

All Wiz, No Fizz!

THE UNOFFICIAL

HARRY POTTER SMOOTHIE BOOK

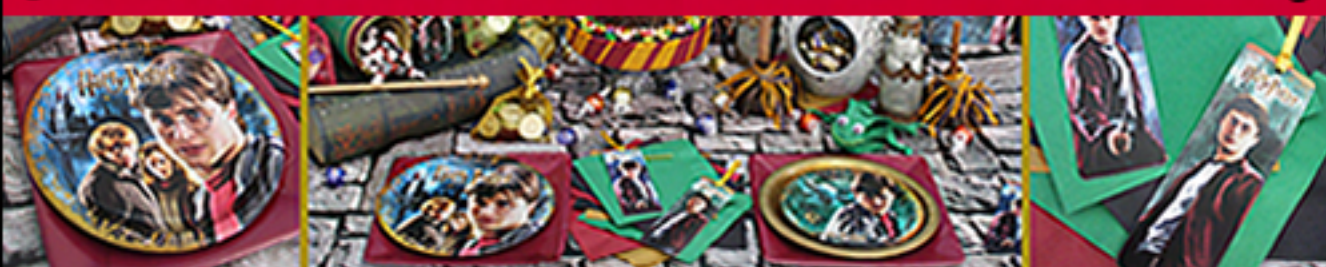




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SMOOTHIES

Are COOL!

SMOOTHIES - The Ultimate Sips For Your Lips!

Chilling, thrilling and refreshingly filling! SMOOTHIES are a fabulous way to creatively combine your favorite luscious fruits, juices, dairy and soy products into a delectable low-fat drink that's nutritious, delicious and soooo COOL! SMOOTHIES can be made in minutes from the simplest ingredients while providing nutritional benefits that will last a lifetime.

Did You Know?

To make a basic SMOOTHIE, fruit and fruit juice are combined in a blender or a food processor. Dairy products such as milk or yogurt (or a soy alternative) can be substituted for fruit juice or added as an extra ingredient. The number of ingredients that can be added to SMOOTHIES is only limited by one's imagination!



Why Muggles Sip SMOOTHIES and Wizards Do, Too!

Why Muggles Sip SMOOTHIES

Smooth Talk About Muggles. "Muggles" is a term used for people who lack any kind of magical ability and are totally clueless about the Wizarding world. "Muggles" differ from "Squibs", people with no magical ability who were born to one or more magical parents.

Muggles Sip SMOOTHIES Because They Are Healthy, Refreshing And YUMMY! SMOOTHIES provide us all with a rich source of vitamins and calcium and are nutritionally balanced, wholesome treats!

Why Wizards Sip SMOOTHIES

Sipping SMOOTHIES Rules! We sip SMOOTHIES because SMOOTHIES are quick, fun, healthy, filling and YUMMY! SMOOTHIES provide us with a rich source of vitamins and calcium and are nutritionally balanced and wholesome treats!



Harry Potter

How It All Began

Did You Know?

The Harry Potter fantasy series was written by J.K. Rowling. The initials "J" and "K" stand for "Joanne Kathleen". When her first book was published, her publishers felt that boys wouldn't like a book by a female author and that is why initials were used. J.K. Rowling didn't have a middle name and borrowed the "K" from her grandmother "Kathleen".

A Very Surprising Train Of Thought

J.K. Rowling envisioned Harry Potter in 1990 while sitting on a London train that had been delayed by 4 hours.

Sadly, her mother died in that year and her writing was put on hold. She soon married, had a daughter, divorced and moved to Scotland. With no income and a young daughter to support, Rowling viewed herself as "the biggest failure I knew" in 1993 and focused on completing "the only work that mattered to me". She wrote *Harry Potter and the Philosopher's Stone* in cafés with her sleeping daughter at her side, retyping her manuscript on an old manual typewriter. She submitted the manuscript to 12 publishers in 1995, receiving rejections from them all. In 1996 Bloomsbury, a small London publisher accepted her manuscript and she received a £1500 advance. Her Bloomsbury editor recommended that she find herself a day job because "she had little chance of making money in children's books."



