

Dairy Free Smoothies



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Tips for making great smoothies:

Frozen bananas add great creamy texture to non-dairy smoothies. I freeze several bananas at a time so I am always ready for a smoothie fix. Peel the bananas before freezing. You can freeze your bananas whole or in chunks. I put mine into a freezer bag, removing as much air as possible from the bag before sealing.

You can use fresh, canned or frozen fruit for your smoothies. If you use fresh or canned fruit, you may need to add a bit of ice to the smoothie to get a thick consistency. If you use frozen fruit, you can usually skip the ice as your smoothie will be nice and thick without ice being added.

Use a high-powered blender to make the smoothest smoothies. If you have a regular blender, you may need to experiment on the order you add the ingredients into the blender container and blend for a little longer.

Feel free to add a scoop of non-dairy protein powder, if you choose to your smoothie. There are several on the market now made from soy, hemp, rice and pea protein. Be sure to check with the manufacture of the protein powder that you would like to use that it is not cross-contaminated with a dairy-based protein powder.

Smoothies are best served right away. However, you can cover and chill your smoothie for later. You may need to

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stir your smoothie a bit before drinking as it may have separated. The smoothie that has sat in the refrigerator will also not be as thick as when freshly made.

Use these recipes as a starting point. Experiment with fruits and favors that your enjoy! If you are out of an ingredient, substitute an equal amount of another fruit or another juice. If you do not have a non-dairy yogurt on hand you can use the same amount of dairy-free kefir (such as soy or coconut) or dairy-free milk substitute of your choice (soy, almond, coconut, etc.).

Frozen Fruit Smoothie Pops

Prepare fruit smoothie mixture of your choice but DO NOT add ice. Pour mixture into compartments of freezer pop molds. (Or pour into 3-ounce paper or plastic cups. Cover with foil. Make a slit in the foil of each. Add sticks.) Freeze for 4 to 6 hours or until firm.

Make-Ahead Directions for Pops: Prepare pops as directed; freeze for up to 1 week.

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Kiwi-Banana– *makes 2 servings*

2 kiwi fruit, peeled and halved
1 banana, peeled and frozen
1 teaspoon lime juice
1/2 teaspoon grated lime peel
1 cup dairy free milk substitute (almond, coconut, etc.)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

Peach-Mango Smoothie – *makes 2 servings*

1 peach, peeled and sliced (fresh or frozen)
1 mango, peeled and diced (fresh or frozen)
1/2 cup dairy-free milk substitute (almond, coconut, etc.)
1/2 cup orange juice

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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Peachy Smoothie – *makes 2 servings*

1 cup sliced fresh, canned or frozen peaches,
nectarines, or apricots
1/2 cup dairy-free milk substitute (almond, coconut, etc.)
1/2 of a 6oz. container peach dairy-free yogurt (soy,
coconut, rice, etc.)
1/2 cup small ice cubes or crushed ice (optional if using
frozen fruit)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

Blue Berry Smoothie – *makes 2 servings*

3/4 cup sliced fresh or frozen blue berries
1/4 cup fresh or frozen blackberries
1/2 cup dairy-free milk substitute (almond, coconut, etc.)
1/2 of a 6oz. container blue berry dairy-free yogurt (soy,
coconut, rice, etc.)
1/2 cup small ice cubes or crushed ice (optional if using
frozen fruit)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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Red Berry Smoothie – *makes 2 servings*

3/4 cup sliced fresh or frozen strawberries
1/4 cup fresh or frozen raspberries
1/2 cup dairy-free milk substitute (almond, coconut, etc.)
1/2 of a 6oz. container strawberry dairy-free yogurt (soy, coconut, rice, etc.)
1/2 cup small ice cubes or crushed ice (optional if using frozen fruit)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

Strawberry Smoothie – *makes 2 servings*

8 strawberries, hulled (fresh or frozen)
1/2 cup dairy free milk substitute (almond, coconut, etc.)
1/2 cup non-dairy plain, vanilla or strawberry yogurt (soy coconut, rice)
2 teaspoons vanilla extract
1/2 cup ice cubes, crushed (optional if using frozen fruit)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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Straw-Cran-Orange Smoothie – *makes 2 servings*

1 cup cranberry juice (the kind that is 100% juice)
1 large banana, peeled and frozen
1 medium orange, peeled and sectioned
1 tablespoon sugar or honey, if needed
1 cup ice cubes

