

AMAZON THUNDER

SMOOTHIES

A delicious insight into the world of smoothies
and smoothie recipes!



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Introduction

Smoothies are a wonderful way to improve health and wellness. Not to mention, they taste great! In this book, you will discover all the “ins” and “outs” of smoothies along with great tasting recipes. Smoothies are quick and super easy to make. If you follow this book, you’ll never need to buy another prepackaged shake again!

We all know we should be eating a minimum of 5 servings of fruits and vegetables a day to look and feel our best. The fact is that, if we’re honest, most of us don’t come close to consuming that amount. There is a misconception that fruits and vegetables are expensive and unappetizing to eat. But, by adding smoothies to your diet, you can help promote good health in your life.

Smoothies can be considered a healthy fast food. They are easy to make, are healthy and taste great! Smoothies are perfect for people who are always on the go and don’t always have time to sit and eat. If you have fussy children when it comes to fruits and vegetables, smoothies are the perfect way to make sure they are getting all the vitamin A and C they need among other nutrients necessary to their health.

5 A Day

You have probably heard of the term “5 A Day”. This refers to the 5 servings of fruits and vegetables we should all be consuming each day. Unfortunately, many people don’t come close to this amount, which means children are eating even less. A child’s growing body depends on the nutrients that are found in fruits and vegetables. With obesity on the rise, we should make sure we are eating all of our required servings of fruits and vegetables to help promote good health.

Antioxidants

Fruits and vegetables are full of antioxidants which can keep your body healthy and looking young. We all have damaging agents in our bodies called free radicals. Antioxidants counteract free radicals by binding to them before they start damaging our bodies. Without antioxidants in our system, free radicals would continue to produce and could begin to harm not only our heart but other systems as well such as our immune system. The most powerful antioxidants are vitamin C, vitamin E, selenium and carotenoids (vitamin A). Fruits and Vegetables are among the best sources of antioxidants. Along with antioxidants, phytochemicals are also contained within fruits and vegetables and help promote good health.



Fruits and Veggies 101

Vitamins and supplements are great, but they are not meant to replace fruits and vegetables. Good health comes from a proper diet including fruits and vegetables. When choosing your fruits and vegetables you want to make sure they have a good rich color. Generally speaking, the darker or brighter the color of the food, the more nutrients and phytochemicals it will contain. The best way to get the most nutrients in your fruits and vegetables is to eat a wide variety instead of eating 5 servings of the same fruit or vegetable.

Portions

Five servings of fruits and vegetables a day is quite easy to contain. Adding one smoothie a day to your diet could provide you with your five servings a day all in just one shake! Portion sizes are actually a lot smaller than you would think. Fresh, frozen and dried fruit and vegetables count as one portion. As long as juice is 100% fruit or vegetable, it also will count as one portion. For example, a portion could consist of an apple, orange, banana, 8oz glass of 100% juice or three heaping tablespoons of cooked diced vegetables.

Ingredient Preparation

When making your smoothies you want to make sure you prepare them properly. Below is a list of the most common Fruits and Vegetables used in smoothies and our suggestions for how to prepare them.

Apples – wash apples with soap and water and rinse well. If you are going to serve portions of the apple, wait until you are just about to serve as the apples will turn brown from oxidation if they are cut and left out too long.

Apricots – Select apricots that are bright in color (orange). Do not buy any that seem to be bruised or are overly hard.

Banana – A ripe banana will have a bright yellow color. If the banana is showing some green spots it has not fully ripened.

Berries – Berries work well in almost all fruit smoothies. Rinse your berries in water before adding them to your smoothie.

Melons – Wash melons with warm water to remove any dirt or chemicals before cutting.

Peaches – Peaches should be soft to the touch and not have any small insect holes or bruising. Peel the skin off before adding this fruit to your smoothie.



Pears – Wash this fruit before adding to any smoothie. The skin is part of the fruit so there is no need to remove it.

