FRUIT UP with Bobby Smith

OFFICIAL FRUIT UP RECIPE EDITION

SMOOTHIE KING



The remix. 42 smoothies, 6 fresh juices and a juice bar by Bobby Smith.

42 SMOOTHIES · 6 FRESH JUICES · 24 BAR RECIPES

THE ORIGINALS

The 12 from the 2023 book. No measuring cups, just fruit.

RECIPE 01 · THE ORIGINALS

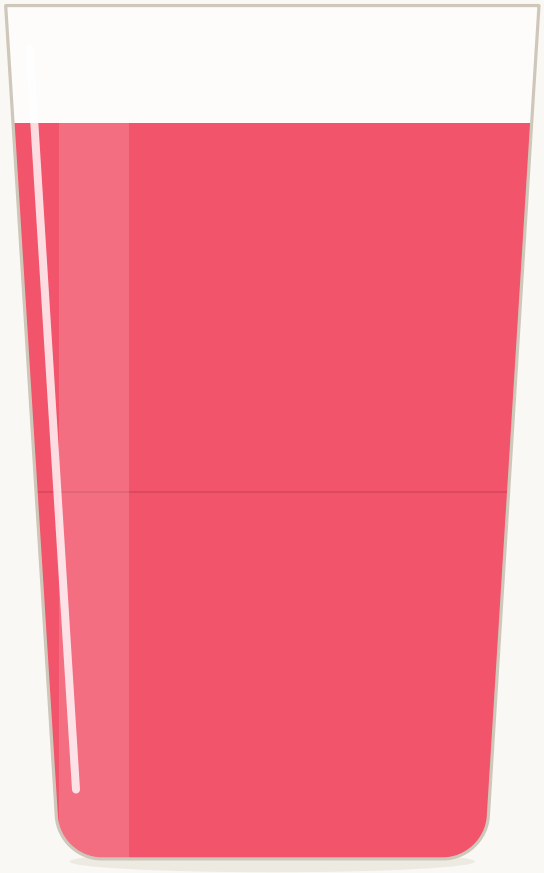
Watermelon Slushy

What goes in

- frozen watermelon chunks
- fresh watermelon chunks

How I make it

Prepare watermelon chunks and freeze them. Use the fresh watermelon chunks as the base of the slushy.



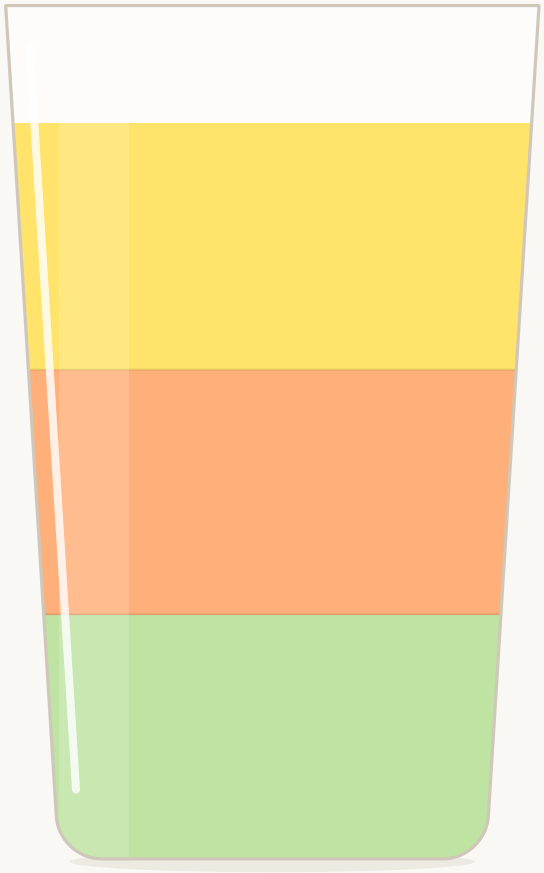
Honeydew Peach Lemon

What goes in

- fresh honeydew
- frozen peaches
- 1 lemon

How I make it

Prepare fresh honeydew into slices or chunks and use as the base. Top off with frozen peaches and a whole sliced lemon.



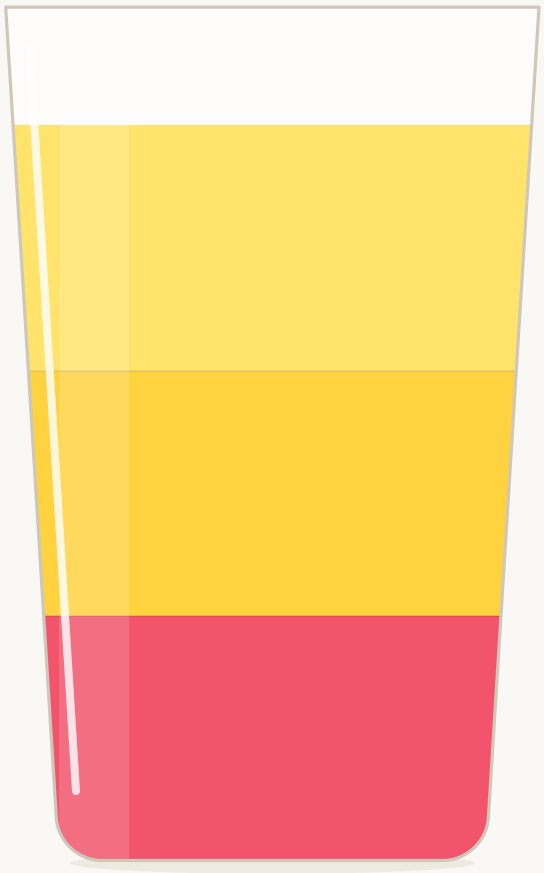
Watermelon Pineapple Lemon

What goes in

- fresh watermelon
- frozen pineapple
- 1 lemon

How I make it

Prepare fresh watermelon into chunks and use as the base. Top off with frozen pineapples and a whole sliced lemon.



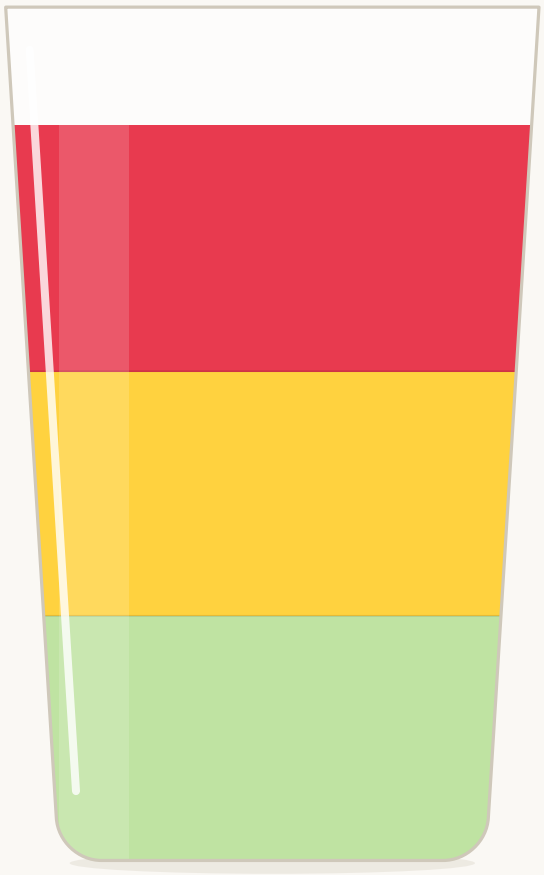
Honeydew Pineapple Strawberry

What goes in

- fresh honeydew
- fresh pineapple
- frozen strawberries

How I make it

Prepare fresh honeydew melon into chunks and use as the base. Add fresh pineapple chunks and top off with sliced frozen strawberries.



