend until smooth. For a smoother consistency add more almond milk!



BERRY CHOCOLATE BREEZE SMOOTHIE

Inspired by Donna Higgins

BANANA BLUEBERRY CHIA SMOOTHIE

Inspired by Ian Miller



SERVING
1



MINUTES
5

This berry nice smoothie is loaded with antioxidants and vitamins which makes it the ideal re-energiser and pick me up after exercise.

INGREDIENTS

1/2 cup Almond Breeze Unsweetened Almond Milk
1/2 cup Greek Yoghurt (or coconut yoghurt if dairy free)
1/2 cup frozen blueberries
1/2 banana
1 teaspoon chia seeds

METHOD

Bring all the ingredients together into a blender. Blend until smooth. Sprinkle chia seeds on top for an extra protein boost!



BANANA BLUEBERRY CHIA SMOOTHIE

Inspired by Ian Miller



NAUGHTY AND
SO NICE



BANANALICIOUS CARAMEL SMOOTHIE

Inspired by Dwayne Kirkwood



SERVING
1



MINUTES
5

A little bit of naughty and a whole lot of nice! This smoothie is high in protein while tasting like a banoffee pie in a glass! Life is short - indulge!

INGREDIENTS

- 1 ½ cup Almond Breeze Unsweetened Vanilla Almond Milk
- 1 banana
- 3 dates, cored, soaked 5 minutes in hot water
- 1 scoop caramel whey powder (or vanilla whey powder)
- 1 tablespoon honey whipped cream

METHOD

- Add all the ingredients together.
- Blend until thick and smooth.
- Add a naughty scoop of whipped cream and a squeeze of Caramel Sauce on top!



BANANALICIOUS CARAMEL SMOOTHIE

Inspired by Dwayne Kirkwood

RASPBERRY AND PEACH SMOOTHIE

Inspired by Jamieson Hudson



SERVING
1



MINUTES
20

Peach, berries and coconut - a healthy tropical cocktail.

INGREDIENTS

1 cup Almond Breeze Unsweetened Vanilla Almond Milk
1 roasted frozen peach (or 4 canned halves peaches)
1 handful of fresh (or frozen if out of season) raspberries (about 1/4 cup)
2 tablespoon coconut yoghurt
Few basil leaves, optional
1 teaspoon honey (or maple syrup), optional

METHOD

The day before, roast the peaches and keep them in the freezer it's quick and easy and SO worth it, it's bursting with caramelised flavour once roasted without any extra sugar! Add all the ingredients into a blender. Blend until thick and smooth. If you feel like something a little more adventurous, add a few baby basil leaves and a teaspoon of honey, it adds a sweet freshness that really lifts and accentuates the other flavours.



RASPBERRY AND PEACH SMOOTHIE

Inspired by Jamieson Hudson

VANILLA FIG SMOOTHIE

Inspired by Angela Penk



SERVING
2



MINUTES
10

Figs, vanilla, and coconut. Soothing and a little decadent - need we say more?

INGREDIENTS

2 cups Almond Breeze Unsweetened Vanilla Almond Milk
1/2 cup coconut yoghurt (or Greek yoghurt)
6 large ripe figs, peeled
1/2 teaspoon whey vanilla powder (or vanilla extract)
2 tablespoons honey (or maple syrup)
1 banana, frozen

METHOD

Add all the ingredients into a blender. Blend until smooth. Add more almond milk for a smoother consistency! Enjoy.