Author J.K. Rowling (left) with a book from the *Harry Potter* fantasy series.

You Don't Have To Be A Wizard To Create SMOOTHIES!

Hey Harry Potter Lovers, DRINK UP!

Making a *Harry Potter* SMOOTHIE is EASY but there are certain tips and tricks that we recommend that you follow:

- 1. The Best SMOOTHIES Are Made From The Best Ingredients.** To ensure having the most delectable fruit, buy your fruit when it's in season.
- 2. Use Very Small Ice Cubes Or Crushed Ice.** Your individual pieces of ice should be slightly smaller than your fruit chunks to prevent any large slices of ice remaining once the SMOOTHIE is blended. Since some blenders have trouble crushing ice, it's always best to crush your ice BEFORE it's put into your blender. To crush your ice, put the ice cubes into a self sealing bag. Smash the ice cubes with a rolling pin or a heavy metal pan. Purchasing ice chips is also an option.
- 3. Cut Your Ingredients Into Small Pieces.** Cutting your ingredients into small pieces will prevent a blender's blades from jamming. A small ice cube should be the largest item in your blender.
- 4. Blend The Liquid And Soft Ingredients First.** Blending works better if there's a liquid base since this will keep the frozen ingredients propelled once the blending is set into motion.
- 5. Use Fresh Frozen Fruits Within 2 Weeks.** The flavor of fresh frozen fruits will fade within 2 weeks. It's important to wash and dry your fruit before you freeze it and if you're purchasing frozen fruit from a store it's best to avoid using frozen fruit that is packaged in syrup.



SMOOTHIES & Harry Potter

Blended & Splendid!

The Ultimate Sips For Your Lips!

There's no better way to showcase your passion for *Harry Potter* than with SMOOTHIES - deliciously delectable thirst-quenching treats with a universal appeal. Raise your SMOOTHIE cup high up in the air while giving your own personal cheers to *Harry Potter*!

Get Inspired!

Get inspired by *Harry Potter's* magical characters by creating the coolest SMOOTHIES ever! Use the mouth-watering SMOOTHIE recipes and awesome cup labels in this book to BLEND ON and to creatively take your love for *Harry Potter* to splendid new levels.

runs with
Smoothies

runs with
Wizards

FORGET *princess*
I WANT TO BE A

Wizard



CHILL OUT! Setting The Stage (And Table!) For The Best *Harry Potter* SMOOTHIE Parties!

Set Your Table The Harry Potter Way!

You don't have to be a wizard to create some awesome party magic!

- **Send your invites with official Hogwarts Crests appearing on tea stained envelopes.**
- **Place a sign in your entryway that reads "Platform 9 3/4".**
- **Set your table with black plates, napkins, tablecloths and cauldrons and gold chocolate coins.**
- **Use glow-in-the-dark stars on walls and ceilings for parties at night.**
- **Instead of serving "butterbeer", pour some root beer in mugs for your guests. (They'll never know!)**
- **Have Harry Potter candy (Fizzing Whizbees, Jelly Slugs, Chocolate Frogs) on hand to welcome your guests to Hogwarts!**



Magical Ingredients For SMOOTHIES A La Hogwarts!

Have a super time selecting the most delectable ingredients for super delicious SMOOTHIES!

■ **COCONUT MILK.** Coconut milk can be purchased in a can and is not the same as the liquid that you might find squirting out of a coconut. Coconut milk will add a smooth texture plus a delightful coconut flavor to your SMOOTHIE. Regular coconut milk is very high in calories and fat so it's always best to use the low fat version.

