



# BANANA RECIPES

where do BANANAS GROW?

## Our Bananas

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## Chiquita Banana Smoothie Recipes

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### Everybody Has a Favorite Smoothie Recipe

Being Chiquita, we're understandably partial to banana smoothies. And we've collected our favorite banana smoothie recipes in one convenient place. Try one. Or try them all.



### Peachy Keen Banana Smoothie Recipe

Ripe, juicy peaches and delicious Chiquita Bananas pair up for fresh and fruity smoothie.



### Banana Smoothie Recipe

You're 5 minutes and a blender away from a healthy, delicious banana smoothie. Make it with yogurt or milk.



### Banana Berry Smoothie Recipe

Invite a whole bunch of fresh berries to jump in the blender with a Chiquita Banana. Watch the magic happen.



### Banana Pineapple Smoothie Recipe

Take a little trip to the tropics tomorrow morning. Team up bananas and Chiquita Pineapple Bites™



### Banana Split Smoothie Recipe

This quick and easy smoothie recipe takes the classic banana split on the go.



### Banana Oatmeal Smoothie Recipe

Almonds, oatmeal, bananas and yogurt meet up in your blender for a power breakfast.



### BananaAde Smoothie Recipe

Blend lemon, honey, yogurt and a banana for a super smoothie recipe and a big boost of energy to take on any activity.



### Protein Power Banana Smoothie Recipe

Here's a simple and delicious way to add protein to fresh fruit and juice.



### Strawberry Banana Smoothie Recipe

Delicious Chiquita Bananas and juicy red strawberries combine in this classic smoothie.



### CopaBanana Smoothie Recipe

Enjoy a taste of the tropics with this banana and tropical fruit combo.

### Creamy Peanut Butter Banana Smoothie Recipe

### Banana Berry Colada Recipe

This smoothie recipe offers a



The perfect pair - Chiquita Bananas and peanut butter – joins with non-fat yogurt and milk for an ultra creamy and delicious smoothie.



tropical taste, perfect for summer!

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### How to Make a Perfect Banana Smoothie

Here's a short course in the proper banana smoothie technique.

- Start with the perfect banana. For the most intense banana flavor, we recommend a Chiquita at room temperature that is yellow or yellow with brown spots.
- Peel and cut into bite-size chunks for quick blending and consistent texture. This is a smoothie, not a chunky.
- Use fresh ice. If your tap water tastes yucky, make your ice with filtered or bottled water. As soon as the cubes freeze, store them in air-tight plastic bags so they don't take on any unsavory freezer flavors.
- Wash, pat dry and cut up any other fruit ingredients before you add them to the blender.
- Don't overfill the blender unless you enjoy cleaning smoothie recipe off your walls.
- Blend until smooth. Pour and enjoy immediately.

### Smoothie Trivia

Smoothies are blended beverages that are often mixed with fresh fruit, crushed or shaved ice, frozen fruit, or other fruit juices. Smoothies usually do not contain ice cream (that's what milk shakes are for). Smoothies date back to the 1960s when they were offered as healthy alternatives to milk shakes but it wasn't until the 1990s that they began to really catch on. **Stephen Kuhnau**, founder of *Smoothie King*, the second largest smoothie franchise in the US, claims to have coined the term "smoothie" in the late 1960s though a company named *Waring* made a blender in the 1940s that had an accompanying booklet publishing recipes for "smoothees".



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