

Forum:[Hack Forums](#)

Thread: [Soulmate's Smoothie Making Guide](#)

Soulmate - June 21, 2012, 8:29 am

Hey guys, I saw all of the Pizza making guides and how to make the "perfect pizza", so I decided to spice things up.

Here's a way to get an amazing result without many ingredients, I call this one the Cranberry Split

Required Ingredients

Spoiler ([Click to View](#))

-Cranberry Juice

-1/2 Banana

-Ice

-A blender

Optional Ingredients

Spoiler ([Click to View](#))

-Frozen Mango Bits

-Protein Powder

If you are making this for more than yourself, use a full peeled banana.

Here are the ingredients you should have:

First of all, add some ice into the blender.

Add the banana.

Pour the cranberry juice.

Add some protein powder if you have it, and the mango bits.

Press these two buttons on your blender. If you don't have the "Drinks" button, then put it on high mix for about 45 seconds and let it shake.

The banana is sweet, and the cranberry juice is better so it maxed a good mix, this should be your final product.

And that's it! If you have any questions or need help, feel free to PM me.

Velvet - June 21, 2012, 8:30 am

That's a giant ass straw! I'll give this a shot though someday.

Soulmate - June 21, 2012, 8:31 am

(Jun 21, 2012 08:30 AM)Velvet. Wrote: [\[CITE\]](#) That's a giant ass straw! I'll give this a shot though someday.

Yeah, I just added that in there, I didn't drink it with the straw.

Diabolic - June 21, 2012, 8:32 am

That actually looks sexy as fuck lol.

Levi - June 21, 2012, 8:33 am

It sounds delicious, is there any other juice(s) you can use that could possibly taste nice?

sara jay - June 21, 2012, 8:34 am

- Banana
- Milk
- Nutella
- Vanilla protein powder

#DatShitCray

Soulmate - June 21, 2012, 8:34 am

If you can find a bitter-tasting juice, that would work, but if you do it with any other juices, just don't add the banana.

Injector - June 21, 2012, 8:36 am

This smoothie looks very good,
nice tutorial

Soulmate - June 21, 2012, 8:42 am

(Jun 21, 2012 08:34 AM)moonlight Wrote: [\[CITE\]](#) - Banana

- Milk
- Nutella
- Vanilla protein powder

#DatShitCray

Sounds good, I'll have to try it some time.

sara jay - June 21, 2012, 9:13 am

(Jun 21, 2012 08:42 AM)Soulmate Wrote: [\[CITE\]](#) Sounds good, I'll have to try it some time.Its amazing.

& you can use peanut butter or Nutella,
I just love Nutella.

SIM-73089 - June 21, 2012, 9:19 am

Thank you Soulmate.

I think these threads are a good idea and so I might make some of my own.

I think boiled rice or fried eggs.

"How to make Lemonade", perhaps.

Soulmate - June 1, 2013, 4:58 pm

(Jun 21, 2012 08:33 AM)Levi Wrote: [\[CITE\]](#) It sounds delicious, is there any other juice(s) you can use that could possibly taste nice?

Use anything like Blueberry + Apple then. If you don't have a banana just use cranberry and add more protein as it usually packs vanilla flavor.

J?k? - June 1, 2013, 8:37 pm

(Jun 21, 2012 08:42 AM)Soulmate Wrote: [\[CITE\]](#) Sounds good, I'll have to try it some time. Let me know if you like that nutella smoothie thing. If you do, I may just have to go out and get some nutella. Thanks for the tutorial by the way.

Soulmate - June 1, 2013, 8:39 pm

(Jun 21, 2012 09:19 AM)sylvertch Wrote: [\[CITE\]](#) Thank you Soulmate.

I think these threads are a good idea and so I might make some of my own.

I think boiled rice or fried eggs.

"How to make Lemonade", perhaps.

Lemonade is fairly easy, I was thinking of that also.

(Jun 1, 2013 08:37 PM)J?k? Wrote: [\[CITE\]](#) Let me know if you like that nutella smoothie thing. If you do, I may just have to go out and get some nutella. Thanks for the tutorial by the way.

I'll try that soon, I only do this at my dad's house and I'm here once a year for two months.

Also I'm not really sure how to add the Nutella.