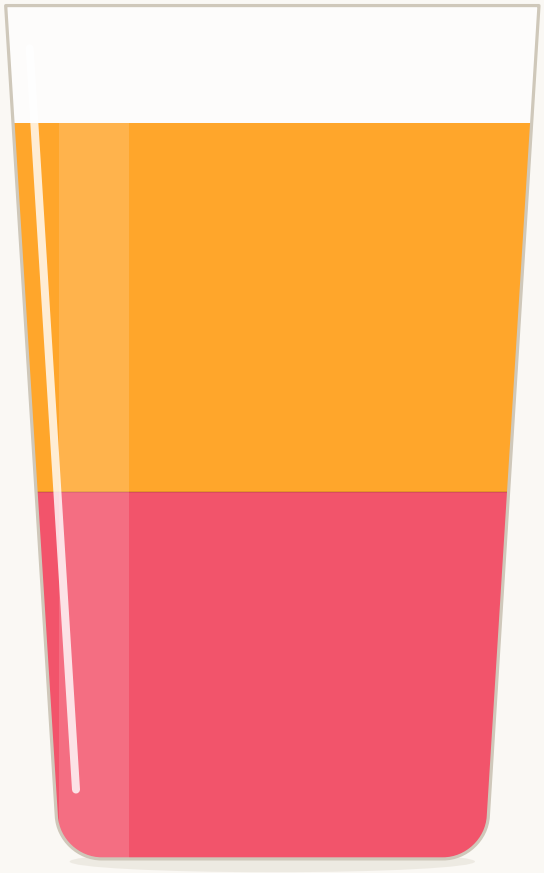
Watermelon Mango

What goes in

- fresh watermelon
- frozen mango

How I make it

Prepare fresh watermelon into chunks and use as the base. Top off with frozen mango chunks.



Pineapple Strawberry

What goes in

- frozen pineapple
- frozen strawberries
- fresh pressed pineapple juice

How I make it

Add frozen pineapple chunks and frozen strawberries to the blender. Next add desired amount of fresh pressed pineapple juice.



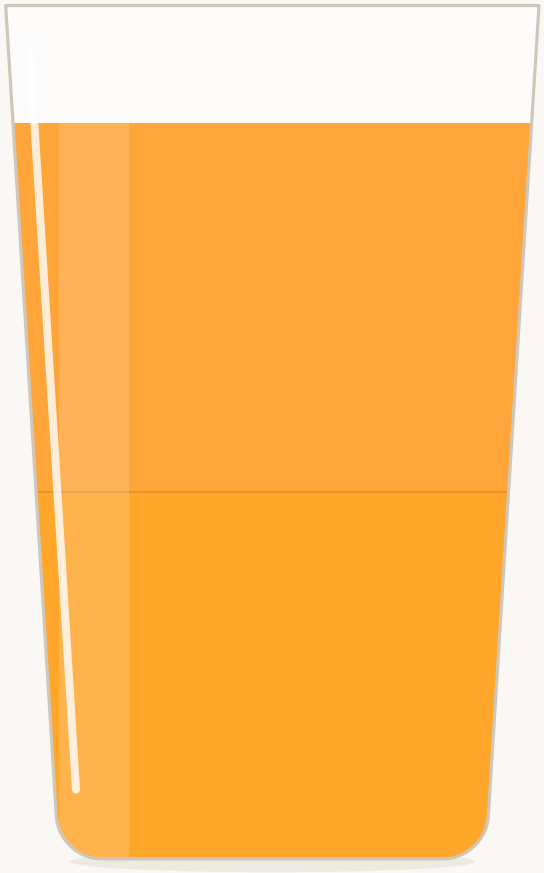
Mango Orange

What goes in

- frozen mango
- 1 cup fresh pressed orange juice

How I make it

Add frozen mango chunks then add a cup of fresh pressed orange juice.



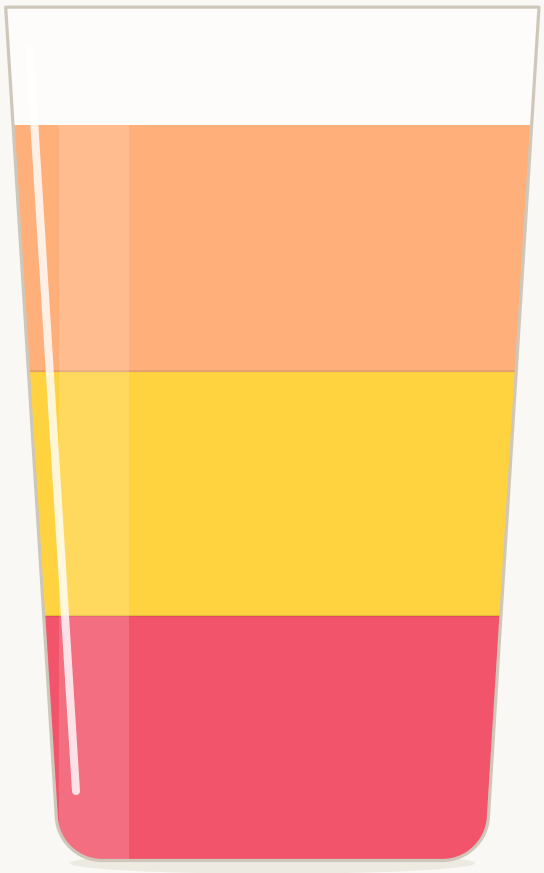
Watermelon Pineapple Peach

What goes in

- fresh watermelon
- fresh pineapple
- frozen peaches

How I make it

Add fresh watermelon chunks, add fresh pineapple chunks then top off with frozen peaches.



Watermelon Blueberry Peach Strawberry

What goes in

- fresh watermelon
- fresh blueberries
- frozen peaches
- frozen strawberries
- 1 lemon



How I make it

Add fresh watermelon chunks and fresh blueberries, add frozen peaches then top off with frozen strawberries and 1 whole sliced lemon.

Watermelon Pineapple Triple Berry

What goes in

- fresh watermelon
- fresh pineapple
- triple berry blend
- 2 lemons

How I make it

Add fresh watermelon chunks and fresh pineapple chunks. Top off with triple berry blend and 2 whole sliced lemons.



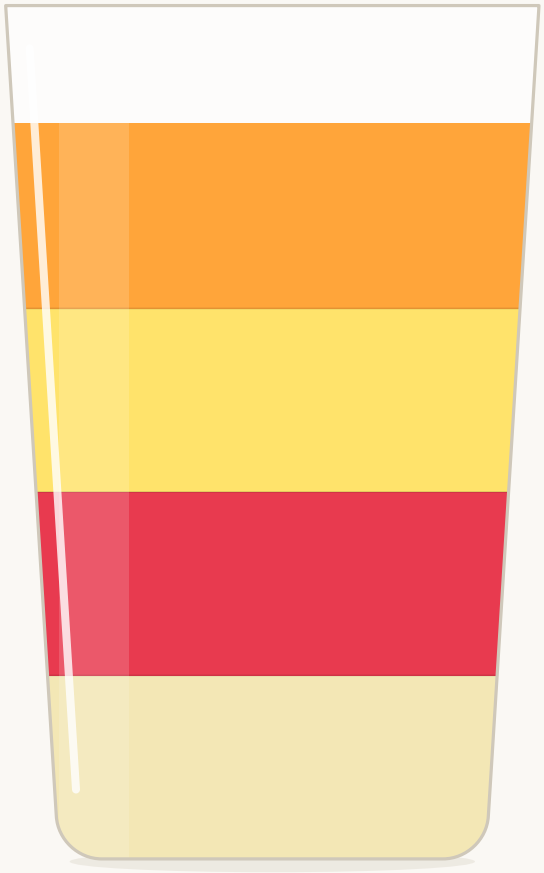
Apple Strawberry Orange

What goes in

- fresh apple slices
- frozen strawberries
- 1 lemon
- 1 cup fresh pressed orange juice

How I make it

Add fresh apple slices, then add frozen strawberries and 1 whole sliced lemon. Add 1 cup of fresh pressed orange juice.



