

Forum:[Hack Forums](#)

Thread: [Smoothies](#)

Antisocial - July 6, 2018, 11:15 am

Im currently drinking a smoothie with a banana, strawberries, blueberries, Greek yogurt and milk?

I wanna make more but want to put different stuff in it. Any nice suggestions?

Mac Miller - July 6, 2018, 11:18 am

Pineapple banana isn't bad. I usually just stick to the strawberry banana smoothies. Might try some blue berries in it though thanks for idea

TaylorCTU? - July 6, 2018, 11:19 am

If you just like smoothies and you're not on a health binge you can pick up some smoothie puree and it tastes pretty good. I used to use that and vanilla protein powder for a good protein shake. Peaches and bananas also make a pretty good shake.

luke - July 6, 2018, 11:22 am

Lime, Oranges, Lemon and Milk.

Antisocial - July 6, 2018, 11:28 am

(Jul 6, 2018 11:18 AM)Psychonaught Wrote: [\[CITE\]](#) Pineapple banana isn't bad. I usually just stick to the strawberry banana smoothies. Might try some blue berries in it though thanks for idea
It's really nice, I love pineapples but never thought about putting it into a smoothie thank you.

SIM-2362224 - July 6, 2018, 11:29 am

I make pretty much the same smoothie you listed, but with chia seeds, a dab of honey, some lemon, and once in a while i put a thc drink in to make it funner :)

Antisocial - July 6, 2018, 11:29 am

(Jul 6, 2018 11:19 AM)TaylorCTU? Wrote: [\[CITE\]](#) If you just like smoothies and you're not on a health binge you can pick up some smoothie puree and it tastes pretty good. I used to use that and vanilla protein powder for a good protein shake. Peaches and bananas also make a pretty good shake.
Can you recommended any nice purees? I've never had a purée smoothie ?

Mac Miller - July 6, 2018, 11:30 am

(Jul 6, 2018 11:28 AM)Antisocial? Wrote: [\[CITE\]](#) It's really nice, I love pineapples but never thought about putting it into a smoothie thank you.

No problem, try mixing it with different things as I only really have experience combining it with banana

Antisocial - July 6, 2018, 11:31 am

(Jul 6, 2018 11:22 AM)Stratify Wrote: [\[CITE\]](#) Lime, Oranges, Lemon and Milk.

I can't really have citrus because I have ulcers so the acid really pisses them off, I've never heard of someone mixing citrus fruits and milk wonder what it would taste like, but thank you for the suggestion?

(Jul 6, 2018 11:29 AM)samdoup Wrote: [\[CITE\]](#) I make pretty much the same smoothie you listed, but with chia seeds, a dab of honey, some lemon, and once in a while i put a thc drink in to make it

funner :)

Oooh honey in smoothies is dank, don't know why I haven't thought of it lol

(Jul 6, 2018 11:30 AM)Psychonaught Wrote: [\[CITE\]](#) No problem, try mixing it with different things as I only really have experience combining it with banana

Hmm I think I'll try just pineapple and banana first thank you?

Flashback™ - July 6, 2018, 11:37 am

Peanut butter banana smoothie with some honey added in

Antisocial - July 6, 2018, 11:46 am

(Jul 6, 2018 11:37 AM)Flashback™ Wrote: [\[CITE\]](#) Peanut butter banana smoothie with some honey added in

Oooh I have peanut butter I might try it tomorrow

Clarence - July 6, 2018, 12:04 pm

(Jul 6, 2018 11:22 AM)Stratify Wrote: [\[CITE\]](#) Lime, Oranges, Lemon and Milk.

That sounds sexual as fuck for the taste buds.

Pseudo - July 6, 2018, 12:07 pm

cabbage, cheese and some heroin. I would recommend that.

Mac Miller - July 6, 2018, 12:09 pm

(Jul 6, 2018 12:04 PM)Clarence Wrote: [\[CITE\]](#) That sounds sexual as fuck for the taste buds. Never thought to put lime or lemons in a smoothie.

