

Ananas Smoothie

Refreshing vegan pineapple smoothie recipe with frozen fruit and orange juice. Perfect healthy breakfast or snack in just 10 minutes!

10 min

HAZIRLIK

10 min

TOPLAM

1

PORSIYON

Easy

ZORLUK

Ananas Smoothie

Malzemeler

- 3 cup orange juice
- 2 carrot
- 1 cup pineapple
- 1 banana

Yapılış

- Prepare ingredients**

Remove 3 cups frozen pineapple chunks and 2 frozen bananas from freezer and let sit at room temperature for 2-3 minutes to slightly soften for easier blending.
- Add 1 cup orange juice to your blender first, followed by 1 cup carrot juice.
- Blend smoothie**

Add the 3 cups frozen pineapple chunks and 2 frozen bananas to the blender with the juices.
- Blend on high speed for 60-90 seconds until the mixture is completely smooth and creamy with no visible fruit chunks remaining.
- Taste and adjust sweetness if needed by adding 1-2 tablespoons honey, maple syrup, or agave nectar, then blend for 10-15 seconds more to incorporate.
- Pour immediately into a chilled glass and serve right away while the smoothie is thick and cold.

İpuçları

Use frozen fruit for the best texture - it creates a thick, creamy consistency without watering down the flavors like ice would.

Taste your pineapple before blending to gauge sweetness. Very ripe, sweet pineapples may not need any additional sweeteners.

Add liquid ingredients to the blender first, followed by frozen fruits. This helps the blender process more efficiently.

If your smoothie is too thick, add liquid gradually until you reach desired consistency. If too thin, add more frozen fruit.

Chill your glasses in the freezer for 10 minutes before serving to keep the smoothie cold longer.

For extra tropical flavor, add a splash of coconut extract or use coconut water instead of orange juice.

Prep smoothie packs by portioning frozen fruits into freezer bags - just add liquid and blend when ready.

Use fresh-squeezed orange juice when possible for the brightest, most vibrant flavor without added sugars.