Orange Mango Peach

What goes in

- fresh peeled oranges
- 1 lemon
- frozen mango
- frozen peaches

How I make it

Add fresh peeled oranges with 1 lemon for the base. Next add frozen mango and frozen peaches.



JUICE BASE

Fresh pressed juice is the base. Never water.

RECIPE 13 · JUICE BASE NEW

Blackberry Mango

What goes in

- orange juice
- blackberries (washed)
- lemon
- frozen mango

How I make it

Add it all to the blender and blend till smooth.



Bobby says

Buy your fruit when it's on sale and freeze it.

MELON BASE

Watermelon does the heavy lifting. Frozen plus fresh is the slushy trick.

RECIPE 14 · MELON BASE NEW

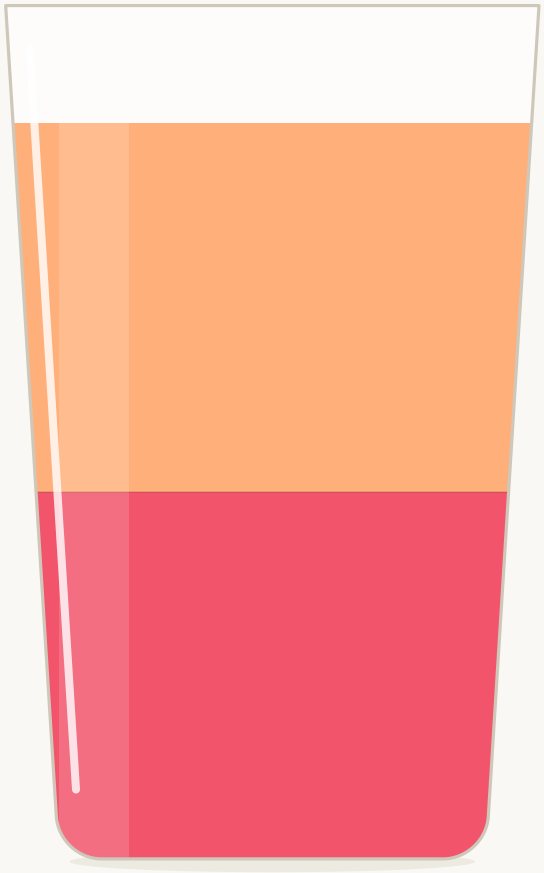
Watermelon Peach

What goes in

- seeded watermelon
- frozen peaches

How I make it

Add it all to the blender and blend till smooth.



> **Bobby says**
> *2 ingredients. Tastes like candy.*

Watermelon Lemon Ice

What goes in

- watermelon
- lemon
- ice

How I make it

Blend the watermelon, add lemon pieces and ice.



RECIPE 16 · JUICE BASE NEW

Peach Orange

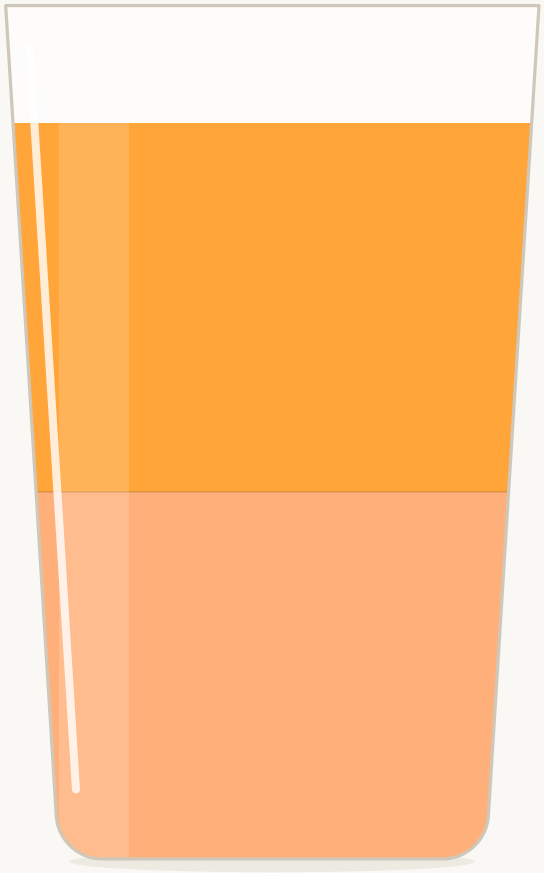
What goes in

- frozen peaches
- fresh orange juice

How I make it

Add it all to the blender and blend till smooth.

> **Bobby says**
> *I just threw frozen peaches in the blender with fresh orange juice.*



BANANA BASE

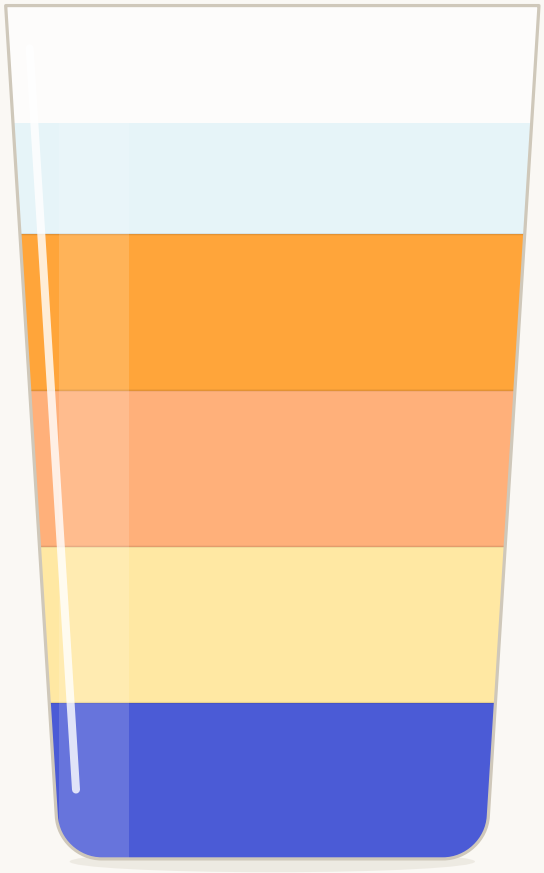
When you want it thick and filling, bananas carry it.

RECIPE 17 · BANANA BASE NEW

Blueberry Banana Peach

What goes in

- 2 cups frozen blueberries
- 3 ripe bananas
- 1 cup frozen peaches
- 2 cups fresh orange juice
- 1 cup ice



How I make it

Add it all to the blender and blend till smooth.