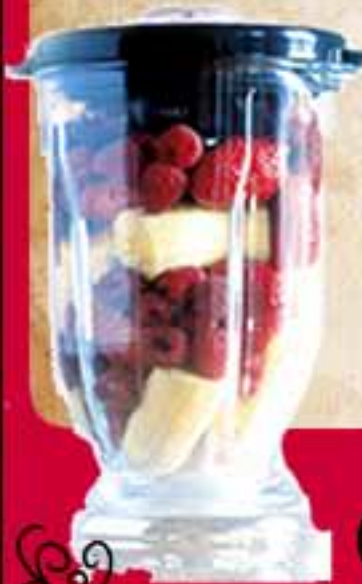
■ **GRAPES** Both red and green grapes are high in potassium and vary in sweetness. When selecting grapes for your SMOOTHIE, make sure that your grapes are seedless because seeds will add a bitter taste to your drink.

■ **KIWIFRUIT** Kiwis are a terrific source of Vitamin C, fiber, Vitamin E and potassium. Sweet kiwis are light brown and slightly firm. It takes 3-5 days for kiwis to ripen.

■ **LIMES** Limes are a fabulous source of Vitamin C and fiber. Juicy limes have shiny smooth skins and are deep green in color.

■ **MANGOS** Mangos are an excellent source of betacarotene, Vitamin C, potassium, and fiber. Mangos that are plump around the stem area have the best flavor. No matter what color mango you select, the best tasting mangos will have a yellow tinge when ripe.

■ **MELONS** Cantaloupe, honeydew and watermelon are examples of 3 types of melons that are very high in Vitamin C. The best melons are unblemished, firm and free of any soft spots. If a melon has no aroma that means that it's not ripe and needs additional days to ripen. Melons are the juiciest fruits and it's important to be extra careful when removing seeds not to remove some of the melon juice, too. Honeydew melons add a creamy texture to SMOOTHIES without having to use a dairy product.



Magical Ingredients For SMOOTHIES A La Hogwarts!

Have a super time selecting the most delectable ingredients for super delicious SMOOTHIES!

■ **MILK.** Regular, low fat and nonfat milk will all work in SMOOTHIES. Milk will add texture to your SMOOTHIE and is an excellent source of protein, Vitamin D, calcium, riboflavin and magnesium.

■ **ORANGES** Oranges are very high in Vitamin C and fiber and vary in sweetness. When selecting an orange, look for ones that are firm and heavy. Avoid oranges with loose skin because they might be dry inside.

■ **NECTARINES, PEACHES** Both nectarines and peaches are rich in Vitamin A, Vitamin C and fiber. When selecting both fruits, avoid nectarines and peaches that are bruised, discolored or mushy. Both fruits should be firm to the touch and have terrific color.

■ **PEANUT BUTTER.** Peanut butter is an excellent source of protein, Vitamin E, Vitamin B, niacin, iron and delicious peanut butter flavor to add to SMOOTHIES. A spatula might need to be used to assure that the peanut butter gets blended with the liquid portion of your SMOOTHIE.

■ **PEARS** Pears ripen best when they are off the tree and are an excellent source of Vitamin C, potassium and fiber. Firm pears with a fresh aroma are the best for SMOOTHIES.

■ **PINEAPPLES** Pineapples are an excellent source of Vitamin C. The best tasting pineapples are heavy and symmetrical and have a crown with a crisp green leaves and a brightly colored shell. If you're storing pineapples, the fruit needs to be removed from the shell.

■ **PLUMS** Purple, red, yellow, green and blue plums are all an excellent source of Vitamin C. Avoid plums that are too soft, bruised or have shriveled skin and, instead, select plums that have good color and are plump.



Magical Ingredients For SMOOTHIES A La Hogwarts!

Have a super time selecting the most delectable ingredients for super delicious SMOOTHIES!