Pineapple – Cut off the scales of the fruit, and dice up the inside to add to your smoothie. If the leaves pull out easily at the top, the fruit is ripe.

Plums – Should have a bright color and should not be bruised. These fruit should be firm but not hard.

Watermelon – Remove the rind and all seeds before adding this fruit to your smoothie.

Amazon Thunder Acai Products

Amazon Thunder acai pulp puree is unrefined, 100% pure and 100% organic. If you're taking a non-organic antioxidant, then you're wasting your money. Non-organic products contain pesticides and toxins. Antioxidants remove these toxins from your body, therefore, if your product is not organic then you're filling your body with harmful pesticides and toxins! Our product is unrefined, unfiltered, pure 100% Brazilian organic açai pulp and is sweetened with just a touch of organic Concord Grape concentrate in place of inflammatory sugars, which are also disguised by many other terms. Beware, sugar is sugar. Adding just a touch of the organic Concord Grape concentrate is necessary to bring out the exotic taste of the açai. There is no added sugar -- this is the world's purest and only 100% organic and 100% natural açai product!

Amazon Thunder acai freeze dried powder is unrefined pure 100% organic freeze dried Açai. This is the most concentrated, potent and natural form of Açai on the planet! Freeze Drying is a process used to de-hydrate fruits with high technology for products that are highly sensitive to heat. Moisture is removed from the product using a very low temperature (-20C) and a vacuum. There is no pasteurization or heat used, and our freeze dried Açai is made from whole unpasteurized Açai berries! The process keeps the product taste intact, fresh and in its natural color. It maintains almost all of its vitamins, enzymes and nutrients, mainly carotene, anthocyanin (antioxidant) and vitamin C. There are no other ingredients and it is 100% organic! There are no carriers or fillers, just 100% pure freeze dried organic Açai! Don't be fooled by 4:1 powder which are made from spray dry powder that is filled with 25%-50% corn starch, multidextrin or rice powder and contain little or no antioxidants (anthocyanins) because of the 4:1 spray dry process which literally cooks out all of the antioxidant properties of the Açai! Corn starch is dried corn syrup otherwise known as another form of sugar. Our freeze dried Açai powder is the only acai powder on the market made of just pure organic Açai.



Things to Remember

Most vitamins and minerals are located just below the surface of all fruits and vegetables. Where possible, do not remove the skin. You will, however, want to remember to remove any unwanted pits or seeds.

Always wash your fruits and vegetables with warm water before consuming them.

When blending, you want to make sure you don't overload your blender. You don't want the top to come off or your ingredients to be splashed all over your kitchen. It is also good practice to thoroughly wash your blender after each use. If your blender is left unattended between each use, bacteria can start to form.

Conversions

Capacity

- 1/5 teaspoon = 1 ml
- 1 teaspoon = 5 ml
- 1 tablespoon = 15 ml
- 1 fluid oz. = 30 ml
- 1/5 cup = 50 ml
- 1 cup = 240 ml
- 2 cups (1 pint) = 470 ml
- 4 cups (1 quart) = .95 liter

Weight

- 1 gram = .035 ounce
- 100 grams = 3.5 ounces
- 500 grams = 1.10 pounds
- 1 kilogram = 2.205 pounds
- 1 kilogram = 35 oz.

Measurement Equivalent

- 16 tablespoons = 1 cup
- 12 tablespoons = 3/4 cup
- 10 tablespoons + 2 teaspoons = 2/3 cup
- 8 tablespoons = 1/2 cup
- 6 tablespoons = 3/8 cup
- 5 tablespoons + 1 teaspoon = 1/3 cup
- 4 tablespoons = 1/4 cup
- 2 tablespoons = 1/8 cup
- 2 tablespoons + 2 teaspoons = 1/6 cup
- 1 tablespoon = 1/16 cup
- 2 cups = 1 pint
- 2 pints = 1 quart
- 3 teaspoons = 1 tablespoon
- 48 teaspoons = 1 cup

Conclusion

Below is a list of delicious fruit and vegetable recipes! Each recipe will serve between 2-4 depending on your serving size. Feel free to stick to these delicious suggestions or get creative with your own recipes.