RECIPE 18 · BANANA BASE NEW

Banana Orange

What goes in

- 2 bananas
- 2 cups orange juice
- ice

How I make it

Add it all to the blender and blend till smooth.

> **Bobby says**
> *That's it!*



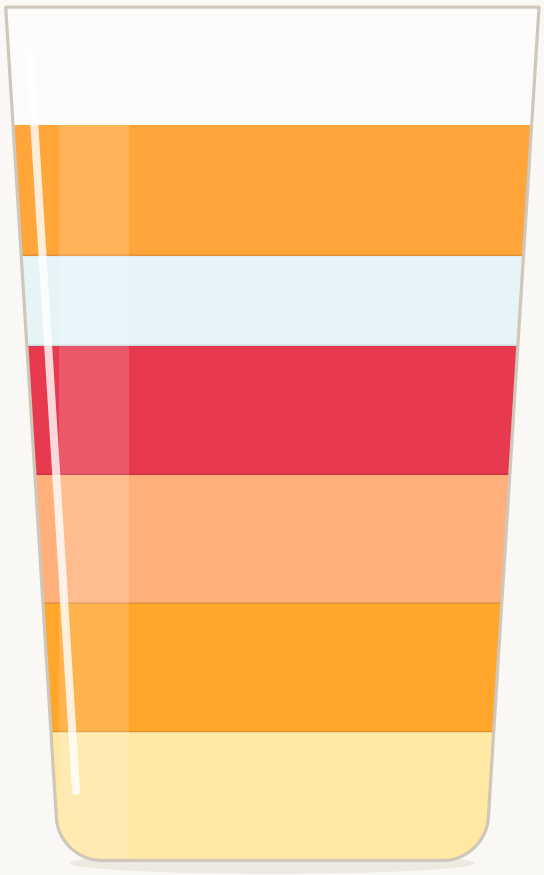
Strawberry Peach Orange Banana

What goes in

- bananas
- fresh mango
- frozen peaches
- frozen strawberries
- ice
- orange juice

How I make it

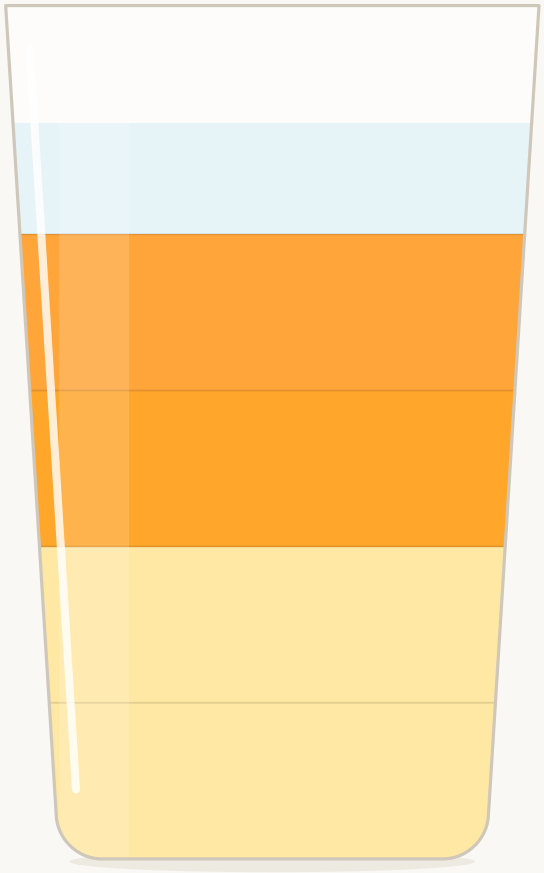
Add it all to the blender and blend till smooth.



Mango Banana Orange

What goes in

- 3 frozen bananas
- 1 ripe banana
- 2 cups frozen mango
- 1 cup orange juice
- 1 cup ice



How I make it

Add it all to the blender and blend till smooth.

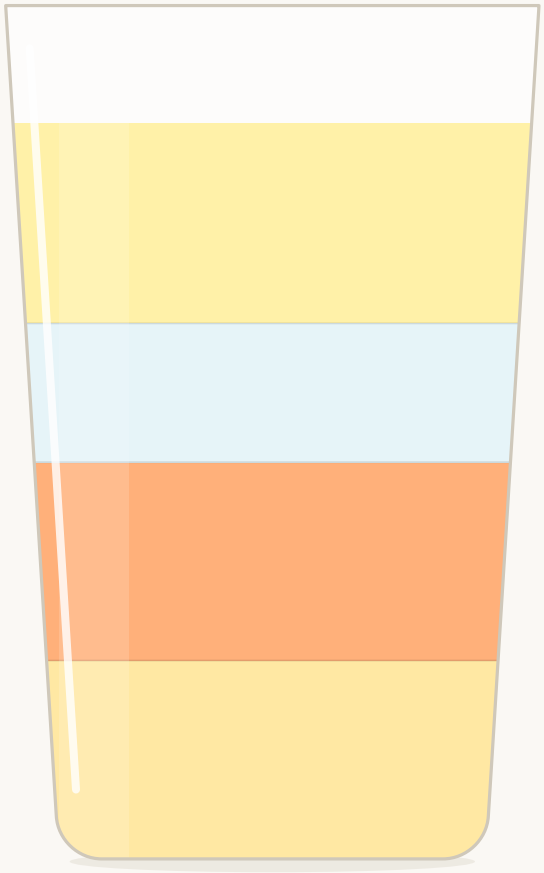
Banana Peach Lemonade

What goes in

- 5 ripe bananas
- 2 cups frozen peaches
- 1 cup ice
- 1 cup lemonade

How I make it

Add it all to the blender and blend till smooth.



Banana Dragon Fruit Mango

What goes in

- frozen bananas
- ripe bananas
- frozen dragon fruit
- frozen mango
- frozen strawberries
- frozen pineapple
- ice
- fresh lemonade

How I make it

Add it all to the blender and blend till smooth.



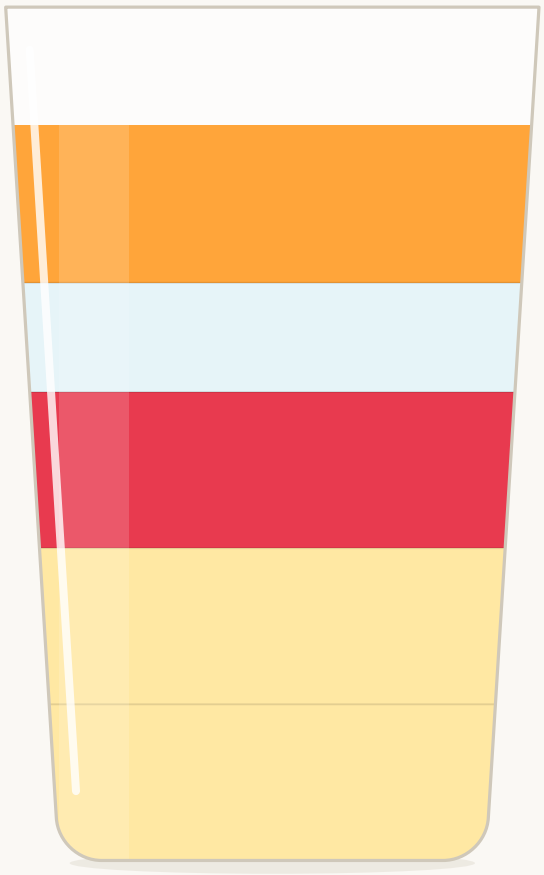
Strawberry Banana Orange

What goes in

- 2 frozen bananas
- 2 ripe bananas
- 3 cups frozen strawberries
- 1.5 cups ice
- 1.5 cups fresh squeezed orange juice

How I make it

Add it all to the blender and blend till smooth.