- **RASPBERRIES** Raspberries are an excellent source of Vitamin C, fiber, and folate. Avoid mush raspberries and select raspberries that are large, brightly colored and mold-free.
- **SILKEN TOFU** Tofu is a curd made from pressed and dried soy beans. Tofu is high in Vitamin B, potassium and iron and will help thicken the texture of your SMOOTHIE. Use "silken tofu" to add a soft, silky texture to your SMOOTHIE.
- **SOY MILK** This nondairy "milk" is rich in protein, iron and calcium. Just like other dairy products, soy milk will help thicken the texture of your SMOOTHIE.
- **STRAWBERRIES** Strawberries reach their peak freshness in June and July and are a rich source of Vitamin C and fiber. Look for plump, firm and deep red colored strawberries with bright green caps.
- **YOGURT** Regular, low fat and nonfat yogurt will all make your SMOOTHIES taste delicious! Yogurt will add texture to your SMOOTHIE and is an excellent source of protein, Vitamin B and calcium.



THRILLING & CHILLING - The Bewitching Tools & The Rules!

SMOOTHIES are quick and easy to prepare.

The following kitchen essentials are recommended:

- * **A Sharp Knife** for cutting fruit and other ingredients.
- * **A Rubber Spatula** to remove every last SMOOTHIE drop from the blender
- * **Air Tight Freezer Bags** to store frozen fruit in the freezer
- * **Ice Cube Trays** for freezing water, fruit juice, coffee or tea
- * **A Blender Or A Food Processor**



THRILLING & CHILLING -

The Bewitching Tools & The Rules!

Blenders Are #1! Blenders are the preferred equipment of choice to use when preparing SMOOTHIES because a blender's blades is better equipped to emulsify ice and fruit into tiny particles. Spending extra money on a food processor is not necessary because most blenders will create SMOOTHIES better and faster.

Selecting The Best Blender

- * **SIZE.** Blenders come in 2 sizes: 32 ounces and 40 ounces. Budget permitting, it's best to get the larger size to accommodate your innermost SMOOTHIE cravings.
- * **MOTOR.** Blenders with 290-watt motors are fine for most blending jobs but do not perform well making SMOOTHIES. If possible, securing a blender with 330 to 400-watt motors is preferred since these powerful motors are best for crushing ice.
- * **BLADE SPEED.** Blenders with multiple blade speeds (between 5 and 14) usually provide more options and are recommended.
- * **REMOVABLE BOTTOM.** The blender you select should have a removable bottom for easy cleaning.
- * **CONTAINER JARS.** It's best to avoid plastic container jars because they become scratched over time and don't wash that well.



Making Spellbindingly Delicious SMOOTHIES!

The Trick To Getting It Thick!

Frothy And Flavorfull Add an extra handful of frozen fruit, crushed ice, frozen yogurt or sorbet for extra thick SMOOTHIES. The more frozen ingredients you add, the thicker your SMOOTHIE'S texture will be. To avoid having your SMOOTHIE resemble a snow cone, make sure that ample liquid is added to your SMOOTHIE mixture and avoid limiting your ingredients to frozen ingredients only.

Add Ingredients With Fiber. The amount of fiber in a fruit determines how thick a SMOOTHIE will be. For example, a SMOOTHIE with more pineapples will have a thicker consistency than a SMOOTHIE made with peaches because pineapples have a higher fiber content than peaches. Since watermelon is 90% water and contains very little fiber, adding extra watermelon in your SMOOTHIE will add very little texture to your drink.

Include Frozen Fruit Whenever Possible. Using frozen fruit for your SMOOTHIE will ensure that your SMOOTHIE will be frothy AND will be ice cold, too!

If "Thin" Is In.....

If you like SMOOTHIES that are only slightly thicker than juice, make sure that the majority of the ingredients added to your SMOOTHIES are liquid.



Cast A Magical Spell With **Harry Potter** SMOOTHIES!

“We All Have A Crush On *Harry Potter*” Pineapple Crush SMOOTHIE

This SMOOTHIE is the sweetest crush you'll ever have and it's an excellent source of vitamin C, too!

