

A glass of yellow smoothie with a lemon slice garnish. The background is a soft-focus green and yellow.

# smoothies

50 RECIPES  
FOR HIGH-ENERGY  
REFRESHMENT

MARY CORPENING BARBER, SARA CORPENING,  
AND LORI LYN NARLOCK  
PHOTOGRAPHS BY AMY NEUNSINGER

# 50 Energy High Recipe Refreshment Smoothie

**Cherie Calbom**



## 50 Energy High Recipe Refreshment Smoothie:

**Smoothies** Sara Corpening Whiteford, Mary Corpening Barber, Sara Whiteford Corpening, Lori Lyn Narlock, 1997-07 Recipes for blended drinks which include fruits sorbets ice creams yogurts soy milks and other ingredients A final chapter lists recipes which include alcohol **Bon Appétit**, 1998 **Elle**, 1998 Go Bananas! Susan Quick, 2000 Banana lovers rejoice Here is a feast of mouth watering recipes for your favorite fruit from breakfast to main dishes to desserts Crisp fried plantain chips dipped in fiery pepper sauce Sea bass fillets grilled in aromatic banana leaves Caramelized banana cream pie Healthful smoothies hearty vegetarian meals cool banana cocktails and yes the ultimate banana bread studded with chunks of dark chocolate Packaged in its own distinctive wrapper the yellow banana is as good for you as it is good to eat And its relatives are equally nutritious and delicious plantains baby bananas peach fleshed red bananas and exotic manzanos tasting of apples and strawberries Filled with fascinating banana lore Go Bananas offers 150 imaginative recipes for the banana and its cousins You re certain to go bananas over this banan za of a cookbook *Food & Wine*, 1997-07 The Publishers Weekly, 1998 **Eat Right, Swim Faster** Abby Knox, 2017-03-05 Eat Right Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages It is a smartly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water Rather than insisting that readers wade through a tangle of highly technical terminology Eat Right Swim Faster provides an abundance of sound practical advice in a straightforward non academic tone Eat Right Swim Faster draws on the very latest sports nutrition research as well as the very personal experience of the author a registered dietitian sports nutritionist swim coach athlete and mother of three competitive swimmers Readers can therefore be confident they re receiving the smartest most up to date information on the foods and drinks that will serve them and their swimming performance best High Energy Eating Barbara Day, 1995-08 American Book Publishing Record, 1997 *Power Food* Rens Kroes, 2016-11-15 Pamper yourself with delicious organic and energizing Power Food With hectic and busy schedules it can be difficult to lead a healthy and balanced lifestyle Dutch superstar and best selling author Rens Kroes makes it easy with a combination of healthy food sufficient exercise and relaxation You ll find delicious on the go breakfasts that make you happy simple salads and pasta dishes and healthy takes on sinful sweets A guide showing nutritional information on each food is provided including what to eat for different beauty benefits like shiny hair or radiant skin Lead a happy and balanced life with Power Food

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