

Vanilla Chestnut



Makes 1 glass

This smoothie is nice and simple. Make sure that the ice cream is properly frozen, and put it in the blender before the other ingredients. For a bit of extra sweetness, add 1 tablespoon of caramel syrup.

Ingredients

4 scoops vanilla ice cream
¼ cup milk
1¾ oz (50 g) roasted chestnuts, peeled and chopped

Preparation

Place ice cream and milk in a blender.
Add chestnuts, and then blend until evenly combined.

Speckled Spice



Makes 1 glass

Few things are as delicious as fresh passion fruit in season. They also lend a unique flavor and interesting texture to smoothies. This smoothie has an excellent combination of colors.

Ingredients

2½ oz (70 g) passion fruit (about 2–3 medium fruit) halved
5 oz (150 g) (about 1¼ cups) mango chunks Cinnamon,
to taste
6 small ice cubes

Preparation

Scoop out contents of passion fruits and transfer to a blender. Add mango, cinnamon, and ice. Blend until smooth.