COOKING PASSION SINCE 1877



4 of the best berry smoothie recipes

Summer is for sunshine, seasides and – not just for the sake of alliteration – smoothies. Not just any smoothies either: the best, freshest, perfectly icy, creamy and delectable seasonal berry smoothies that you can imagine.

Whether you've got some frozen berries stocked in the freezer or a fresh haul from the berry farm, there is nothing more delicious and simple than whipping up a quick round of smoothies in the blender. Kids love guzzling down a sweet, creamy glass of strawberry goodness, whilst friends and family will adore sipping on a refreshing cherry number in the summer sun.

Here are our four favourite berry smoothie recipes for your next get-together, using all different types of berries:

1. Mixed Berry Magic

serves approx. 4

Perfect for repurposing berries leftover from other recipes. This creamy smoothie is a sure favourite for any summer occasion – top with a sprinkling of toasted granola, shaved chocolate and a swirl of raspberry coulis:

- 5 cup frozen berries
- 2 cup chopped banana
- 1 cup milk or yoghurt
- handful of ice
- honey or maple syrup to taste

2. Boozy Cherry Ripe

serves approx. 4

Who says smoothies all have to be healthy breakfast drinks? Replace your sundowner cocktail with this proudly Australian blended boozy number:

- 1 cup frozen pitted cherries
- ½ cup coconut cream
- ¼ cup shredded coconut (toasted or raw)
- a dash of vanilla essence

- ½ cup frozen raspberries
- 2 tbsp cacao powder
- 4 shots cherry liqueur (optional)

3. Strawberries and Cream

serves approx. 4

This treat isn't just reserved for the Wimbledon courtside. Put a smile on your guests' faces with a creamy strawberry blend, topped with sliced strawberries and mint sprigs:

- 1 cup fresh strawberries
- ½ cup yoghurt or ice cream
- 1 cup milk
- 1 tsp vanilla extract
- handful of ice

4. Peachy Blueberry

Serves approx. 4

Cure your guests' blues in a heartbeat thanks to this creamy blueberry option:

- 1 cup frozen blueberries
- 1 cup almond milk
- ½ cup yoghurt
- 4 tbsp honey
- handful of ice
- 4 small chopped peaches

Please note, some of these recipes contain alcohol. This article is intended for responsible adults of legal drinking age only. It is not intended for minors or those not of drinking age in the country in which they reside.

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