Banana Dragon Fruit Peach

What goes in

- frozen bananas
- ripe bananas
- frozen dragon fruit
- frozen peaches
- ice
- orange juice



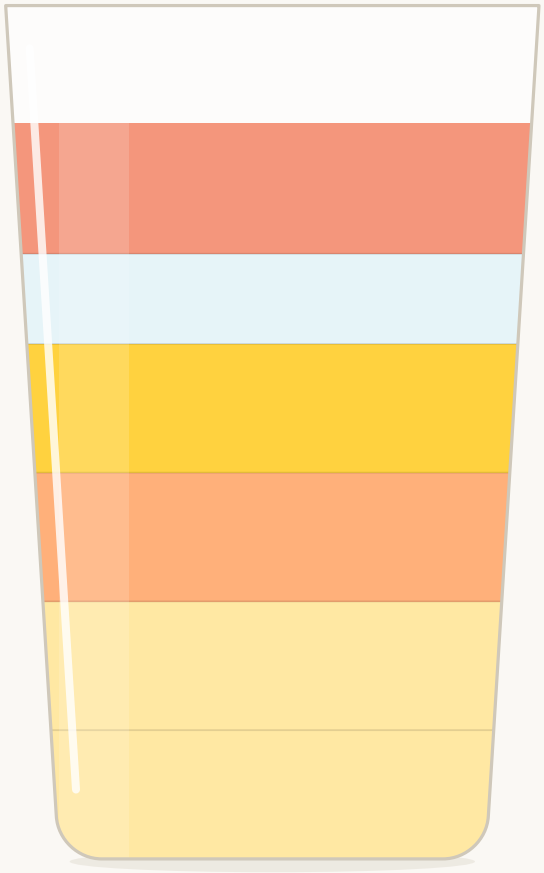
How I make it

Add it all to the blender and blend till smooth.

Peach Pineapple Banana

What goes in

- frozen bananas
- ripe bananas
- frozen peaches
- frozen pineapple
- ice
- strawberry lemonade



How I make it

Add it all to the blender and blend till smooth.

> **Bobby says**
> *A half gallon smoothie.*

Pineapple Papaya Mango Coconut Banana

What goes in

- pineapple
- papaya
- mango
- coconut
- banana
- orange juice
- ice

How I make it

Add it all to the blender and blend till smooth.



Banana Cherry Mango

What goes in

- frozen bananas
- 2 ripe bananas
- 1 cup frozen cherries
- 1 cup frozen mango
- ice
- 1 cup orange juice



How I make it

Add it all to the blender and blend till smooth.

Mango Pineapple Strawberry Banana

What goes in

- frozen bananas
- frozen mango
- frozen strawberries
- frozen pineapple
- orange juice
- ice



How I make it

Add it all to the blender and blend till smooth.

> **Bobby says**
> *Tastes like tropical sherbet!*

RECIPE 29 · BANANA BASE NEW

Banana Blackberry Mango

What goes in

- 3 frozen bananas
- 2 ripe bananas
- 1 cup frozen blackberries
- 2 cups frozen mango
- 2 cups orange juice



How I make it

Add it all to the blender and blend till smooth.

RECIPE 30 · BANANA BASE NEW

Banana Peach

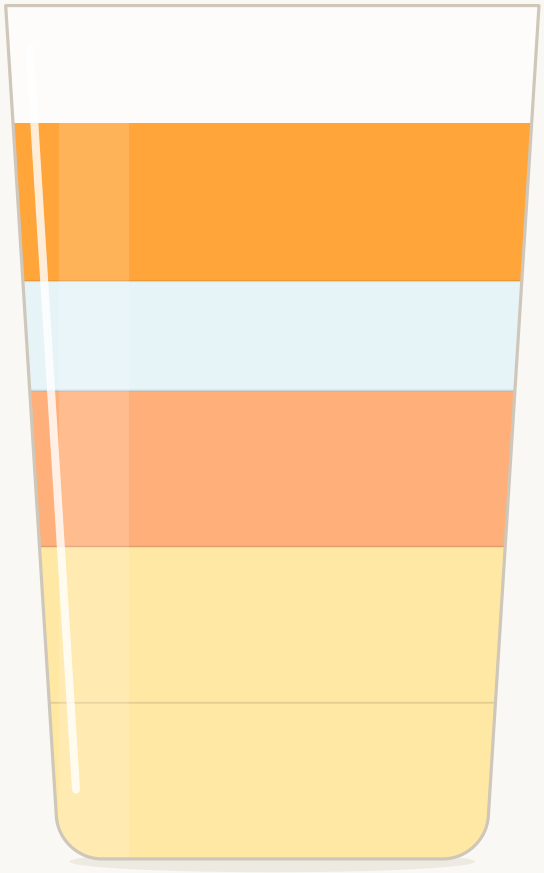
What goes in

- 3 ripe bananas
- 1.5 frozen bananas
- 3 cups frozen peaches
- 1 cup ice
- 2 cups orange juice

How I make it

Add it all to the blender and blend till smooth.

> **Bobby says**
> *Lunch time!*



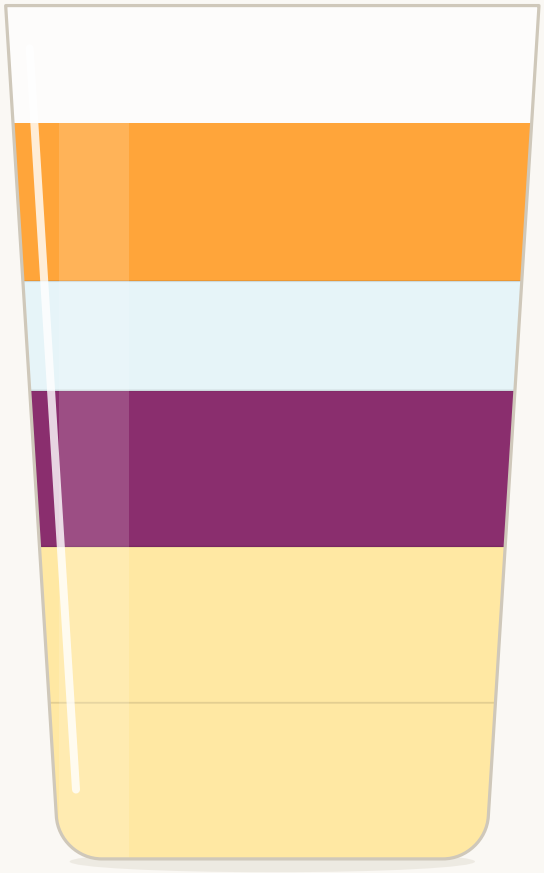
Banana Berry

What goes in

- 3 frozen bananas
- 1 ripe banana
- 2 cups frozen berries
- 1 cup ice
- 1.5 cups fresh orange juice

How I make it

Add it all to the blender and blend till smooth.



