



# 155 Healthy Smoothies

Healthy Smoothies Series: COMPLETE COLLECTION

*Everything you need to know about making delicious smoothies and understanding their health benefits*



By Pawel Malczewski: Australian Certified Nutritionist

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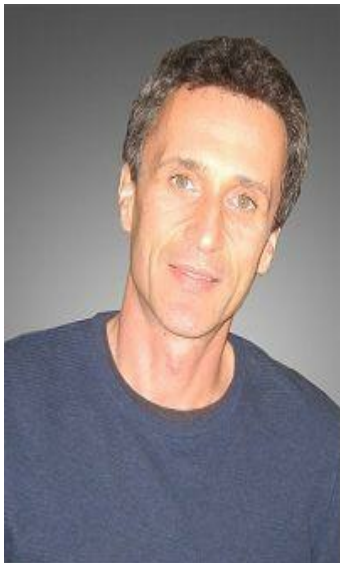


# 155 Healthy Smoothies

Healthy Smoothies Series - COMPLETE COLLECTION

**Everything you need to know about making delicious smoothies and understanding their health benefits**

By [PAWEL MALCZEWSKI](#) Australian Certified Nutritionist



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- [31 Banana Smoothies \(PLUS free nutrition info appendix\)](#)
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- [31 All-Time Favorite Smoothies \(PLUS free nutrition info appendix\)](#)

## FREEBIES

- If you wish to receive **occasional freebies**, or to be notified of promotions of my new

- **Access FREE** evidence based information on the [health benefits of whole-foods](#) in Healthy Smoothie Series and [health benefits of nutrients](#).
- **Access FREE** nutrition information appendix for this book on my website's [freebies page](#)

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### **Disclaimer**

The information in this book is designed to offer you insightful information on living a healthier lifestyle and promoting better eating habits. It offers you a better way of incorporating whole foods in your diet. It is not intended as medical advice and certainly does not replace dietary and lifestyle advice from your health care provider. Our information should not be construed as being a way to treat any medical condition and is in no way meant to imply that eating given foods negate the need for regular health checkups. This book does not guarantee or promise to heal or cure any medical conditions. For treatment of any medical problem, consult your own physician. The author and the publisher are not responsible for any specific health or allergy needs that may require medical supervision and it is not a source of medical information. References are provided for informational purposes only and do not constitute our endorsement of any website, medical provider, dietary inclusion, or nutritional research. Readers should be aware that the websites listed in this book as references, even those which are from governmental sources may change without notice.

# A word from the Author

I believe that everyone should have an opportunity to experience the pleasures of food, while staying healthy, looking fit and feeling great.

Our food choices, eating habits and activities affect our lives, moods, feelings and have an enormous impact on our health, which can contribute to chronic conditions.

These delicious smoothies are a nutrient powerhouse of vitamins, minerals, phytonutrients, healthy oils, protein and fiber. They provide enough energy to serve as a healthy snack or breakfast.

In addition to being a certified nutritionist, I am a passionate cook. My recipes are not only full of goodness and are health oriented but are also delicious and tested on many of my clients!

I am NOT providing you with hundreds of recipes of the same type since I find that pointless and boring. It is not about quantity but quality, different tastes and different nutritional aspects.

Replace unhealthy snacks with these smoothies to improve your health and make one more step towards a healthier lifestyle.

Please email me your thoughts on this book and let me know what other information you would like to see in it so that I can make some improvements.

Contact information: <http://www.nutritionmythbusters.com/contact-us/>

Pawel Malczewski - Nutritionist from Down Under

Certified nutritionist based in Sydney Australia, accredited by ATMS ([www.atms.com.au](http://www.atms.com.au))

## LIMITED TIME OFFER recipe example

The following 2 pages are an example of the 155 recipes in the attachment available only if you purchase this book. Download link to the attachment is in "[Limited time download offer](#)" section just before recipes.



