

Published based on [Making A Frozen Fruit Smoothie For Your Family This Summer](#)

# **Making A Frozen Fruit Smoothie For Your Family This Summer**

Frozen fruit smoothies are always a favorite in my kitchen. Healthy and easy to make, what more can you ask for? These delicious frozen drinks can be made with all sorts of fruit and of course you can also combine them and make your own personal creations. Let me explain exactly how to make a frozen fruit smoothie. I promise this will be fast and easy.

To Make These Amazing Smoothies You Will Need:

Let's start with the hardware. You are going to need a blender. No need to buy a special smoothie maker. Any all-purpose blender will work. I enjoy making each family member their favorite smoothie with my magic bullet, a small blender that blends them one smoothie at a time. Larger blenders are great for making bigger batches.

Our first ingredient will be of course frozen fruit. Frozen smoothies can be made with all sorts of different fruit and and feel free to mix and match as well. Great fruit to start with is strawberry, peach and banana.

Yogurt makes another great addition to just about any smoothie. I like the tart flavor and it creates a nice smooth texture. Low or non-fat yogurts are the most figure-friendly, but you can use any type of yogurt as well as any flavor. Another great option is thicker Greek yogurt.

You will also need liquid of some sort to thin things down. Milk, water and juice are popular options. The amount of liquid you need will depend on how thick or thin you like your smoothie. A good ratio to use is 2-1-1 (frozen fruit - yogurt - liquid). Here's an example: Blend two cups frozen strawberries with one cup each of vanilla yogurt and orange juice.

Add more or less liquid until your smoothie gets the consistency you like best. You can also throw in a few ice cubes and blend them into your smoothie

Time to Blend:

Let's talk about blending. Toss your fruit and yogurt in the blender and give it a few whirls, then add the liquid. If your blender has a pulsing function (most do) use it. It allows any larger piece of fruit to sink back down to the bottom and get chopped up. This will make sure everything gets pureed and blended nicely resulting in a yummy smoothie.

If your blender starts working too hard, it's time to add a little more liquid to make sure everything moves around well.

If you are planning on using a good bit of ice in your smoothie, start by chopping it in your blender first before you add any of the fruit or yogurt. This will make sure everything combines well and that you don't end up with big ice chunks.

By the way, you don't have to stick to just frozen fruit in your smoothie. Feel free to mix both fresh and frozen fruits. For these frozen smoothies you can either buy fruit already frozen at the grocery store, or take your favorite fresh fruit and toss it in the freezer. It is very easy to freezer berries for example. Just put them in a freezer bag and freeze them whole.

I like to add frozen banana slices to most of my smoothies. Whenever you find yourself with a banana that's getting a little too ripe, peel it, and then slice it. Put them into a freezer bag and freeze until you need them for a smoothie. Works perfectly and they give the smoothies an extra creamy texture.

Create a delicious smoothie with this [strawberry smoothie recipe](#). It's quick and simple to make and you can find more [smoothie recipes](#) at <http://healthy.hillbillyhousewife.com/category/recipes/smoothies>

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