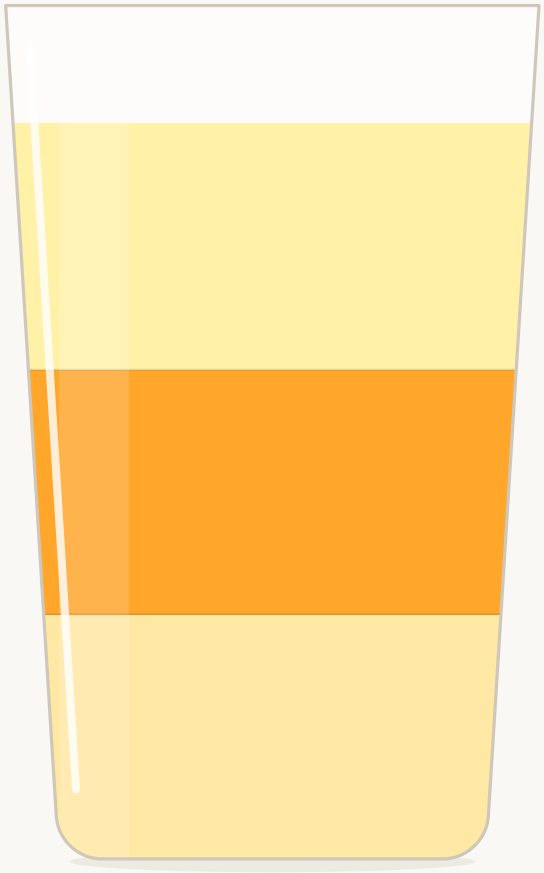
Banana Mango Lemonade

What goes in

- 3 bananas
- 2 cups frozen mango
- 1/2 cup lemonade
- a lil bit of honey

How I make it

Add it all to the blender and blend till smooth.



> **Bobby says**
> *One of my favorite smoothies!*

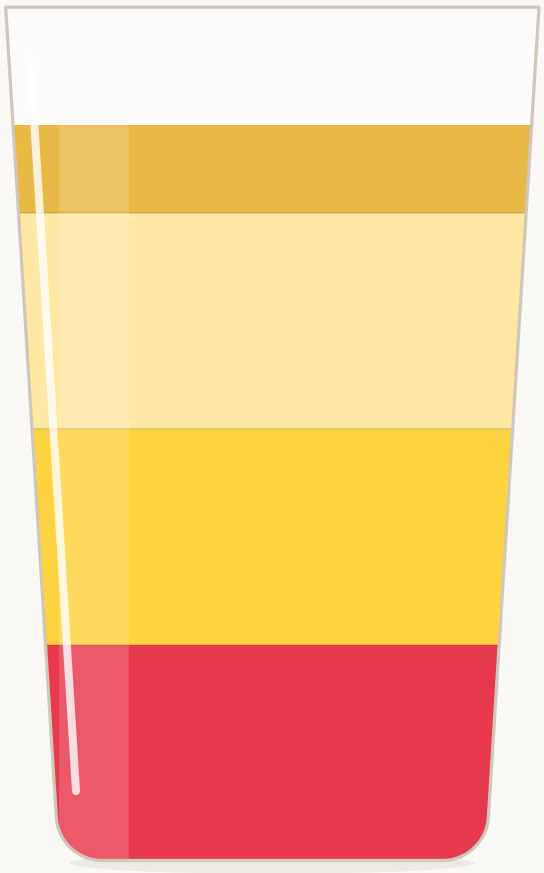
Strawberry Pineapple Banana

What goes in

- frozen strawberries
- frozen pineapple
- 4 bananas
- a lil bit of apple juice

How I make it

Add it all to the blender and blend till smooth.



RECIPE 34 · JUICE BASE NEW

Mango Strawberry Pineapple Lemonade

What goes in

- frozen mango
- frozen strawberries
- pineapple
- lemonade

How I make it

Add it all to the blender and blend till smooth.



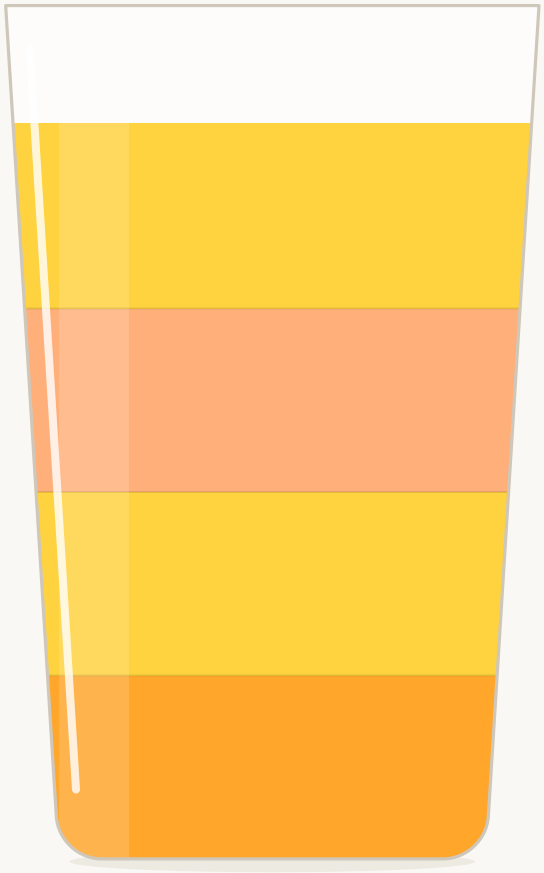
Mango Pineapple Peach

What goes in

- fresh mango slices
- frozen pineapple
- frozen peaches
- pineapple juice

How I make it

Add it all to the blender and blend till smooth.



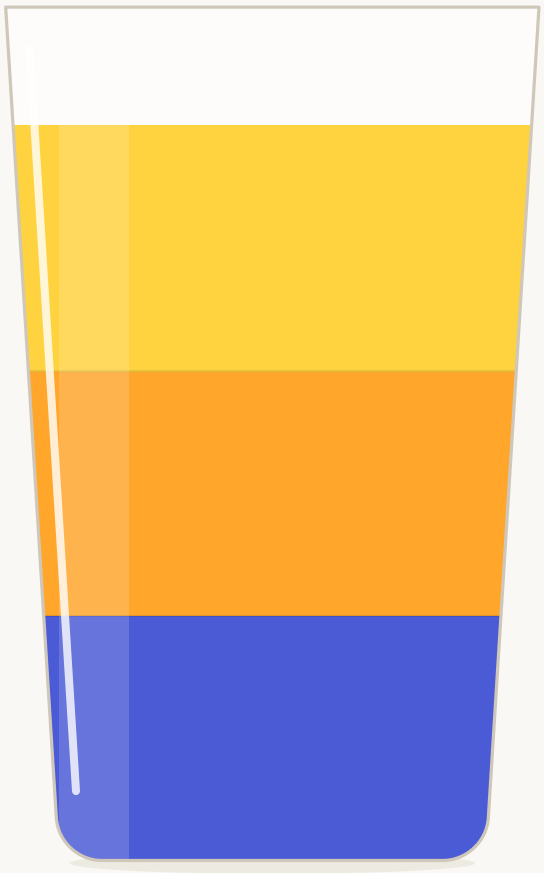
Blueberry Mango Pineapple

What goes in

- frozen blueberries
- frozen mango
- pineapple juice

How I make it

Add it all to the blender and blend till smooth.