Recipes!!

Banana Mango Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
1 mango
1 banana
2 ½ red apples
5 passion fruit
1 orange

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Sweet & Sour Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml orange juice
1 ½ pink grapefruit
3 oranges
½ a lemon

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Berry Blast Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
1 small fistful of blueberries
150ml apple juice
1 banana
1 orange
2 ½ red apples
1 small fistful of blackberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Kiwi Sunshine Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
3 kiwis
3 red apples
1 banana
1 orange
¼ lime

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Funky Watermelon Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
½ small sized watermelon
1 pomegranate
3 fistfuls of raspberries
150ml apple juice
8 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Apple Cucumber Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
3 red apples
2 mangos
125g of cucumber
150ml apple juice
5 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Pear Delight Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
300ml orange juice
2 pears
1 small pineapple
½ lime

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Orange Berry Blast Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
3 large fistfuls of raspberries
3 oranges
250ml water
8 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Apricot Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml orange juice
2 oranges
6 apricots
5 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Full of Fruit Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml orange juice
1 mango
2 red apples
1 banana
½ pineapple
1 small fistful of green grapes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

All about Orange Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml orange juice
2 oranges
1 papaya
125g cucumber

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Frozen Berry Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml pineapple juice
2 kiwi
½ pineapple
½ grapefruit
1 fistful of frozen raspberries
1 fistful of frozen cranberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached. Feel free to use fresh instead of frozen berries if you have them.



Melon Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
1 large cantaloupe melon
8 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Grapefruit Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml pineapple juice
1 pink grapefruit
1 small pineapple
8 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Sunshine Smothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml orange juice
3 kiwi
2 bananas
4 large fistfuls of strawberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Apple Passion Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
3 red apples
5 passion fruit
2 mangos

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Funky Banana Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
2 bananas
3 kiwi
1 small fistful of red grapes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Grapefruit Banana Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
1 lime (juice)
200ml orange juice
1 grapefruit
2 bananas

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Banana Berry Blast

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml cranberry juice
3 large fistfuls or raspberries
2 bananas

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Banana Mango Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml orange juice
2 mangos
2 bananas

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Pineapple Explosion Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml pineapple juice
½ pineapple
5 passion fruit
2 mangos

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Tango Mango Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
½ tsp vanilla extract
150ml orange juice
2 mangos
5 tangerines

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Pineapple Surprise Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml pineapple juice
½ pineapple
2 fistfuls of cranberries
2 fistfuls of strawberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Pine Apple Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
3 red apples
½ pineapple

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Guava Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml guava juice
2 oranges
4 large fistfuls of strawberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Kiwi Melon Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
½ melon
1 pear
3 kiwi
½ lime zest and juice

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Banana Smoothe Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml pineapple juice
5tblsp non-fat yogurt
300g jar or can of pineapple rings or chunks in natural juice
3 bananas

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Apricot Smooth Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
5tblsp non-fat yogurt
6 apricots
3 bananas

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Strawberry Rhubarb Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
4tblsp non-fat yogurt
1tsp honey
1 red apple
6 strawberries
1 stick of rhubarb

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Prune Madness Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
4tblsp non-fat yogurt
1tblsp honey
1 banana
2 red apples
4 prunes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached. Don't forget to remove the stones from the prunes!