Ingredients:

1/2 cup orange juice
1/2 cup pineapple juice
1 cup frozen pineapple chunks
1/2 frozen very ripe medium banana
4 ice cubes



Directions:

1. Place all the ingredients into a blender or food processor.
2. Cover and blend on high speed about 30 seconds or until smooth.
3. Pour into 2 glasses. Serve immediately.



Cast A Magical Spell With **Harry Potter** SMOOTHIES!

Crazed For Hogwarts™ Tropical-Crazed Fruit SMOOTHIE

You'll go crazy more than once, too, after first going crazy over this delicious Tropical-Crazed Fruit SMOOTHIE!

Ingredients:

- 1 container vanilla yogurt
- 1 cup mango or peach chunks
- 1 1/4 cups soymilk
- 1/4 cup pineapple juice
- 4 ice cubes

Directions:

1. Place all the ingredients into a blender or food processor.
2. Cover and blend on high speed about 30 seconds or until smooth.
3. Pour into 2 glasses. Serve immediately.



Cast A Magical Spell With **Harry Potter** SMOOTHIES!

“Harry, You’re One In A Melon” Melon Juice SMOOTHIE

You’ll never be melon-choly again after sipping
this yummy SMOOTHIE!

Ingredients:

- 1 cup of peach frozen yogurt
- 1 cup skim milk
- 1/2 cup cantaloupe
- 1/2 cup honey dew melon
- 4 ice cubes
- 1/2 cup strawberries (or substitute with watermelon)

Directions:

1. Put yogurt, milk, and strawberries into a blender or food processor.
2. Blend on high for about 30-45 seconds.
3. Add cantaloupe, melon, and ice to blended mixture
4. Blend once again on high for 1 minute.
5. Pour into 2 glasses. Serve immediately.



Cast A Magical Spell With **Harry Potter** SMOOTHIES!

“Berry, Berry, Berry Wizard” SMOOTHIE

You'll be berry, berry, berry sorry when this SMOOTHIE disappears and you'll be begging for more. We guarantee it.

Ingredients:

½ cup raspberries
½ cup strawberries
½ cup blackberries
1 cup fat-free
vanilla yogurt
1/3 cup skim milk
4 ice cubes

Directions:

1. Place all the ingredients into a blender or food processor.
2. Cover and blend on high speed about 30 seconds or until smooth.
3. Pour into 2 glasses. Serve immediately.



Cast A Magical Spell With **Harry Potter** SMOOTHIES!

“OBSESSED With Muggles” Yogurt-Obsessed SMOOTHIE

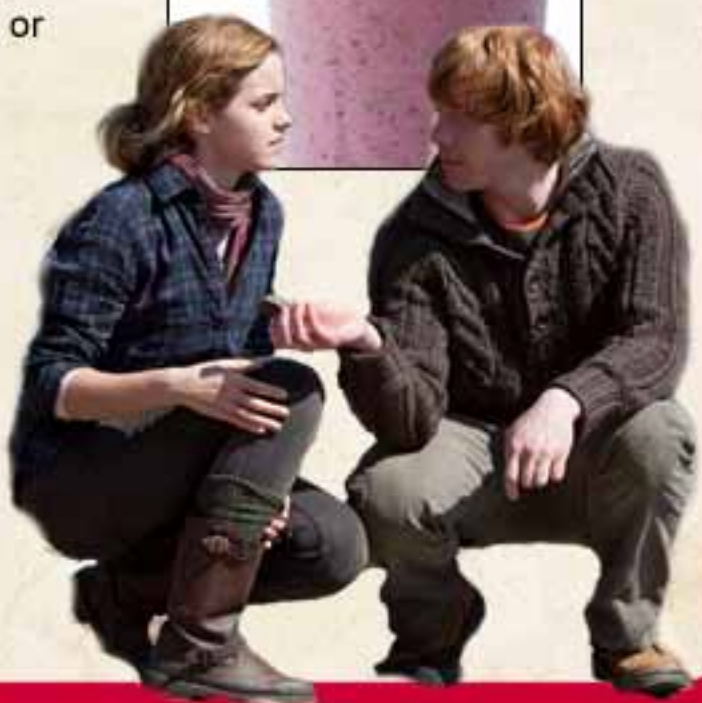
INSTANT OBSESSION: Yogurt smoothies are thick, rich, filling and make great meals on the go!