RECIPE 37 · MELON BASE NEW

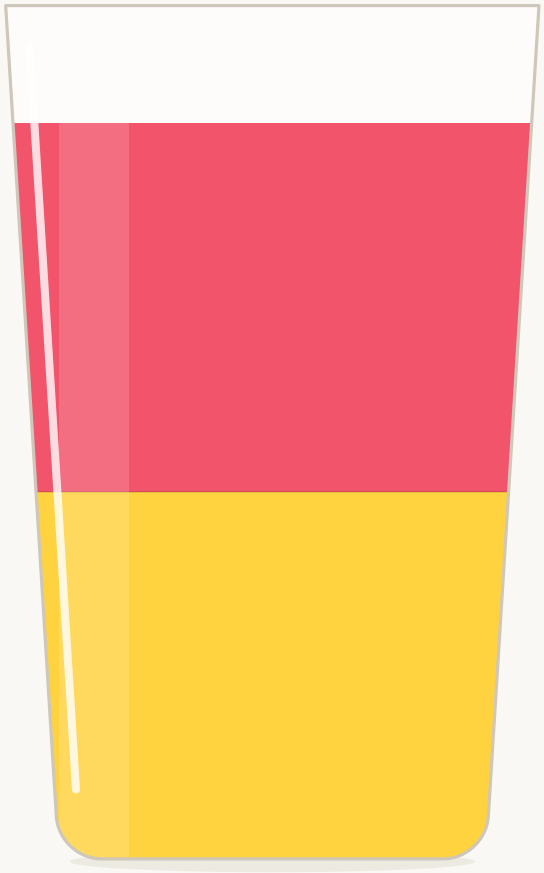
Pineapple Watermelon

What goes in

- pineapple
- watermelon

How I make it

Add it all to the blender and blend till smooth.



Bobby says

One of my favorite juice combos. In a smoothie now!

Acai Berry Pineapple

What goes in

- acai
- strawberries
- blueberries
- blackberries
- raspberries
- frozen pineapple chunks
- orange pineapple juice



How I make it

Add it all to the blender and blend till smooth.

RECIPE 39 · BANANA BASE NEW

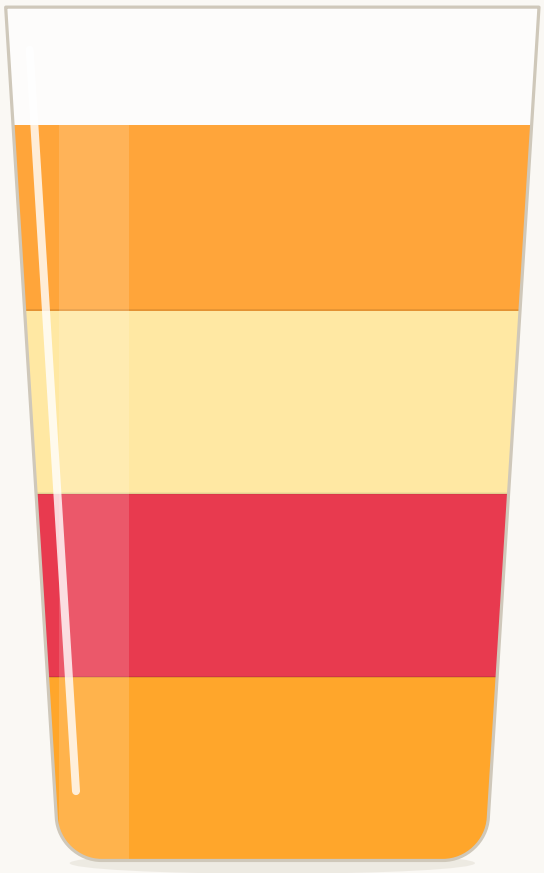
Mango Strawberry Banana

What goes in

- frozen mango
- frozen strawberries
- 1 ripe banana
- pineapple orange juice

How I make it

Add it all to the blender and blend till smooth.



Mango Peach Banana

What goes in

- frozen mango
- frozen peaches
- Cara Cara oranges
- 1 ripe banana
- pineapple juice

How I make it

Add it all to the blender and blend till smooth.



RECIPE 41 · JUICE BASE NEW

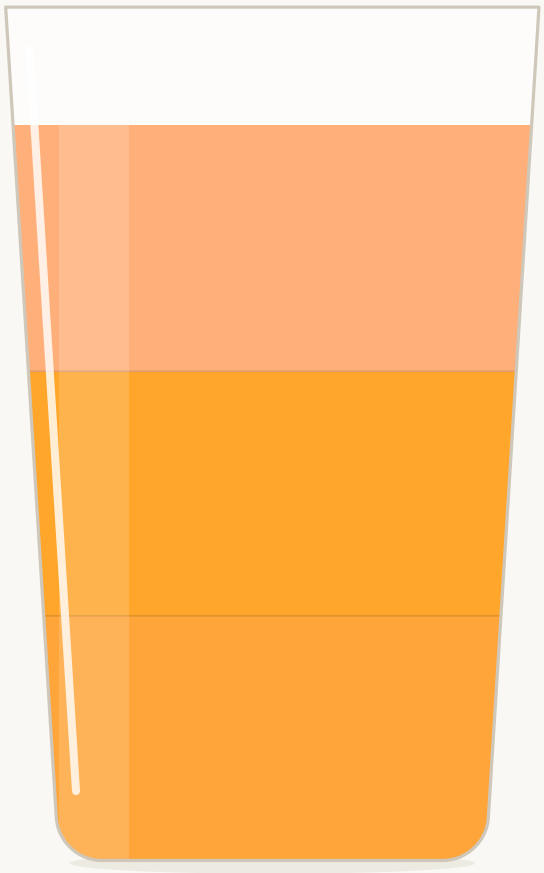
Pineapple Orange Mango Peach

What goes in

- pineapple orange juice
- frozen mango
- frozen peaches

How I make it

Add it all to the blender and blend till smooth.



> **Bobby says**
> *Starting the day off with this fantastic smoothie!*

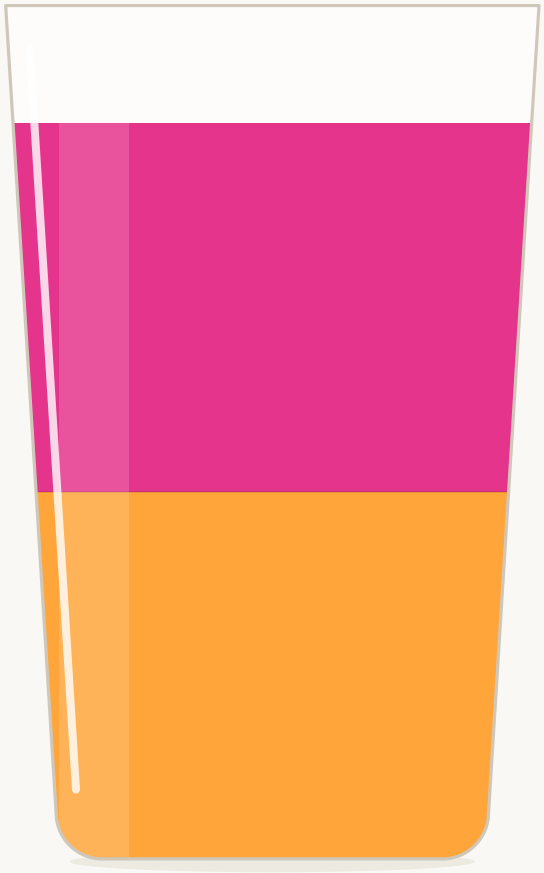
Wonderful Smoothie

What goes in

- orange juice
- frozen dragon fruit

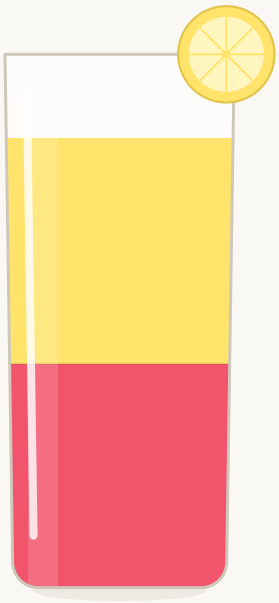
How I make it

Add it all to the blender and blend till smooth.



