

Super Smoothies

Recipe By *Estee Kafra*



Cooking and Prep:  20
m

Serves:  4

Contains:  

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Gluten Free

Source: Family Table by
Mishpacha Magazine

Smoothies are a favorite treat any time of day in our house. I make them very often for breakfast, and many times for an accompaniment to a dairy dinner as well. I usually buy fruit that is very soft and very ripe. If I see persimmons that are soft and mushy, I buy a whole bunch and freeze them. When mangoes are in season, I buy the soft ones, or alternatively, leave them on the counter until they're very ripe. I cut them into cubes and freeze them on a baking sheet, laid out in a single layer. Once frozen, they go into freezer bags. This method prevents them from sticking together and becoming one big clump, making it easier to take out what I need.

Ingredients (4)

Main ingredients

- 1 cup vanilla yogurt
- 1 cup orange juice
- 1 cup almond milk, or low-fat milk

2 cups frozen fruit chunks

Start Cooking

Prepare Smoothie

1. Place all the ingredients into a strong blender and blend until smooth and then a full minute more.
2. If it's too thick, add some more milk or orange juice to thin it out a bit.

Note:

In our house, when it's thick, the kids get excited ... they get "ice cream" for breakfast, and they eat it with a spoon.

Tip:

For the frozen fruit chunks, I like to use persimmons, mangoes, and a few strawberries. Bananas, pineapples, and cantaloupe are all favorites too. I usually buy fruit that is very soft and very ripe. If I see persimmons that are soft and mushy, I buy a whole bunch and freeze them. When mangoes are in season, I buy the soft ones, or alternatively leave them on the counter until they're very ripe. I cut them into cubes and freeze them on a baking sheet, laid out in a single layer. Once frozen, they go into freezer bags. This method prevents them from sticking together and becoming one big clump, making it easier to take out what I need.

Credits

Photography: Daniel Lailah

Styling: Amit Farber