(Jul 6, 2018 12:07 PM)Pseudo Wrote: [\[CITE\]](#) cabbage, cheese and some heroin. I would recommend that.

Don't forget the acid lol

Antisocial - July 6, 2018, 12:14 pm

(Jul 6, 2018 12:07 PM)Pseudo Wrote: [\[CITE\]](#) cabbage, cheese and some heroin. I would recommend that.

Now we're talking, gimme some of that?

I joke, I would never fuck with heroin.

(Jul 6, 2018 12:09 PM)Psychonaught Wrote: [\[CITE\]](#) Never thought to put lime or lemons in a smoothie.

Don't forget the acid lol

Definitely can't forget the acid?

Antisocial - July 6, 2018, 12:18 pm

(Jul 6, 2018 12:17 PM)hackonomist Wrote: [\[CITE\]](#) I like just avocado banana. Sounds good wonder what it would taste like, I've never tried avocado.

luke - July 6, 2018, 12:22 pm

(Jul 6, 2018 12:04 PM)Clarence Wrote: [\[CITE\]](#) That sounds sexual as fuck for the taste buds. I call it "tastebud suicide".

Mac Miller - July 6, 2018, 12:25 pm

(Jul 6, 2018 12:14 PM)Antisocial? Wrote: [\[CITE\]](#) Now we're talking, gimme some of that?

I joke, I would never fuck with heroin.

Definitely can't forget the acid?

Might as well throw some shrooms in for a more natural taste. ?

Antisocial - July 6, 2018, 12:29 pm

(Jul 6, 2018 12:25 PM)Psychonaught Wrote: [\[CITE\]](#) Might as well throw some shrooms in for a more natural taste. ?

I've never had mushrooms too scared to take them because I don't like mushrooms lol wouldn't be my kind of smoothie

luke - July 6, 2018, 12:36 pm

(Jul 6, 2018 12:17 PM)hackonomist Wrote: [\[CITE\]](#) I like just avocado banana.

Ewwwww avocado tastes like poop

Antisocial - July 6, 2018, 12:37 pm

(Jul 6, 2018 12:36 PM)Stratify Wrote: [\[CITE\]](#) Ewwwww avocado tastes like poop

I'm never gonna try avocado now.

TaylorCTU? - July 6, 2018, 4:11 pm

(Jul 6, 2018 11:29 AM)Antisocial? Wrote: [\[CITE\]](#) Can you recommended any nice purees? I've never had a purée smoothie ?

Island Oasis is pretty good but hard to find. You can get some other brands at ABC stores or even some grocery stores.

Antisocial - July 6, 2018, 4:12 pm

(Jul 6, 2018 04:11 PM)TaylorCTU? Wrote: [\[CITE\]](#) Island Oasis is pretty good but hard to find. You can get some other brands at ABC stores or even some grocery stores.

I'll have a look on amazon prime lol, thank you

luke - July 6, 2018, 4:13 pm

Has anyone put watermelon in a smoothie before? It sounds nice.

Antisocial - July 6, 2018, 4:13 pm

(Jul 6, 2018 04:13 PM)Stratify Wrote: [\[CITE\]](#) Has anyone put watermelon in a smoothie before? It sounds nice.

I haven't but that does sound really refreshing.

luke - July 6, 2018, 4:21 pm

(Jul 6, 2018 04:13 PM)Antisocial? Wrote: [\[CITE\]](#) I haven't but that does sound really refreshing.

Watermelon + Kiwi + Pineapple, damn, that sounds good.

Antisocial - July 6, 2018, 4:24 pm

(Jul 6, 2018 04:21 PM)Stratify Wrote: [\[CITE\]](#) Watermelon + Kiwi + Pineapple, damn, that sounds good.

