

CONJURING UP *the* MAGIC

UNDERWORLD SMOOTHIES

DISNEY VILLAINS: DEVILISHLY
DELICIOUS COOKBOOK

PREP TIME:
10 MINUTES

YIELD:
2 SERVINGS



“If there’s one god you don’t want to get steamed up, it’s Hades, ‘cause he had an evil plan,” the Muses sing. “He ran the underworld, but thought the dead were dull and uncouth. He was as mean as he was ruthless, and that’s the gospel truth.” But Hades does get steamed up all the time, especially when his evil plans to defeat Hercules are thwarted.

This healthy breakfast smoothie plays on Hades’ two moods: When he’s calm, he has blue flames for hair; when he’s angry, those flames turn red. Mix each recipe separately, then pour both in the same glass to get a true representation of Hades’ feelings.



INGREDIENTS FOR THE CALM BLUE SMOOTHIE

- 1 cup frozen blueberries
- 1/2 cup frozen blackberries
- 1/4 cup plain Greek yogurt
- 1/2 cup grape, blueberry, or blackberry juice
- 1 cup ice

INGREDIENTS FOR THE ANGRY RED SMOOTHIE

- 1 cup frozen strawberries
- 1/2 cup frozen raspberries
- 1/4 cup plain Greek yogurt
- 1/2 cup strawberry, cranberry, or beet juice
- 1 cup ice



Always use caution when handling sharp objects and hot contents. Please supervise children who are helping or nearby. This recipe has been converted from a larger quantity in the restaurant kitchens. The flavor profile may vary from the restaurant’s version.

Recipe courtesy of Insight Editions



CONJURING UP *the* MAGIC

DIRECTIONS

STEP 1 Combine all the ingredients for the blue smoothie in a blender, and blend until combined. Pour into a measuring cup with a pouring lip and set aside.

STEP 2 Combine all the ingredients for the red smoothie in a blender, and blend until combined.

STEP 3 Holding a vessel in each hand, pour half the two smoothies into a drinking glass at the same time, then repeat with a second glass. Enjoy cold.

NUTRITIOUS TIP

Fruits like blueberries contain high levels of antioxidants. Antioxidants can help protect your body against free radicals, which can contribute to diseases.



Always use caution when handling sharp objects and hot contents. Please supervise children who are helping or nearby. This recipe has been converted from a larger quantity in the restaurant kitchens. The flavor profile may vary from the restaurant's version.

Recipe courtesy of Insight Editions

