



*California  
Prunes*

# Delicious Smoothie Recipes from Sunsweet

Start your day  
the Healthy Way!



# PRUNE FITNESS SHAKE

## Ingredients

- 80g fresh ginger root
- 100g SUNSWEET prunes
- 400ml water
- 50g banana (peeled)
- 125g low-fat yogurt (0.1 % fat)
- 200ml orange juice (best when freshly squeezed)
- 1-2 tsp. honey (liquid)
- Mint leaves for garnish

## Instructions

- 1** Peel the ginger root and cut into chunks. Place the prunes and water in a saucepan. Cover the saucepan and let it simmer for 5 minutes. Let cool.
- 2** Put the prunes (remove ginger) with liquid in a tall mixing bowl and puree. Cut the banana into pieces and add it to the mixing bowl together with the yogurt and orange juice, mixing it well at a high speed. Sweeten it with honey. Pour into glasses and garnish with mint leaves. Serve immediately.



### Preparation

**10** minutes

### Servings

**4** persons

### Nutrition

**133** calories

# MANGO MADNESS SMOOTHIE

## Ingredients

1 orange

1 mango stoned, peeled and chopped

120–125ml SUNSWEET prune juice

100g low fat natural yoghurt

100ml semi-skimmed milk



## Instructions

- 1** Grate the rind of the orange then cut off the peel and cut into segments – do this over a bowl to catch the juice.
- 2** Place the orange rind and segments in a liquidiser with the remaining ingredients, including the juice, and whiz until smooth.
- 3** Pour into 2 glasses and drink immediately.

 Preparation

**10** minutes

 Servings

**2** persons

# BANANA PRUNE SMOOTHIE

## Ingredients

100 g SUNSWEET prunes

250 ml banana juice, cooled

250 ml kefir zest and juice of ½ organic lemon

1/2 teaspoon cinnamon

125 ml milk, cooled

Mint for garnish



## Instructions

- 1** In a blender, blend the prunes and add banana juice and kefir little by little. Add cinnamon, lemon juice and zest.
- 2** Whisk the milk with a hand mixer. Shortly remix smoothie and fill in glasses, top with milk foam and garnish with mint leaves.

 Preparation

**10** minutes

 Servings

**4** persons

 Nutrition

**150** calories

# APPLE NUTMEG SMOOTHIE



## Ingredients

1 apple, peeled, cored and chopped

90 ml apple juice

120 ml SUNSWEET prune juice

1/4 tsp. freshly grated nutmeg

## Instructions

- 1** Add the apple to the prune juice, apple juice and nutmeg.
- 2** Blend until smooth.
- 3** Pour into a tall glass and sprinkle a little nutmeg on top for garnish.

## Preparation

**10** minutes

## Servings

**2** persons

# PURPLE POWER SMOOTHIE

## Ingredients

- 1 cup SUNSWEET prune juice
- 1 cup frozen blueberries
- 1/2 cup fat-free plain yoghurt
- 1 tablespoon honey
- 2 ice-cubes



## Instructions

- 1 Blend all ingredients together until smooth, adding more ice cubes if you prefer a thicker smoothie.
- 2 Makes one large serving.

 Preparation

**10** minutes

 Servings

**1** person

# STRAWBERRY WATERMELON SMOOTHIE

## Ingredients

2-3 cups watermelons (seeded)

1 cup low-fat vanilla yoghurt

1 cup strawberries (frozen)

1/2 cup SUNSWEET prune juice



## Instructions

**1** Add all ingredients to your blender and blend until smooth.

**2** Makes 2 nice size glasses.

 Preparation

**10** minutes

 Servings

**2** persons

# MANGO-VANILLA SMOOTHIE

## Ingredients

- 2 mangoes
- 50 g SUNSWEET prunes
- 1 vanilla pod
- 300 ml freshly squeezed orange juice
- 200 g Greek yoghurt
- 80 g instant oats



## Instructions

- 1** Peel and core mangoes and cut into cubes. Chop the prunes. Cut vanilla pod in half and scrape out the seeds.
- 2** Combine orange juice, yoghurt, mango, and vanilla in a bowl and mix thoroughly. Add prunes and oats and puree for 10 seconds. Fill smoothie into glasses and serve.

### Preparation

**10** minutes

### Servings

**6** persons

### Nutrition

**189** Calories