Soya Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml soya milk
2 oranges
3 peaches

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Peach Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml orange juice
1tsp honey
150g peach or apricot non-fat yogurt
400g can or jar of peaches in natural juice
3 oranges

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Soothing Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
250ml orange juice
3 large fistfuls of strawberries
1 banana

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Grape Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
300ml purple grape juice
3tblsp fromage frais
1tsp honey
1 large fistful of blackberries (frozen or fresh)

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Banana Red Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml pineapple juice
1 small pineapple
2 bananas
4 large fistfuls of strawberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Melon Red Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
½ watermelon
4 large fistfuls of strawberries
75g cucumber
5 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Black Kiwi Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
2 kiwi
2 large fistfuls of blackberries
½ cantaloupe

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Green Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
½ avocado
2 celery sticks
1 small fistful of green grapes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Soya Kiwi Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml soya milk
2 kiwi
½ lime

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Coco Berry Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml soya like
150g coconut milk
7 lychees
4 large fistfuls of mixed berries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Apple Honey Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
250ml apple juice
1tsp honey
1 pear
2 red apples
3 oranges

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Orange Mango Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
250ml craberry juice
1tsp honey
1 mango
2 oranges

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



The Green Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml apple juice
1 lemon zest and juice
1 small fistful of green grapes
2 grapefruit
750g cucumber

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Cranberry Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml cranberry juice
50g cucumber
3 oranges

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Orange Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml orange juice
1 lime
½ grapefruit
3 oranges

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Orange Kiwi Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml orange juice
3 oranges
3 kiwi

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Carrot Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml orange juice
2 oranges
2 granny smith apples
2 carrots

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Apple Carrot Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml apple juice
3 apples
4 carrots

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Strawberry Peach Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
100ml purified water
4 large fistfuls of strawberries
2 peaches
1 red apple
6 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Black Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
2 red apples
2 bananas
3 large fistfuls of blackberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Papaya Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml guava juice
1 banana
½ pineapple
2 papaya

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Tangerine Peach Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml orange juice
2 bananas
2 tangerines
3 peaches

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Mango Lime Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
1 lime zest and juice
3 mangos
3 oranges

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Ginger Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
1 small pinch of fresh ginger
2 mangos
1 grapefruit

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Zesty Grapefruit Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml apple juice
1 lemon zest and juice
1 small fistful of green grapes
2 grapefruit
750g cucumber
10 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Cran Cucumber Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml cranberry juice
50g cucumber
3 oranges

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

All Berry Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
2 fistfuls of blackberries
2 fistfuls of strawberries
2 fistfuls of raspberries
2 fistfuls of blueberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Blackcurrant Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
2 large fistfuls of blackcurrants
2 large fistfuls of blackberries
1 large fistful of blueberries
1 banana

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Black Apple Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
1 large fistful of blackcurrants
2 large fistfuls of blackberries
2 green apples

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Lemon Celery Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
1 large slick of lemon
3 celery sticks
1 honeydew melon

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Berry Banana Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml cranberry juice
2 tblsp non-fat yogurt
2 bananas
2 large fistfuls of blueberries
3 large fistfuls of raspberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Mango Bango Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml skimmed milk
20ml orange juice
3 tblsp fromage frais
2 mangos
2 bananas

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Blueberry Apple

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
3 red apples
1 large fistful of blueberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Creamy Mango

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml cranberry juice
150g peach non-fat yogurt
2 large mangos

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Coco Apple Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
4 tblsp coconut milk
4 tblsp non-fat yogurt
1 tsp honey
1 mango
2 red apples

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Honey Peach Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml non-fat yogurt
1 tsp honey
2 peaches
2 apples
1 small fistful of raspberries

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.



Full of Oats Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
100ml coconut milk
75ml skimmed milk
½ pineapple
1 banana
1 orange
20g oats

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Kiwi Almond Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
200ml soya milk
2 large fistfuls of strawberries
2 kiwi
25g crushed or ground almonds

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.

Strawberry Mint Smoothie

2oz of Amazon Thunder organic acai pulp puree **or**
6g Amazon Thunder organic acai freeze dried powder
150ml apple juice
1tsp honey
2 lime juice
8 large fistfuls of strawberries
6 mint leaves
10 crushed ice cubes

Remove the peels from the fruit, chop into sizes that suit your blender. Put all ingredients into the blender and blend until the smoothie consistency is reached.