



Tropical Smoothie Cafe Recipe PDF

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Bahama Mama Tropical Smoothie Recipe

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK: 0 MINUTES



Ingredients

- Frozen strawberries
- Frozen pineapple
- Coconut milk
- White chocolate
- Agave syrup

Instructions

1. **Mix chocolate and coconut milk.** Add the coconut milk, white chocolate, and agave syrup to the bottom of a high-powered blender. Pulse to chop the chocolate.
2. **Add frozen fruit.** Next, add the frozen strawberries and pineapple to the blender. If you don't have a high-powered blender, let the strawberries defrost for 10 minutes to soften them a bit and cut large fruits in half.
3. **Blend.** Blend everything for 30 seconds until the texture is completely smooth and creamy. Depending on your blender, you may have to pulse a couple of times to get a smooth texture and ensure all frozen fruits are well incorporated.
4. **Serve.** Pour into a glass. Optionally garnish with fresh fruit and chocolate sprinkles and enjoy right away!

Tropical Smoothie Mocha Madness Recipe

SERVINGS: 2

PREP TIME 5 MINUTES

COOK:0 MINUTES

Ingredients

- ½ cup of almond milk
- ½ cup of yogurt
- ½ cup of instant coffee
- 1 tablespoon of cocoa powder
- ½ frozen banana
- 1 teaspoon of sweetener
- 1 tablespoon of vanilla essence
- 1 tablespoon of milk powder

Tools

- Blender
- Highball glass
- Straw
- Mason jar for storing

Instructions

1. Pour almond, oat, or coconut milk into a blender
2. Add ½ cup non-fat yogurt (or regular yogurt)
3. Add 1 cup of coffee and 2 tablespoons of cocoa powder
4. Add ½ a frozen or fresh banana and 1 teaspoon of honey, maple syrup, or agave syrup
5. Add 1 tablespoon of vanilla essence
6. Blend for 10 seconds, scrape sides and blend again until smooth
7. Serve chilled and garnish with cacao powder
8. Store in the fridge for up to 2 days in a masonry jar or freeze leftovers into ice cubes.

Tropical Smoothie Island Green Recipe

SERVINGS: 1

PREP TIME: 5 MINUTES

COOK: 0 MINUTES

Ingredients

- ½ cup frozen pineapple chunks
- 1 cup spinach or kale
- 1 cup coconut water
- 1 cup fresh or frozen banana slices
- ½ cup frozen mango chunks

Tools

- High Powered Blender

Instructions

1. Blend all of the ingredients in a powerful blender for about a minute, or until completely smooth. (½ cup frozen pineapple chunks, 1 cup spinach or kale, 1 cup coconut water, 1 cup fresh or frozen banana slices, ½ cup frozen mango chunks)
2. Serve right away.



Peanut Paradise Tropical Smoothie Recipe

SERVINGS: 3

PREP TIME: 5 MINUTES

COOK: 0 MINUTES

Ingredients

- 4 tbsp creamy, all-natural peanut butter
- 1 1/2 cups / 350 ml / 12 fl oz milk of choice (can be dairy or non-dairy)
- 1 tsp vanilla extract (optional)
- 3/4 cup / 180 g / 6 oz non-fat Greek yogurt (I love vanilla, but you can use plain, too)
- 3 bananas, cut into chunks and frozen (about 2 cups)

Tools

- Blender
- Glass

Instructions

1. Freeze your own bananas by peeling, cutting into pieces, flash-freezing on a lined baking sheet for 2 hours, then transferring to a zip-lock bag for storage for up to 3-4 months.
2. Add peanut butter, yogurt, and vanilla (if using) to a blender and pulse until well combined and smooth.
3. Add milk and frozen banana chunks to blender, blend on high until smooth and creamy, add more frozen banana chunks for a thicker smoothie.
4. Divide smoothie between two glasses, serve immediately, garnish with banana slices, whole peanuts, and a drizzle of peanut butter, can be eaten with a spoon.

Tropical Smoothie Sunrise Sunset Recipe

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK: 0 MINUTES

Ingredients

- ½ pound frozen strawberries
- ½ pound frozen mango
- ½ pound frozen pineapple
- 1 ¼ cup orange juice

Tools

- Large Blender
- Glass
- Fun straw

Instructions

1. Put each fruit in a large blender. Over the fruit, pour the orange juice.
2. To fully puree the fruit, blend for about a minute. If you want the smoothie to be more pourable or liquid, add extra orange juice.
3. Serve with extra frozen fruit and a fun straw.