The 6 fresh juices

Run the fruit through the juicer. No measuring needed.



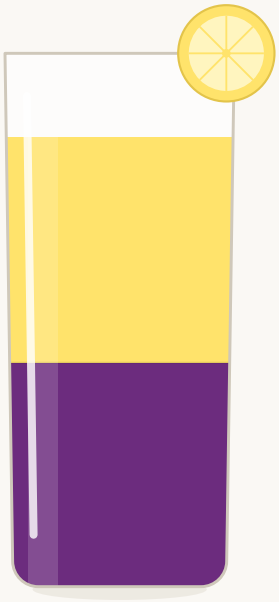
JUICE 01

Watermelon Lemon

- watermelon
- lemon

How I make it

Juice your watermelon and add lemon.



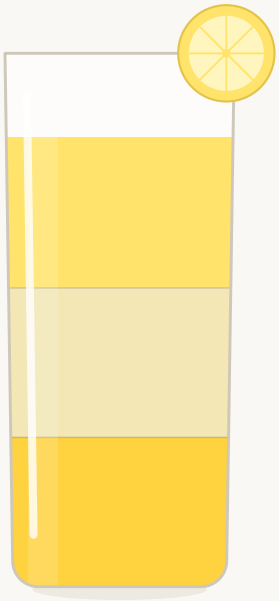
JUICE 02

Grape Lemon

- red or black grapes
- lemon

How I make it

Juice your grapes and add lemon.



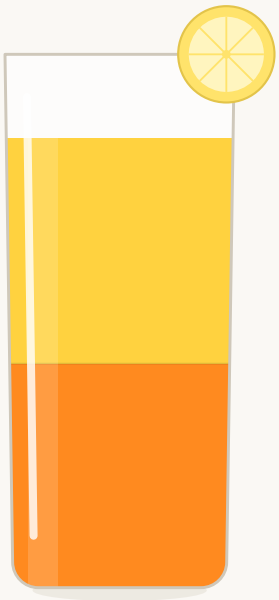
JUICE 03

Pineapple Apple Lemon

- pineapple
- red apple
- lemon

How I make it

Juice the pineapple and apple, then add lemon.



JUICE 04

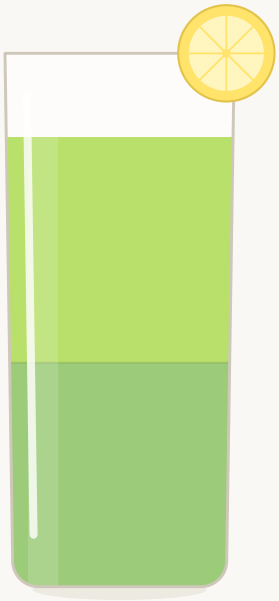
Orange Pineapple

- oranges
- pineapple

How I make it

Juice them together.

> **Bobby says**
> *Great first juice of the morning.*



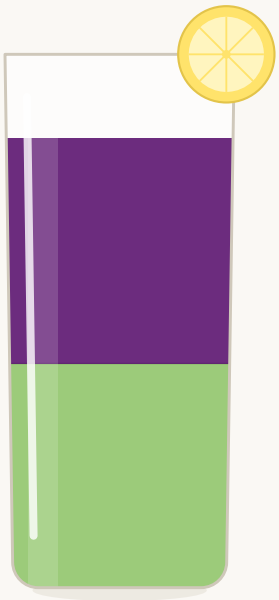
JUICE 05

Cucumber Green Apple

- cucumber
- green apple

How I make it

Juice them together.



JUICE 06

Cucumber Grape

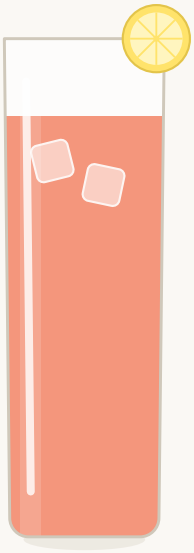
- cucumber
- grapes

How I make it

Juice them together.

The juice and lemonade bar

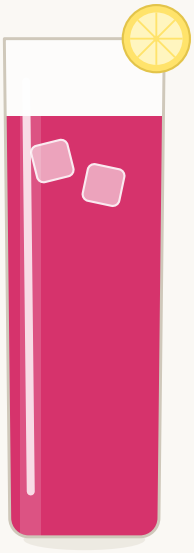
Big batch lemonades with my exact amounts, then the menu board. Juicer and a pitcher, that's it.



BAR 01

Strawberry Lemonade

- 12 cups distilled water
- 5 lbs strawberries
- 6 lemons
- 1/2 cup agave



BAR 02

Raspberry Lemonade

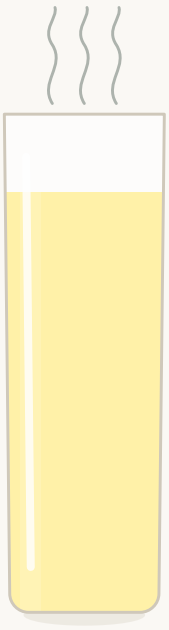
- 10 cups distilled water
- a cup and a half of lemon juice
- half a cup of honey
- 12 oz raspberry juice



BAR 03 · makes 4 gallons

Apple Lemonade

- 20 cups distilled water
- 3 cups lemon juice
- 1 cup raw agave
- 2 1/2 gallons apple juice



BAR 04

Hot Lemon

- 10 oz hot distilled water
- 2 tablespoons lemon juice
- 1/2 tablespoon raw agave nectar
- a pinch of cayenne pepper

> **Bobby says**
>
> *I may have a new favorite drink.*

MENU

The juice and lemonade bar

- **Fresh Orange Juice**
  oranges
  Start your day with oranges.
- **Watermelon Juice**
  seeded watermelon
- **Watermelon Pineapple Juice**
  watermelon · pineapple
- **Watermelon Cucumber Juice**
  watermelon · cucumber
- **Watermelon Cucumber Lemon Juice**
  watermelon · cucumber · lemon
- **Watermelon Pineapple Lemonade**
  watermelon · pineapple · lemon
- **Watermelon Strawberry Lemonade**
  watermelon · strawberry · lemon
- **Cucumber Juice**
  cucumber
- **Cucumber Lemonade**
  cucumber · lemon
- **Cucumber Pineapple Lemonade**
  cucumber · pineapple · lemon
- **Orange Pineapple Apple Juice**
  orange · pineapple · apple
- **Pineapple Lemonade**
  pineapple · lemon
- **Pineapple Green Apple Lemonade**
  pineapple · green apple · lemon
  One of the best lemonade juices I've ever had!
- **Strawberry Pineapple Lemonade**
  strawberry · pineapple · lemon
- **Fuji Apple Lemonade**
  Fuji apple · lemon
- **Honeycrisp Apple Lemonade**
  Honeycrisp apple · lemon
- **Apple Raspberry Lemonade**
  apple · raspberry · lemon
- **Concord Grape Lemonade**
  Concord grapes · lemon
- **Triple Berry Lemonade**
  berries · lemon
- **Simple Lemonade**
  lemon