Smoothies and fruit drinks

Smoothies and Fruit Coolers

Fresh fruit, creamy blends, and lighter pitchers

Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A smoothie can be creamy and spoonable, while a fruit cooler can be thin enough to pour over ice. This book gives both textures with measured fruit and modest ingredient lists. Start with fresh produce and pasteurized milk, yogurt, or juice; no raw egg, raw flour, or uncooked baking mix enters the blender. Choose ready-to-eat oats where specified. Frozen fruit must be ready to eat or cooked according to its package, then chilled; freezing alone does not make it safe. Wash whole melon, avocado, and papaya before cutting. Choose small portions first, then refill clean glasses from safely chilled bases.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

Original development edition; recipes have not been kitchen-tested and no nutrition analysis is claimed. Prep times are active work; cooling, chilling, steeping rests, and freezing may require additional time as directed.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.

These are original development recipes, not kitchen-tested; no nutrition figures are claimed. Use pasteurized milk and juice. For guests at higher risk of foodborne illness, choose pasteurized juice instead of freshly squeezed juice. Wash produce under running water. Frozen fruit is not made safe by freezing: use ready-to-eat fruit, or cook it as its package directs and chill before blending. Refrigerate prepared drinks at 40°F or below within two hours, and use within one to two days.

Strawberry Yogurt Breakfast Blend - AI-generated realistic food artwork, not a photograph or tested result.

Strawberry Yogurt Breakfast Blend

2 glasses | Prep: 10 minutes | Cook: 0 minutes

Ingredients

- 1 1/2 cups fresh strawberries, hulled
- 3/4 cup pasteurized plain yogurt
- 1/2 cup pasteurized milk
- 1 tablespoon honey
- 1/2 cup ice

Method

1. Rinse strawberries under running water before hulling, then halve them so they blend evenly. Place them in the blender with yogurt, milk, and honey.

2. Blend with the lid secured for 30–45 seconds until smooth. Add ice and blend for another 15 seconds, stopping when no large ice pieces remain.

3. Pour evenly into two glasses and serve promptly with wide straws or spoons. Stir before drinking if yogurt foam rises or the fruit pulp settles.

Cook's tip

Use fresh ripe berries for a full strawberry flavor without needing extra sweetener.

Substitution

Replace honey with maple syrup; honey is unsuitable for children under one year.

Storage

Serve promptly. Refrigerate covered at 40°F or below within 2 hours (1 hour above 90°F); use within 1 day. Add fresh ice and carbonation only at service.

Ingredient allergen notes

Milk

Mango Coconut Lime Smoothie

2 glasses | Prep: 10 minutes | Cook: 0 minutes

Ingredients

- 1 1/2 cups ripe mango cubes
- 3/4 cup unsweetened coconut water
- 1/4 cup canned coconut milk, stirred
- 1 tablespoon pasteurized lime juice
- 1/2 cup ice

Method

1. Peel mango with clean hands and utensils, keeping the flesh away from the peel as you cut it into measured cubes.

2. Blend mango, coconut water, coconut milk, and lime juice for 30–45 seconds, until smooth. Add ice and pulse until the drink is thick but pourable.

3. Divide between two glasses and serve immediately. Stir once before sipping because coconut milk can separate from the fruit base as the drink stands.

Cook's tip

Stir canned coconut milk thoroughly before measuring so the cream and liquid are evenly combined.

Substitution

Use 1 1/2 cups drained canned mango in juice if fresh ripe mango is unavailable.

Storage

Serve promptly. Refrigerate covered at 40°F or below within 2 hours (1 hour above 90°F); use within 1 day. Add fresh ice and carbonation only at service.

Ingredient allergen notes

Coconut

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

USDA FSIS • leftovers and food safety

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Find your favorite texture, from creamy blends to fruit coolers.

Smoothies and Fruit Coolers puts the blender to work on twelve distinct fruit combinations. Start with a strawberry yogurt blend, let finely blended oats give a blueberry shake its thicker texture, or combine avocado, banana, and lime in a creamy green glass. Lighter watermelon and cucumber drinks offer another way to serve fruit. The recipes measure liquids and ice, explain when to strain or stir, and include substitutions for changing ingredients. Practical notes cover loading the blender, choosing ready-to-eat oats, and preparing fruit before blending. Two gathering menus and a first-menu shopping list help you choose a small set instead of assembling every variation at once.

- Blend fresh strawberries with yogurt and milk, then add ice for Strawberry Yogurt Breakfast Blend.
- Use suitable ready-to-eat oats and a longer first blend for Blueberry Oat Yogurt Shake.
- Combine avocado flesh, banana, yogurt, and lime for Avocado Lime Yogurt Smoothie.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.

Avocado Lime Yogurt Smoothie

AI-generated realistic food artwork

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