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

Strawberry-Banana Smoothie – *makes 2 servings*

1 1/2 cups fresh or frozen strawberries
1 banana, peeled and frozen
1 6 oz non-dairy vanilla yogurt (soy, coconut or rice)
OR 1/2 cup of dairy free milk substitute (almond, coconut, rice, etc.)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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Pineapple Smoothie – *makes 2 servings*

1/2 cup unsweetened pineapple juice
6 ounces canned, unsweetened, crushed pineapple (with juice)
1/3 cup plain non-dairy kefir (soy or coconut) **OR** 1/2 6 oz container of plain non-dairy yogurt (soy, coconut, rice)
1 tablespoon sweetener of choice, if needed
1 1/2 cups ice cubes

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

Pina Colada Smoothie – *makes 2 servings*

1/2 mango, peeled and cubed **OR** 6 oz can crushed unsweetened pineapple (including juice)
3/4 cup canned, unsweetened pineapple juice
3/4 cup coconut milk
1/2 tablespoon sugar, honey or other sweetener
3/4 cup ice cubes

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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Tutti-fruity Smoothie – *makes 2 servings*

1 frozen banana, peeled
1/4 cup fresh or frozen blueberries
1/4 cup fresh or frozen strawberries
3/4 cup non-dairy milk of choice
1/2 cup pomegranate, grape, cranberry or pineapple juice
1/2 cup non-dairy vanilla frozen dessert or coconut sorbet

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

PB & J Smoothie – *makes 2 servings*

1/4 cup smooth peanut butter (or almond butter)
2 bananas, peeled and frozen
1/2 cup dairy-free milk substitute (almond, coconut, etc.)
2 tablespoons honey

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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Purple Power Smoothie – *makes 2 servings*

1 banana, peeled and frozen
1/2 cup fresh or frozen strawberries
1/2 cup fresh or frozen cherries
1/2 cup fresh or frozen blueberries
1/2 cup ice cubes, if not using frozen fruit
1/4 cup orange juice
1/3 cup non-dairy vanilla yogurt (soy, coconut or rice)
1/2 teaspoon honey

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

You Pick it Smoothie – *makes 2 servings*

1 banana, peeled and frozen
2 cups frozen berries (your choice)
1 cup dairy free milk substitute (almond, coconut, etc.)
1 6 oz container non-dairy yogurt, your choice of flavor (soy, coconut or rice)
1/2 cup juice of your choice
1 tablespoons sugar or honey, if needed

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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Green Fruity Smoothie – *makes 2 servings*

1 banana, peeled and frozen
1 1/2 cups fresh spinach leaves
1 cup seedless green grapes
1/2 Granny Smith apple, peeled, cored and chopped
6 oz container non-dairy vanilla yogurt (soy, coconut, rice)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

Green Tropics Smoothie – *makes 2 servings*

2 cups fresh spinach leaves
1 cup frozen, unsweetened pineapple chunks
1 cup unsweetened pineapple juice
1/2 cup coconut milk
1/2 cup non-dairy vanilla yogurt (soy, coconut or rice)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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Mango Spinach Smoothie – *makes 2 servings*

2 mangos, peeled and chopped
 1 cup fresh spinach leaves
 1 banana, peeled frozen
 1/2 cup non-dairy milk substitute (almond, coconut, etc.)
 1/2 cup small ice cubes

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

Easy Chai Cooler – *makes 2 servings****To do the day before:***

Buy your favorite chai tea concentrate. Freeze the concentrate in ice cube trays to make chai tea cubes.

Recipe:

1 1/2 cups frozen chai tea cubes
 1 cup dairy-free milk substitute (almond, soy, etc.)

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more chai cube if it's too thin or more liquid if it's too thick. Pour in glasses.

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Mock Orange Julius – *makes 2 servings*

1 cup orange juice
 1 cup dairy free milk substitute (almond, coconut, etc.)
 3 Tablespoons powdered sugar
 1 1/2 Tablespoons egg-white powder
 3/4 teaspoon vanilla
 3/4 cup small ice cubes

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

Coffee Cooler – *makes 2 servings*

To do the day before: Freeze double-strength freshly brewed dark roast coffee or espresso coffee in ice cube trays to make coffee cubes.

Recipe: 1 1/2 cups frozen coffee cubes

3 Tablespoons sugar

1 cup dairy free milk substitute (almond, soy, etc.)

If making a mocha cooler: reduce sugar to 1 Tablespoon and add 3 Tablespoons dairy free chocolate sauce.

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

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