Tropical Smoothie Peanut Butter Cup Recipe

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK: 0 MINUTES



Ingredients

- 1 tbsp honey
- 3 tbsp peanut butter
- 1 cup / 240 ml / 8 fl oz milk (can be dairy or non-dairy)
- 1 tbsp dark cocoa powder
- 1 banana, sliced and frozen

Tools

- Blender
- Glass

Instructions

1. Add milk, honey, peanut butter, cocoa powder, and frozen banana slices to blender in the order of liquids first and frozen items last for best blending results.
2. Blend ingredients until smooth and creamy. Pulse if necessary to ensure frozen banana is well incorporated.
3. Add more frozen bananas to thicken smoothie, more milk to thin it out. Peanut butter cup tropical smoothie is ready.
4. Pour smoothie into glasses, garnish with peanut butter, melted chocolate, and crushed peanut butter cups if desired. Enjoy!

Kiwi Quencher Tropical Smoothie Recipe

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK: 0 MINUTES



Ingredients

- 3 tbsp maple syrup (optional)
- 3 kiwis, peeled and cubed
- 2 cups / 300 g / 10.6 oz frozen strawberries
- 1/2 cup / 120 g / 4.2 oz yogurt
- 1/2 cup / 120 ml / 4 fl oz milk of choice

Tools

- Blender
- Glass
- Straw

Instructions

1. Add milk, maple syrup, yogurt, kiwi, and frozen strawberries to blender, starting with liquids and adding frozen berries on top for best blending results.
2. Blend ingredients until smoothie, blend in 1-minute increments and stir in between to check for fruit chunks.
3. Add more frozen strawberries to thicken smoothie, more milk to thin it out if too thick.
4. Pour smoothie into glasses. Garnish with fresh strawberry and kiwi if desired, serve with straw. Enjoy!

Tropical Smoothie Jetty Punch Recipe

SERVINGS 2

PREP TIME: 5 MINUTES

COOK:0 MINUTES

Ingredients

- 1 Banana
- 1-2 cups of ice
- 1 Tablespoon honey or agave syrup
- 2 packets Truvia (about 2 teaspoons)
- 10 strawberries

Tools

- Blender
- Glass
- Straw

Instructions

1. Blend the banana, strawberries, honey, Truvia, and ice in a blender. Blend until smooth. Serve immediately.



Tropical Smoothie Mango Magic Recipe

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK: 0 MINUTES

Ingredients

- 1 1/2 cups / 225 g / 8 oz frozen mango chunks
- 1 cup / 150 g / 5.3 oz frozen pineapple chunks
- 3/4 cup / 175 g / 6.2 oz Greek yogurt
- 1 cup / 240 ml / 8 fl oz mango juice
- 2 tbsp honey (optional)

Tools

- Blender
- Glass
- Straw

Instructions

1. Add yogurt, fruit juice, and honey to blender. Pulse for 20 seconds to mix.
2. Add frozen mango and pineapple chunks to blender. Blend until ingredients are well combined and smooth. (Tip: Run the "smoothie" cycle on your blender twice for an extra creamy texture.)
3. Check texture, thin out with more juice if too thick, blend in more frozen fruit for creamier texture.
4. Pour smoothie into glasses, garnish with mango, pineapple, and mint if desired. Enjoy right away!

Acai Berry Boost Tropical Smoothie Recipe

SERVINGS: 2

PREP TIME: 5 MINUTES

COOK: 0 MINUTES

Ingredients

- 2 bananas frozen
- 2 tablespoons acai powder or 2 oz acai berry puree
- 1 cup frozen raspberries
- ½ cup dairy-free plain yogurt such as coconut yogurt or soy yogurt. (you can use plain yogurt if non-vegan)
- 2 tablespoons maple syrup
- ½ cup plant-based milk such as oat milk or almond milk.

Tools

- Blender
- Glass
- Straw

Instructions

1. In a blender, combine the frozen bananas, raspberries, acai berries, yogurt, milk, and maple syrup.
2. Blend until the mixture is smooth and creamy.
3. Enjoy this refreshing drink that is packed with nutrients and will fuel both your body and mind!



Chicken Pesto Flatbread Tropical Smoothie Recipe

SERVINGS: 1

PREP TIME: 7 MINUTES

COOK:35 MINUTES

Ingredients

- 3 Chicken Breasts
- Pesto To Taste
- 2 Tbsp Olive Oil
- 1/2 Cup Mozzarella
- Salt And Pepper To Taste
- Flat Bread
- 3 Roma Tomatoes

Tools

- Frying Pan
- Cutting Board
- Large Bowl
- Knife

Instructions

1. Cut tomatoes and chop mozzarella into bite-sized pieces.
2. Season the chicken with salt and pepper and cut it into bite-sized pieces. Fry them on medium heat after that.
3. Top flatbread with cooked chicken, shredded mozzarella and toppings and bake at 350 for 7 minutes or until cheese is melted.
4. Serve the chicken pesto flatbread hot on a plate with a sauce of your choice.