Ingredients:

- 2 cups of flavored yogurt
- 1 cup of frozen fruit
- 1/2 cup milk
- 4 ice cubes

Directions:

1. Place all the ingredients into a blender or food processor.
2. Cover and blend on high speed about 30 seconds or until smooth.
3. Pour into 2 glasses. Serve immediately.



team
Hermione

Cast A Magical Spell with **Harry Potter** SMOOTHIES!

“Lime Still Shaking From Battling The Dark Wizard Voldemort” Citrus Delight SMOOTHIE

Going green never tasted this good! You'll want lime, all the time, because lime adds a tangy flavor to your SMOOTHIE and high in antioxidants!

Ingredients:

2 grapefruits, peeled and white pits removed
2 oranges, peeled and white pits removed
1 1/2 teaspoon chopped fresh basil
2 cups freshly squeezed orange juice
2 teaspoons honey
2 tablespoons freshly squeezed lime juice
2 cups crushed ice
4 ounces nonfat yogurt



Directions:

1. Place all the ingredients into a blender or food processor.
2. Cover and blend on high speed about 30 seconds or until smooth.
3. Pour into 2 glasses. Serve immediately.

Cast A Magical Spell with **Harry Potter** SMOOTHIES!

"Darkness Falls Over Voldemort" Coffee, Hot Fudge, Banana & Caramel SMOOTHIE

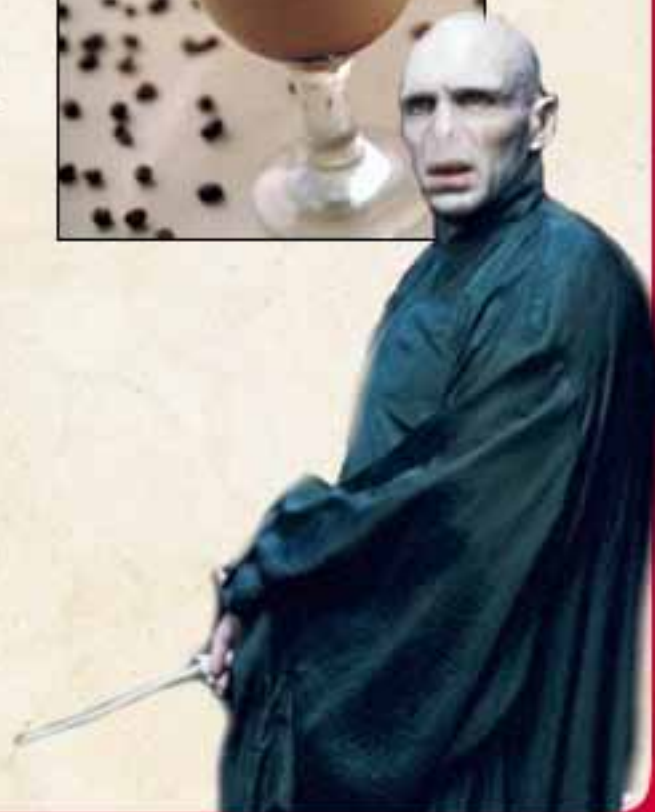
You'll fall for this "Darkness Falls" SMOOTHIE again and again!

Ingredients:

- 1/2 cup ice
- 1/2 cup yogurt
- 1/2 cup hot fudge
- 2 tablespoons of coffee
- 1/4 cup caramel sauce
- 1 banana
- 4 ice cubes

Directions:

1. Place all the ingredients into a blender or food processor.
2. Cover and blend on high speed about 30 seconds or until smooth.
3. Pour into 2 glasses. Serve immediately.



