



Udder Delivery

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 Black Canyon Organics, LLC
 5476 5700 Road - Olathe CO 81425
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Drink/Smoothie Recipes

LAST UPDATED JANUARY 26, 2007

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All American Smoothie

Blend chocolate milk and a chocolate chip cookie together in the blender.

Apple and Blueberry Smoothie

(serves 2)

1 ¼ cup milk
1/2 apple
1/4 cup of blueberries
1 cup of black grapes
3 ice cubes

Instructions:

Chop up the apple in to pieces, then place the rest of the ingredients in the blender. Blend until smooth.

Apricot Pineapple Smoothie

1/4 cup crushed pineapple
1 fresh apricot, diced
6 strawberries
1/2 banana
1 1/2 cup milk
1 heaping tbsp. high- quality protein powder (optional)
1 tsp. flax seed oil (optional)

Instructions:

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.

Bahama Mama Smoothie

2 cups orange juice - no pulp added
2 tablespoons coconut milk
1 large banana (frozen, cut-up)
1 cup pineapple (fresh or canned)
1 tablespoon flax seeds (optional)

Instructions:

Pour 2 cups orange juice into blender, puree with the (optional) flax seeds for 2-3 minutes. Add remainder of ingredients and allow to puree for 3-5 minutes. Pour into tall smoothie glass, add a mini umbrella and garnish with fresh citrus slices! Enjoy!

Serving Suggestions:

Use slices of lime and blood orange to garnish and add more fun colors. Try a colorful straw, mini umbrella, shredded coconut sprinkles, or a big juicy strawberry!



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Note: Peel and freeze the banana for a creamier smoothie. Fresh pineapple tastes the best in this smoothie, but you may use canned pineapple (packed in juice) if fresh is not available. Flax seeds are optional but add a nice Omega-3 and fiber boost!

Banana Berry Fruit Smoothie

1/2 pear, cored
1/4 cup frozen blueberries or frozen mixed berries
1/2 banana, frozen
1 1/4 cup milk
1/8 tsp. cinnamon
1 heaping tbsp. high-quality protein powder (optional)
1 tsp. flax oil (optional)

Instructions:

In a blender, process all the ingredients until thoroughly mixed and serve.

Banana Berry Smoothie II

1 cup milk
1 banana
3 large strawberries
1 tablespoon vanilla yogurt
1 teaspoon honey

Instructions:

In a blender combine milk, banana, strawberries, yogurt and honey. Blend until smooth. Pour into glass and serve.

Banana Nut Smoothie

1 cup milk
1 cup vanilla yogurt
1 large banana
1/4 cup pistachio nuts or walnuts

Instructions:

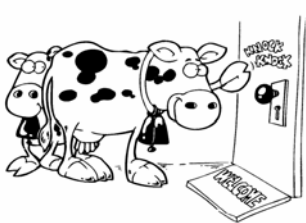
Blend for one minute. Serves 1

Banana Strawberry Fruit Smoothie

1 banana, frozen
6 strawberries, frozen
1 1/4 cup milk
1 heaping tbsp. high-quality protein powder (optional)
1 tsp. flax oil (optional)

Instructions:

In a blender, process all the ingredients until thoroughly mixed and serve.



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Blueberry Bliss Smoothie

1 ½ cups Milk (regular or lactose-free)
½ cup Orange Juice - no pulp added
1 large banana
1 tablespoon flax seeds
1 cup frozen blueberries

Instructions:

Whirl milk and juice on high speed of blender, add whole flax seeds and blend for another 3 minutes. Feed ripe banana chunks through the top of blender while on the "puree" setting. Add blueberries and puree for 3-5 minutes. Pour into tall glass and enjoy. Note: bananas can be frozen ahead of time for a creamier smoothie.

Cherry and Banana Smoothie

(serves 2)
1 cup of sweet cherries (pitted and stem removed) can use frozen
Juice from 1/2 lemon
1 banana, chopped into 4
1/2 cup of low-fat plain yogurt
1 cup of ice cubes (approx 5 cubes)
2 drops of almond extract (if desired)

Instructions:

Put all ingredients in the blender and blend until smooth. If you want a hint of almond, then add the drops of almond extract.

Chocolate Banana Smoothie

(serves 2)
1 banana
1 tablespoon chocolate syrup
1 medium cup of milk
1 medium cup of crushed ice

Instructions:

Chop the banana into four pieces then add to the blender. Then add the chocolate syrup, milk and crushed ice. Blend until smooth. Pour into glasses and serve.

Chocolate Covered Strawberry Smoothie

Blend two parts strawberry ice cream with 1 part chocolate milk.

Chocolate Zoo Smoothie

Blend chocolate milk and a few animal crackers together in the blender.



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Cinnamon Apple Smoothie

1 cup milk
1 cup vanilla yogurt
1 small apple
1/2 teaspoon ground cinnamon
1 handful of ice cubes

Instructions:

Wash and peel apple. Cut up into cubes and take out the seeds. Add ingredients and blend for one minute.

Farm Friends Smoothie

2 ripe bananas (peeled and frozen)
1/2 cup blueberries (frozen)
1 cup yogurt
1/2 cup milk
1 tablespoon flax seeds

Instructions:

Peel bananas, slice and place on a cookie sheet. Put in freezer and freeze until solid. Remove from freezer and place in blender. Slice berries and add to blender. Pour in yogurt. Blend until smooth. Pour into glass and serve.

