

Fresh Fruit Drinks

For all of the following recipes:

- Use fresh fruits if possible, frozen fruits may work in some recipes.
- Wash, cut the fruits into pieces, remove any seeds.
- Add all ingredients into a blender, not a juicer, and blend well.
- Add ice or water if mixture gets too thick.

RED FRUITS

9 Cherries, pitted

1 small apple

2 teaspoons lemon juice

1 teaspoon honey (optional)

1 medium size tomato

1 bottle of 益力多

1 small tomato

½ cup watermelon

½ cup fresh orange juice

1 tablespoon lemon juice

1 cup watermelon

½ cup pineapple

¼ cup water

9 strawberries

1 teaspoon lemon juice

¾ cup yogurt (plain or flavored)

½ red bell pepper

½ 火龍果

1 tablespoon lemon juice

½ cup water

YELLOW/ORANGE FRUITS

1 cup pineapple
½ cup fresh orange juice
3-5 mint leaves (optional)
1 slice of ginger

½ a papaya
1 bottle of 益力多
½ cup ice

½ a papaya
1 小段山藥 (peeled, cut into pieces)
¾ cup low fat plain yogurt
½ cup ice

1 cup pumpkin (peeled, cubed, steamed to cook, cooled)
¾ cup milk or soy milk
1 teaspoon honey (optional)

1 tablespoon ginger juice
½ apple
1 pear
½ cup ice

GREEN FRUITS

½ advacodo

¾ cup milk or soy milk

3 kiwis

1 cup club soda

2 kiwis

½ cup pineapple

¼ cup fresh orange juice

2 small cucumbers

1 ½ cups watermelon

1 teaspoon honey (optional)

1 small cucumber

Juice of 2 limes

1 tablespoon honey

½ cup water

WHITE FRUITS

½ banana

½ avocado

½ cup milk or soy milk

½ banana

1 teaspoon cocoa powder (optional)

1 cup milk or soy milk

¼ cup yogurt

¼ 支牛蒡 (peeled, julienned)

½ 火龍果

1 cup water

½ 支牛蒡 (peeled, julienned)

1 cup fresh orange juice

3 ice cubes

1 小段山藥 (peeled, sliced)

1 apple

1 cup milk or soy milk or water

PURPLE FRUITS

10 grapes
½ mango
½ cup water
3 ice cubes

15 grapes
1 small apple
2 teaspoons lemon juice
3 ice cubes

20 blueberries
6 cherries, pitted
1 tablespoon lemon juice
3-5 ice cubes

20 blueberries
1 cup milk or soy milk
½ banana

1 small beet (peeled, sliced)
8 strawberries
½ cup yogurt

1 small beet (peeled, sliced)
¼ cup pineapple
½ stalk celery
1 cup water