Stopppppp you're making me thirsty, but it's too late now for me to start making smoothies?

luke - July 6, 2018, 4:25 pm

(Jul 6, 2018 04:24 PM)Antisocial? Wrote: [\[CITE\]](#) Stopppppp you're making me thirsty, but it's too late now for me to start making smoothies?

I don't even have a smoothie maker :(

Antisocial - July 6, 2018, 4:27 pm

(Jul 6, 2018 04:25 PM)Stratify Wrote: [\[CITE\]](#) I don't even have a smoothie maker :(
Awh that's so gay, go Argos and get one cheap real quick

luke - July 6, 2018, 4:28 pm

(Jul 6, 2018 04:27 PM)Antisocial? Wrote: [\[CITE\]](#) Awh that's so gay, go Argos and get one cheap real quick
Nah. Too poor.

Antisocial - July 6, 2018, 4:29 pm

(Jul 6, 2018 04:28 PM)Stratify Wrote: [\[CITE\]](#) Nah. Too poor.
Quick rob the neighbours toaster.

Exe - July 6, 2018, 4:30 pm

Try Strawberry, banana with lychee jelly its bomb

Antisocial - July 6, 2018, 4:33 pm

(Jul 6, 2018 04:30 PM)jahsh Wrote: [\[CITE\]](#) Try Strawberry, banana with lychee jelly its bomb
I've never had lychee jelly only lychee rubicon and that was yum

luke - July 6, 2018, 4:50 pm

(Jul 6, 2018 04:30 PM)jahsh Wrote: [\[CITE\]](#) Try Strawberry, banana with lychee jelly its bomb
What's lychee jelly?

Antisocial - July 6, 2018, 4:51 pm

(Jul 6, 2018 04:50 PM)Stratify Wrote: [\[CITE\]](#) What's lychee jelly?
Never heard of it tbh

Exe - July 6, 2018, 4:57 pm

(Jul 6, 2018 04:50 PM)Stratify Wrote: [\[CITE\]](#) What's lychee jelly?
its lychee the fruit but its in jelly idk lmao
<https://fanaledrinks.com/products/topping-lychee-jelly-bt-4-bottles-box>

Antisocial - July 6, 2018, 5:02 pm

(Jul 6, 2018 04:57 PM)jahsh Wrote: [\[CITE\]](#) its lychee the fruit but its in jelly idk lmao
<https://fanaledrinks.com/products/topping-lychee-jelly-bt-4-bottles-box>
Still sounds pretty nice to be honest.

NoSuchAgency - July 6, 2018, 8:59 pm

Bro smoothies are the shit. I'm gonna head to Sonic and get me a milkshake tho. Thanks for the idea!

Toasties - July 6, 2018, 9:16 pm

I seen this and got jellious and decided to make my own with berries. I am fairly disappointed. Cries.

Antisocial - July 7, 2018, 3:54 am

(Jul 6, 2018 08:59 PM)Nicolas Flamel Wrote: [\[CITE\]](#) Bro smoothies are the shit. I'm gonna head to Sonic and get me a milkshake tho. Thanks for the idea!
No problem dude?

(Jul 6, 2018 09:16 PM)Toasties Wrote: [\[CITE\]](#) I seen this and got jellious and decided to make my

own with berries. I am fairly disappointed. Cries.
I cry every time.

MOKA - July 7, 2018, 4:32 am

Banana milkshake with crushed nuts

Antisocial - July 7, 2018, 5:52 am

(Jul 7, 2018 04:32 AM)M O K A Wrote: [\[CITE\]](#) Banana milkshake with crushed nuts
Oh my god that sounds so fucking nice, definitely gonna be making that.

luke - July 7, 2018, 6:26 am

(Jul 7, 2018 04:32 AM)M O K A Wrote: [\[CITE\]](#) Banana milkshake with crushed nuts
Crushed nuts. Sounds like it hurts.