Always Judge A

Harry Potter SMOOTHIE By Its Cover!

**Introducing Some Class And Sass
For Your Harry Potter SMOOTHIE Glass.**

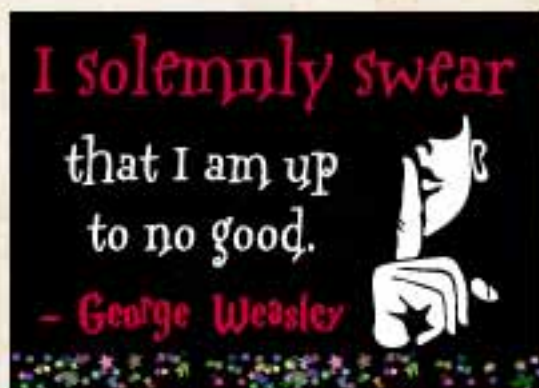
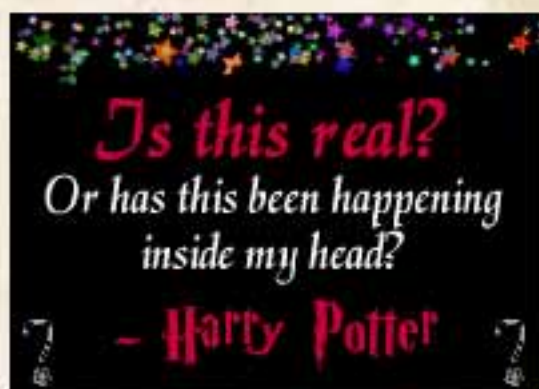
For the ultimate Harry Potter experience, cover your SMOOTHIE cup with magical words of wiz-dom or memorable quotes from your favorite characters.

Perfect for parties or for creating your own special cup set!



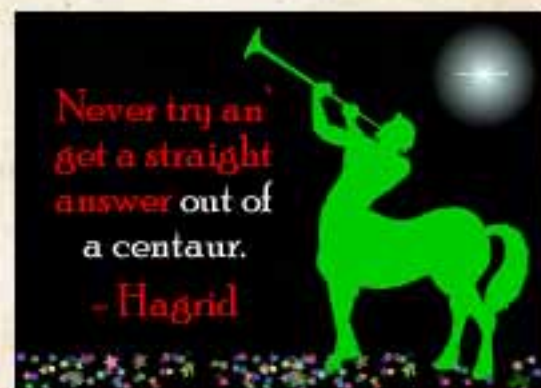
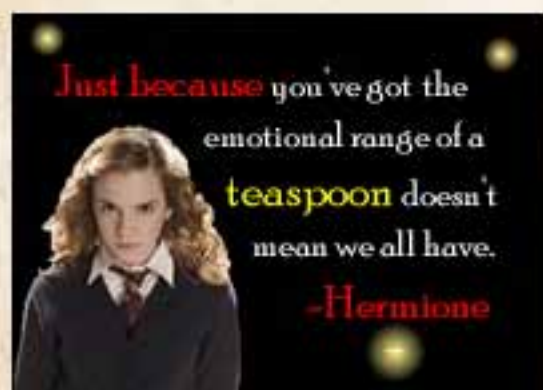
[CLICK HERE](#) to instantly print *Harry Potter* SMOOTHIE cup labels. For best results, we recommend that the labels be printed on label paper. NOTE: Depending upon your connection speed, the files for your labels might take a few minutes to download because the files have been provided in a high-resolution PDF format.

MORE Harry Potter SMOOTHIE Labels For Your Cups!



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A Magical Ending: **Harry Potter**, SMOOTHIES & You!

“All was well”

were the three words that J.K. Rowling used to end the *Harry Potter* fantasy series. As we end this book, we hope that ALL IS WELL with you and that you continue to savor Harry Potter's magic and the magic of SMOOTHIES, the ultimate delicious and nutritious drink.