Grapes Galore Smoothie

(serves 2)
2 cups of green seedless grapes
2 cups of red seedless grapes
1/2 cup purple grape juice
2 teaspoons of lime juice
1 teaspoon of peeled and minced fresh ginger root
3 ice cubes

Instructions:

Put all ingredients in the blender and blend until smooth.

Green Fruity Smoothie

(serves 2)
2 peeled kiwi fruits
Approx 25 frozen green grapes, halved
1 frozen green apple, sliced
4-5 ice cubes
orange/apple juice to smooth it out

Instructions:

Put all ingredients in blender including some juice. Blend. Add more juice if necessary. Enjoy!



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Hailey's Smoothie

3 kiwis, peeled and chopped
2 frozen bananas, peeled and chopped
1 cup blueberries
1 cup plain yogurt
1 1/2 cups crushed ice
3 tablespoons honey
1/4 teaspoon almond extract

Instructions:

In a blender, combine the kiwis, frozen bananas, blueberries, yogurt, crushed ice, honey and almond extract. Blend until smooth.

Iceberg Smoothie

Blend 2 parts quick frozen fruit with 1 part chocolate milk. Serves 1

Lemon and Melon Burst Smoothie

(serves 2)

1/2 cup diced honeydew melon
1/2 cup low fat lemon yogurt
1 cup frozen green grapes
1 tablespoon of chopped fresh mint
Fresh lemon juice to taste (if preferred)

Instructions:

Put the honeydew melon and lemon yogurt in a blender. Next add the grapes and mint then blend until smooth. Taste and add lemon juice if you like.

Mango smoothie

Total servings: 2

2 mango, peeled, pitted, diced (can use frozen)
About 3/4 cup milk
Just over 1 cup plain yogurt
2 tablespoons lemon juice
3 tablespoon sugar
1 teaspoon vanilla extract

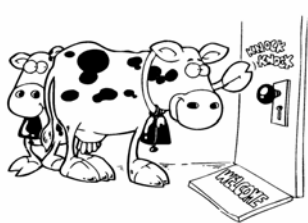
Instructions:

In a blender combine the frozen mangoes, yogurt, milk, lemon juice, sugar and vanilla extract. Blend until very smooth.

Orange Fruity Smoothie

(serves 2)

1 banana, chopped and cut into 4



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1 peach, halved, pitted and cut into cubes
1 cup raspberries
½ cup freshly squeezed orange juice
3 ice cubes

Instructions:

Place all ingredients into blender, and process until smooth

Peach Pie Passion Smoothie

2 medium peaches (frozen)
1 cup milk
1 tablespoon flax seeds
1/4 teaspoon vanilla extract
1/8 teaspoon cinnamon
3 large pitted dates

Instructions:

Whirl Milk in blender, add flax seeds and blend for 3 minutes. Add the remainder of the ingredients and puree for 3-5 minutes. Pour into tall glasses.

Pineapple and Melon Slush Smoothie

(serves 2)

About 1/3 cup pineapple juice
4 tbsp orange juice
4 oz. (1/4 lb) galia melon*
Just over 4 oz. (1/4 lb) pineapple chunks
4 crushed ice cubes

*honeydew can also be used

**If there is no pineapple juice, extra chunks can be used.

Instructions:

Pour the orange and pineapple juice into a food processor and blend together gently until combined. Add the melon, pineapple chunks and ice and blend until it reaches a slushy consistency. Pour into glasses and decorate with slice of orange or pineapple. Serve at once.

Purple Monstrosity Fruit Smoothie

2 frozen bananas, skins removed and cut in chunks
1/2 cup frozen blueberries
1 cup orange juice
1 tablespoon honey (optional)
1 teaspoon vanilla extract (optional)

Instructions:

Place bananas, blueberries and juice in a blender, puree. Use honey and/or vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie



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Strawberry Delight Smoothie

1 cup milk
1 cup vanilla yogurt
4 large strawberries (or 1 cup frozen strawberries)
1 small banana cut up

Instructions:
Blend for one minute. Serves 1

Strawberry 'n Cream Cooler

1 1/2 cups lowfat strawberry milk
1/2 cup fat free vanilla frozen yogurt
1/2 cup frozen strawberries, not thawed

Instructions:
Combine ingredients in a blender container. Cover and blend at high speed until smooth. Makes 2 servings.

Or use plain milk and strawberry yogurt.

Nutrition facts per serving:
220 calories, 2 g fat, 5 mg cholesterol, 125 mg sodium, 35 g carbohydrate, 9 g protein, 313 mg calcium (30% DV)

Totally Tropical Smoothie

1 1/2 cups milk
1 small banana (peeled, sliced and frozen)
1/2 cup unsweetened pineapple chunks
1 teaspoon coconut extract (optional)

Instructions:
Combine ingredients in a blender container. Cover and blend at high speed until smooth. Makes 2 servings.

Nutrition facts per serving:
150 calories, 2 g fat, 10 mg cholesterol, 100 mg sodium, 27 g carbohydrate, 8 g protein, 215 mg calcium (20% DV)