

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



- 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.
- 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.



## **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

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



## **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

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



## **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

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

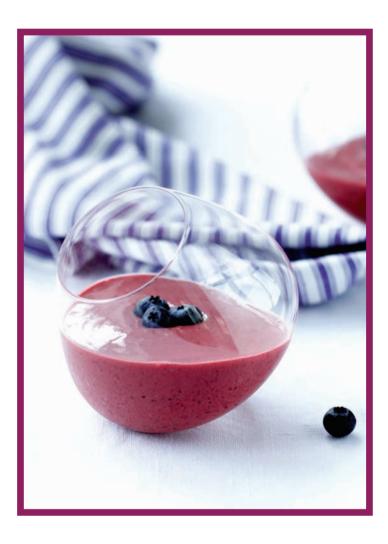




## **PURPLE POWER SMOOTHIE**

## 🖶 Ingredients

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





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



## **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





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

2 Makes 2 nice size glasses.





## **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





- Peel and core mangoes and cut into cubes. Chop the prunes. Cut vanilla pod in half and scrape out the seeds.
- 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.



# SUNSWEET.