ItsJigSaw - July 7, 2018, 6:34 am

Banana, milk, strawberries, peanut butter and 1 egg is next level smoothie tbh

Antisocial - July 7, 2018, 6:44 am

(Jul 7, 2018 06:34 AM)ItsJigSaw Wrote: [\[CITE\]](#) Banana, milk, strawberries, peanut butter and 1 egg
is next level smoothie tbh
I don't like eggs So I might take a pass on that but the rest sounds nice tbh

ItsJigSaw - July 7, 2018, 7:04 am

(Jul 7, 2018 06:44 AM)Antisocial? Wrote: [\[CITE\]](#) I don't like eggs So I might take a pass on that but
the rest sounds nice tbh
How can u not like eggs? :O
They change taste just a lil bit but are a good source of proteins.
Try with blueberries instead or in combo with strawberries, its delicious af

Antisocial - July 7, 2018, 7:46 am

(Jul 7, 2018 07:04 AM)ItsJigSaw Wrote: [\[CITE\]](#) How can u not like eggs? :O
They change taste just a lil bit but are a good source of proteins.
Try with blueberries instead or in combo with strawberries, its delicious af
I just don't like eggs lol they taste and smell ew, yeah I will man frozen berries mmm

SIM-3257834 - July 7, 2018, 7:47 am

Put some bleach and drain cleaner in there.

Antisocial - July 7, 2018, 7:53 am

(Jul 7, 2018 07:47 AM)Ahri. Wrote: [\[CITE\]](#) Put some bleach and drain cleaner in there.
Sounds good to me ?

HackFourmIsHelpful - July 8, 2018, 5:47 pm

Let me tell you my favorite thing I do to make a smoothie. 4 bananas, 6 ice cubes, a little milk (Anywhere from half a cup to a cup), Vanilla extract (just a little bit, like a spoonful)
When im going for carbs or extra little taste I add peanut butter, just 1 spoonful.
If I want to add strawberries, about 5-10 nice medium size with a tiny bit of sugar to add extra sweetness.
This serves anywhere from 2-4 people depending on how big the bananas are.

Antisocial - July 9, 2018, 3:29 am

(Jul 8, 2018 05:47 PM)HackFourmIsHelpful Wrote: [\[CITE\]](#) Let me tell you my favorite thing I do to
make a smoothie. 4 bananas, 6 ice cubes, a little milk (Anywhere from half a cup to a cup), Vanilla

extract (just a little bit, like a spoonful)

When im going for carbs or extra little taste I add peanut butter, just 1 spoonful.

If I want to add strawberries, about 5-10 nice medium size with a tiny bit of sugar to add extra sweetness.

This serves anywhere from 2-4 people depending on how big the bananas are.

That sounds so good, I'll have to go out and buy more bananas lol.

HackFourmIsHelpful - July 9, 2018, 10:56 am

(Jul 9, 2018 03:29 AM)Antisocial? Wrote: [\[CITE\]](#) That sounds so good, I'll have to go out and buy more bananas lol.

haha you better, I end up buying 3 bunches every 4 days so I can serve me and my family smoothies daily. Let me know how it tastes when you make it! :)

southpaw - July 9, 2018, 2:48 pm

frozen banana, chocolate breakfast essential powder and peanut butter sometimes I add a little plain uncooked oatmeal too

Antisocial - July 9, 2018, 2:57 pm

(Jul 9, 2018 10:56 AM)HackFourmIsHelpful Wrote: [\[CITE\]](#) haha you better, I end up buying 3 bunches every 4 days so I can serve me and my family smoothies daily. Let me know how it tastes when you make it! :)

Yeah I will, I love bananas they're so nice.

(Jul 9, 2018 02:48 PM)Parag?n Wrote: [\[CITE\]](#) frozen banana, chocolate breakfast essential powder and peanut butter sometimes I add a little plain uncooked oatmeal too

I'd most definitely have belly ache after that hahaha.