Tonight - June 1, 2013, 8:42 pm

That's a nice looking smoothie.

Explain the taste to me via the Internet

Soulmate - June 1, 2013, 8:49 pm

(Jun 1, 2013 08:42 PM)Saturday Wrote: [\[CITE\]](#) That's a nice looking smoothie.

Explain the taste to me via the Internet

It's a perfect blend of bittersweet. Like I said, cranberry is really sour and bitter, while the banana and Vanilla Protein is sweet so the flavors clash together in the blender to provide a mouthgasm.

If you don't have a blender cup your hands together and jump on a trampoline.

Tonight - June 1, 2013, 10:51 pm

(Jun 1, 2013 08:49 PM)Soulmate Wrote: [\[CITE\]](#) It's a perfect blend of bittersweet. Like I said, cranberry is really sour and bitter, while the banana and Vanilla Protein is sweet so the flavors clash together in the blender to provide a mouthgasm.

If you don't have a blender cup your hands together and jump on a trampoline.

I'll be sure to try that technique. Tell me, I'm out of cranberry juice, so will urine work for the sour flavor needed?

Soulmate - June 2, 2013, 5:21 am

(Jun 1, 2013 10:51 PM)Saturday Wrote: [\[CITE\]](#) I'll be sure to try that technique. Tell me, I'm out of cranberry juice, so will urine work for the sour flavor needed?

Yes, but a common fact is you can only use it three times before it goes bad.

Paloking - June 2, 2013, 5:26 am

Oo this is pretty good!

What i do, which is also pretty nice is use:

2 Bananas
1-2 Scoops of Vanilla Ice cream
1 Tablespoon Honey
1/2 Avocado
1 tablespoon Peanut Butter
1 Scoop of Whey Protein (depending on your needs)
400mL of milk (+/- 100mL)

it's pretty heavy, but it tastes really good :)

You could add some strawberries or put 1 or 2 pieces of weet-bix !

Soulmate - June 2, 2013, 5:30 am

(Jun 2, 2013 05:26 AM)Paloking Wrote: [\[CITE\]](#) Oo this is pretty good!

What i do, which is also pretty nice is use:

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400mL of milk (+/- 100mL)

it's pretty heavy, but it tastes really good :)

You could add some strawberries or put 1 or 2 pieces of weet-bix !

Yeah, this is more like a cocktail but that would be a full on smoothie. I used to do that too but it's a lot of ingredients.

Chumlee - June 2, 2013, 10:02 pm

my recipe goes.

2 scoops ON gold standard double chocolate
1 slightly overripe banana = sweeter
1 greek yogurt
skim milk

Huskers - June 2, 2013, 10:04 pm

(Jun 21, 2012 08:31 AM)Soulmate Wrote: [\[CITE\]](#) Yeah, I just added that in there, I didn't drink it with the straw.

Don't lie soulmate you know you can't drink a beverage without a straw! ?

Kat? Upton - June 2, 2013, 10:06 pm

I'll give it a try I usually do.

Frozen banana
Frozen strawberries.
2% milk
2scoop on
Oats
Yogurt
#bulkin strong brah

Zed™ - June 3, 2013, 5:42 am

No cranberry juice atm, damn. I think I only got Sprite and some Apple Juice haha. Fuck it, I'll give it a go later with apple juice and let you guys know how it is.

Soulmate - June 3, 2013, 8:55 am

(Jun 2, 2013 10:06 PM)EminEm Wrote: [\[CITE\]](#) I'll give it a try I usually do.

Frozen banana
Frozen strawberries.
2% milk
2scoop on
Oats
Yogurt
#bulkin strong brah

I usually don't use anything frozen since bite of it end up coming out in the smoothie.

(Jun 3, 2013 05:42 AM)Zed™ Wrote: [\[CITE\]](#) No cranberry juice atm, damn. I think I only got Sprite and some Apple Juice haha. Fuck it, I'll give it a go later with apple juice and let you guys know how it is.
Alright.

Acquired - June 3, 2013, 9:05 am

Cool guide, I love smoothies and might try this.. also, you spelled "Bitter" wrong :p just a heads up.

Soulmate - June 3, 2013, 9:11 am

(Jun 3, 2013 09:05 AM)HighSchool Wrote: [\[CITE\]](#) Cool guide, I love smoothies and might try this.. also, you spelled "Bitter" wrong :p just a heads up.
I know, I didn't want the thread to show any edits.

