



# Make Ahead Smoothie Packs

BY HAPPYMONEYSAVER.COM

MAKES 12 SMOOTHIES (6 QUART SIZED FREEZER BAGS THAT MAKE 2 SMOOTHIES EACH BAG)

## You will need:

Yum Yum Smoothie Base:

1-½ cups greek yogurt (24 oz Greek God Yogurt (1 lb 8 oz container)

1-½ tsp vanilla extract

1-½ cups frozen orange juice concentrate, partially thawed (12 oz container)

6 cups frozen fruit (see recipes)

3 bananas, optional (see recipes)

other optional ingredients to add to your smoothies such as nuts, oats, spinach, kale, cilantro, flax seed, protein powder, ect.

## Directions

1. In a small bowl combine yogurt, vanilla and orange juice concentrate. Stir until smooth. Place into silicone based ice cube trays measuring 1 tbsp (15 mL) into each spot. Or if you don't have the trays you can line a baking sheet with parchment paper, and measure out 1 tbsp sized blobs onto the tray. Place in freezer and freeze until solid, about 2 hours. This should make 48 cubes or blobs that are 1 tbsp each.
2. If using banana in your smoothie, slice banana into 1/4 inch slices and place individually on parchment lined baking sheet. Freeze until solid, about 2 hours.
3. Label 6 freezer quart sized bags. Remove ice cube trays and any frozen fruit from freezer; add smoothie base cubes and all ingredients as listed below to each bag. Seal bags, removing as much air as possible and freeze.

To make the smoothies:

Add contents of freezer smoothie bag to blender with 1/2 cup (125 mL) water. Blend. Add more water if necessary to get desired consistency. Each recipe makes two smoothies.



# Smoothie Recipe Combinations



## Green Smoothie

2 cups (500 mL) packed fresh green spinach  
1/2 banana frozen slices  
1 cup (250 mL) frozen pineapple chunks  
8 cubes of Yum Yum yogurt base

## Cherry Bliss

1 cup pitted cherries, fresh or frozen  
1/4 cup sliced raw almonds  
8 cubes or blobs of Yum Yum yogurt base

## Orange Dream

1/2 cup (125 mL) frozen orange sherbet cut into chunks  
8 cubes or blobs of Yum Yum yogurt base

## Blackberry Coconut

1 cup blackberries, fresh or frozen  
1/4 cup shredded or toasted raw coconut  
8 cubes of Yum Yum yogurt base

## Blueberry Orange

1 cup (250 mL) frozen blueberries  
1/2 banana, frozen slices  
8 cubes or blobs of Yum Yum yogurt base

## Just Beet It

1 cup strawberries, fresh or frozen  
1 small raw beet, peeled and diced  
1/2 banana  
8 cubes of Yum Yum yogurt base

## Strawberry Banana

1 cup frozen strawberries  
1/2 banana frozen slices  
8 cubes or blobs of Yum Yum yogurt base

## Mango Pear

1/2 cup mango, fresh or frozen  
1 pear, cored and chopped  
1/2 banana  
8 cubes of Yum Yum yogurt base

## Pina Colada

Yum Yum smoothie base change: omit orange juice concentrate and substitute coconut extract for vanilla  
1 cup frozen pineapple  
1/4 cup shredded coconut