VANILLA FIG SMOOTHIE

Inspired by Angela Penk

ZANZIBAR SPECIAL

Inspired by Ela Purnell



SERVING
1



MINUTES
15

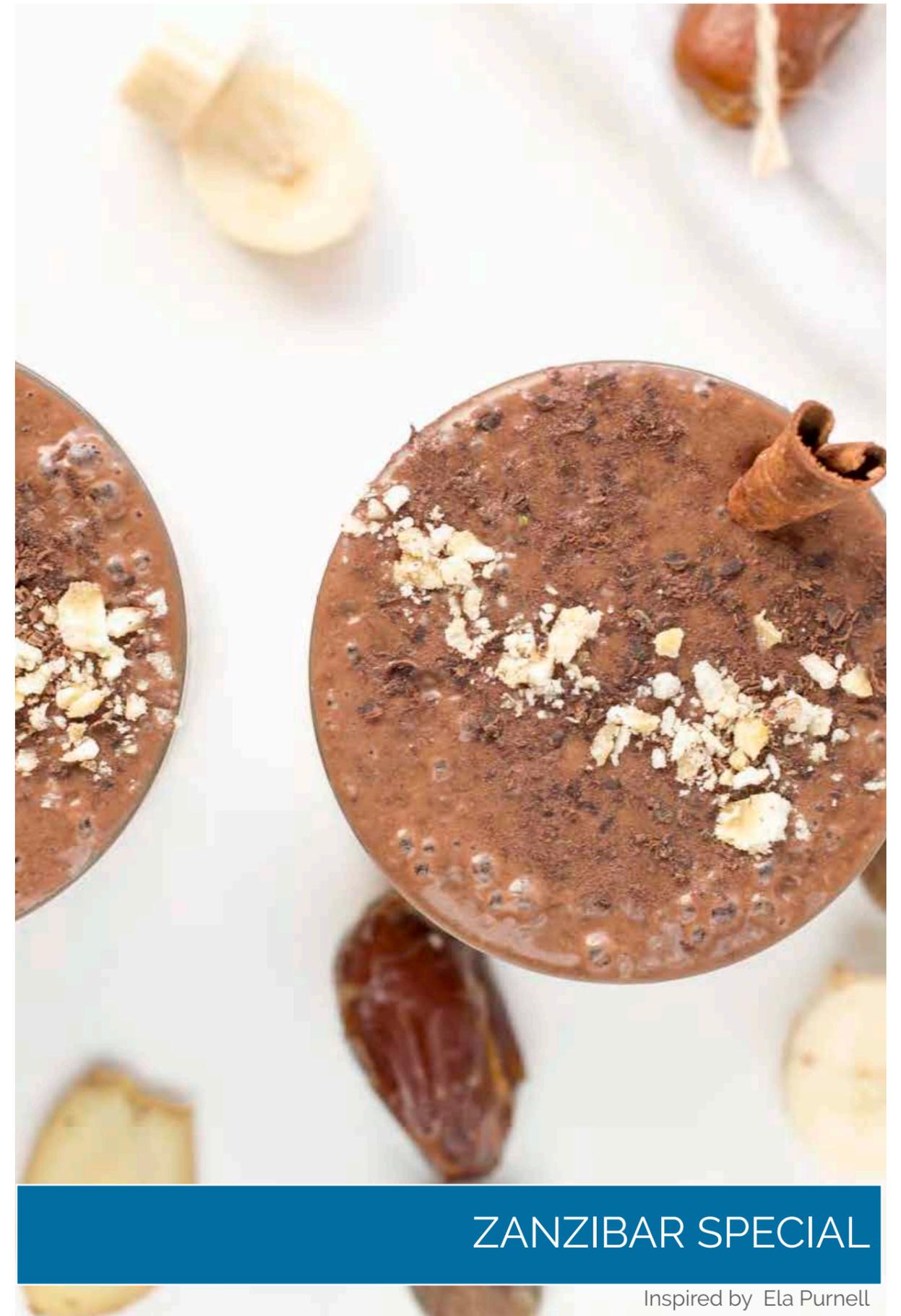
This recipe makes for a lovely pick me up and guilt free treat! The blend of spices, nuts, and chocolate will take you to your 'happy place'!

INGREDIENTS

- 1 cup Almond Breeze Unsweetened Almond Milk
- 2 medjool dates, pitted, soaked in hot water for 5 minutes, drained
- 1 banana, frozen
- 1 tablespoon peanut butter
- 1 tablespoon of unsweetened cocoa powder
- ¼ teaspoon grated fresh ginger, size of the tip of your thumb
- 1/3 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

METHOD

Add all the ingredients into the blender. Blend until smooth!



ZANZIBAR SPECIAL

Inspired by Ela Purnell

CHERRY CHOCOLATE SMOOTHIE

Inspired by Caitlin Roberston



SERVING
1



MINUTES
5

Cherry + chocolate + banana = HAPPINESS! A lovely sweet, comforting combination that tastes like a cherry chocolate pie but without the calories! That's definitely the cherry on the top of this creation!

INGREDIENTS

¾ cup Almond Breeze Coconut Almond Milk
2 scoops chocolate protein powder
½ cup cherries, no pits, fresh or frozen
½ banana, frozen, ripe
1 tablespoon unsweetened cocoa powder
4 ice cubes

METHOD

Add all the ingredients into the blender. Blend until smooth!



CHERRY CHOCOLATE SMOOTHIE

Inspired by Caitlin Roberston



Almond Breeze almond milk – pouring the love in
New Zealand since 2012.

Owned by Blue Diamond Growers, the almond experts
from California since 1910.