Magezz - June 3, 2013, 10:19 am

This is how I make my drinks (for browsing hackforums).

Spoiler [\(Click to View\)](#)

[img]http://s24.postimg.org/3qsszqi2t/spodermens_hackforums_desert.jpg[/img]

Soulmate - June 3, 2013, 10:39 am

(Jun 3, 2013 10:19 AM)Spodermen Wrote: [\[CITE\]](#) This is how I make my drinks (for browsing hackforums).

Spoiler [\(Click to View\)](#)

[img]http://s24.postimg.org/3qsszqi2t/spodermens_hackforums_desert.jpg[/img]

You made that just for this thread? Damn, nice.

Also, are you Spoderman on twitter?

Zed™ - June 3, 2013, 1:30 pm

(Jun 3, 2013 10:19 AM)Spodermen Wrote: [\[CITE\]](#) This is how I make my drinks (for browsing hackforums).

Spoiler ([Click to View](#))

[img]http://s24.postimg.org/3qsszqi2t/spodermens_hackforums_desert.jpg[/img]

You sir, are a genius. I might go out tomorrow morning to the shops just to buy the ingredients for this.

Magezz - June 3, 2013, 4:06 pm

(Jun 3, 2013 10:39 AM)Soulmate Wrote: [\[CITE\]](#) You made that just for this thread? Damn, nice.

Also, are you Spoderman on twitter?

Thanks hahah. Actually it was meant to be it's own thread but I wrote that you inspired me, and staff said I should just reply here instead. But yeah, kinda. ^^

And no, sorry. I am just spoderman on HackForums :) You should check out spoderman's videos on youtube, they are hilarious!

(Jun 3, 2013 01:30 PM)Zed™ Wrote: [\[CITE\]](#) You sir, are a genius. I might go out tomorrow morning to the shops just to buy the ingredients for this.

Are you in Sweden? Otherwise, it'll be hard to find...

Or you can always use alternative brands and ingredients :) Show us the result alright? ^^

Soulmate - June 3, 2013, 4:09 pm

(Jun 3, 2013 04:06 PM)Spodermen Wrote: [\[CITE\]](#) Thanks hahah. Actually it was meant to be it's own thread but I wrote that you inspired me, and staff said I should just reply here instead. But yeah, kinda. ^^

And no, sorry. I am just spoderman on HackForums :) You should check out spoderman's videos on youtube, they are hilarious!

Are you in Sweden? Otherwise, it'll be hard to find...

Or you can always use alternative brands and ingredients :) Show us the result alright? ^^

Gotcha, and toon accounts aren't really my thing. I don't care that they're offensive but they still aren't funny to me with or without that.

Magezz - June 3, 2013, 4:10 pm

(Jun 3, 2013 04:09 PM)Soulmate Wrote: [\[CITE\]](#) Gotcha, and toon accounts aren't really my thing. I don't care that they're offensive but they still aren't funny to me with or without that.

Well, we all have our likes and dislikes :)

We both like smoothies however. Even if mine rechnically wasn't a smoothie...

'Ryan - June 3, 2013, 4:16 pm

That is the most bad ass straw I have ever seen.

Crash Bandicoot - June 4, 2013, 10:46 am

I definitely need to purchase a blender. I've been seeing so many mouth-watering recipes on the

internet lately.

Will a cheap blender suffice, or is it worth getting a more expensive one?

Soulmate - June 4, 2013, 10:52 am

(Jun 4, 2013 10:46 AM)Koga Wrote: [\[CITE\]](#) I definitely need to purchase a blender. I've been seeing so many mouth-watering recipes on the internet lately.

Will a cheap blender suffice, or is it worth getting a more expensive one?

This one was less than \$100, as long as it can go on the "high" or "fast" setting it works.

Magezz - June 4, 2013, 6:20 pm

(Jun 4, 2013 10:46 AM)Koga Wrote: [\[CITE\]](#) I definitely need to purchase a blender. I've been seeing so many mouth-watering recipes on the internet lately.

Will a cheap blender suffice, or is it worth getting a more expensive one?

You should get a blendtec blender. I am pretty sure they last a while.

Search for "Will it blend" on youtube, they use Blendtec blenders :)

EDIT: 1,111th post btw ^^

GI?ck - June 4, 2013, 6:22 pm

This is fucking delicious...

Thanks for the tut Mate

Soulmate - June 4, 2013, 6:36 pm

(Jun 4, 2013 06:22 PM)Anim?I Wrote: [\[CITE\]](#) This is fucking delicious...

Thanks for the tut Mate

You actually tried it? Damn, you're welcome.

GI?ck - June 4, 2013, 6:40 pm

(Jun 4, 2013 06:36 PM)Soulmate Wrote: [\[CITE\]](#) You actually tried it? Damn, you're welcome. I'm a smoothie lover if you didn't know.

Slowloris - June 4, 2013, 6:41 pm

Lmao that actually looks pretty good. LOL.

Soulmate - June 4, 2013, 6:47 pm

(Jun 4, 2013 06:40 PM)Anim?I Wrote: [\[CITE\]](#) I'm a smoothie lover if you didn't know.

I didn't know.

(Jun 4, 2013 06:41 PM)Slowloris Wrote: [\[CITE\]](#) Lmao that actually looks pretty good. LOL.

Thank you very much.

GI?ck - June 4, 2013, 6:49 pm

I'm actually gonna make me another in just a bit.

Soulmate - June 4, 2013, 7:05 pm

Like I said, I'm not a fitness master so you can experiment, but this is what I've found to be the best tasting and most natural.

Zed™ - June 5, 2013, 9:02 am

(Jun 3, 2013 04:06 PM)Spodermen Wrote: [\[CITE\]](#) Thanks hahah. Actually it was meant to be it's own thread but I wrote that you inspired me, and staff said I should just reply here instead. But yeah, kinda. ^^

And no, sorry. I am just spoderman on HackForums :) You should check out spoderman's videos on youtube, they are hilarious!

Are you in Sweden? Otherwise, it'll be hard to find...

Or you can always use alternative brands and ingredients :) Show us the result alright? ^^
Unfortunately I'm not in Sweden. I'll try find alternatives :)

EDIT: Just attempted to make a smoothie with half a banana, some apple juice, strawberry and cream flavoured whey protein and also added some milk. It's a bit sweet but it tastes really good!

Soulmate - June 5, 2013, 9:38 am

The sweetness was what I was worried about. Next time just try not to use any juice and mix in milk or ice cream.

Layer 7 - June 5, 2013, 9:39 am

wow that looks so good thanks for the share sir.

Soulmate - June 5, 2013, 9:47 am

(Jun 5, 2013 09:39 AM)Dagannoth Wrote: [\[CITE\]](#) wow that looks so good thanks for the share sir.
No problem. Let me know if you try it and have any comments.

lilo - June 5, 2013, 10:00 am

Thanks for sharing your recipe, i will do it next time i go to the grocery store or maybe i will try with blueberry!
Anyway thanks for the idea.

MoneyPak - June 5, 2013, 10:03 am

Gonna be trying a few of the smoothies listed on here! They sound so good!

Soulmate - June 5, 2013, 10:23 am

(Jun 5, 2013 10:00 AM)lilo Wrote: [\[CITE\]](#) Thanks for sharing your recipe, i will do it next time i go to the grocery store or maybe i will try with blueberry!
Anyway thanks for the idea.
I've been trying not to use chunks but blueberries should work since they're relatively small.

Zed™ - June 5, 2013, 1:19 pm

(Jun 5, 2013 09:38 AM)Soulmate Wrote: [\[CITE\]](#) The sweetness was what I was worried about. Next time just try not to use any juice and mix in milk or ice cream.

Yeah, the sweetness will definitely be from the Apple juice. Also I could taste the banana a lot, so next time I'm gonna use less than half of one to see if I can taste the other ingredients in it more.

Soulmate - June 5, 2013, 1:44 pm

(Jun 5, 2013 01:19 PM)Zed™ Wrote: [\[CITE\]](#) Yeah, the sweetness will definitely be from the Apple juice. Also I could taste the banana a lot, so next time I'm gonna use less than half of one to see if I can taste the other ingredients in it more.

What if you just don't mix the banana in? Apple isn't usually a smoothie flavor but it could work.