*Mango banana carrot orange*

*2 medium bananas (3 cups)*

*1 medium carrot*

*1 cup of mango*

*1/2 tsp of cinnamon*

*Pinch of nutmeg*

*1 cup of water*

*1 orange*



BA19



<b>BA19</b>	<b>250ml glass contains</b>	<b>RDI for men</b>	<b>% of RDI for men</b>	<b>RDI for women</b>	<b>% of RDI for women</b>
<b>Green ratio</b>	<b>0%</b>				
<b>Fiber to carbs ratio</b>	<b>13%</b>				
<b>Weight (g)</b>	250				
<b>Calories/Kilojoules</b>	121/507				
<b>Carbs (g)</b>	31.1				
<b>Protein (g)</b>	1.6				
<b>Fat (g)</b>	0.0				
<b>Omega 3 (mg)</b>	42.4	1300	3%	800	5%
<b>Omega 6 (mg)</b>	65.7	13000	1%	8000	1%
<b>Fibre (g)</b>	4.0	30	13%	25	16%
<b>Vit A(IU)</b>	3493.1	900	388%	900	388%
<b>Vit C(mg)</b>	41.4	45	92%	45	92%
<b>Vit E (mg)</b>	0.9	10	9%	10	9%
<b>Vit K (mcg)</b>	5.1	70	7%	70	7%
<b>Folate(mcg)</b>	35.4	400	9%	400	9%
<b>Thiamin (mg)</b>	0.1	1.2	6%	1	7%
<b>Riboflavin (mg)</b>	0.1	1.3	9%	1	10%
<b>Niacin (mg)</b>	1.1	16	7%	14	8%
<b>B6 (mg)</b>	0.3	1.3	27%	2	20%
<b>B12 (mcg)</b>	0.0	2.4	0%	2	0%
<b>Pantothenic Acid (mg)</b>	0.5	6	8%	4	12%
<b>Choline (mg)</b>	15.5	550	3%	425	4%
<b>Calcium (mg)</b>	28.9	1000	3%	1300	2%
<b>Iron (mg)</b>	0.3	8	4%	8	4%
<b>Magnesium (mg)</b>	29.1	420	7%	320	9%
<b>Phosphorus (mg)</b>	32.3	1000	3%	1000	3%
<b>Potassium (mg)</b>	451.5	3800	12%	2800	16%
<b>Sodium (mg)</b>	13.9	500	3%	500	3%
<b>Zinc (mg)</b>	0.2	14	1%	8	2%
<b>Copper (mg)</b>	0.1	1.7	9%	1	12%
<b>Manganese (mg)</b>	0.2	5	4%	5	4%
<b>Selenium (mcg)</b>	1.2	70	2%	60	2%



# About this book – PLEASE READ

## What does the book contain and why.

Smoothies being a healthy addition to our daily eating pattern as anything else should be taken in moderation. My suggestion is 1-2 smoothies per day. Always rotate the recipes so that you can enjoy not only different taste sensation but also wide range of nutrients.

## NOTHING IS HEALTHY IN EXCESS!

## RECIPES

- 31 healthy delicious smoothie recipes
- Beautiful photo for each recipe.
- Free download of FULL SIZE Photo-Recipe Version of the 155 Healthy Smoothies with detailed nutrition information tables.

## NOTES on recipes from this book

My goal, as a nutritionist, when writing these books or contents on my website is to provide readers with the tastiest and healthiest food alternatives and to educate them on the actual benefits of the food they eat. This will help them to understand how their bodies operate, how to prevent diseases and how to improve their overall health.

The recipes contained in this series of books are for everyone from beginners to advanced smoothie drinkers. I want to encourage you to experiment. You shouldn't just rely on a smoothie recipe that you find here or anywhere else on the web or in other books. Use your imagination and have fun with it!

Don't just conclude that particular smoothie is not for you because it doesn't have enough greens or it has too many fruits in it. Smoothies are very easy to modify if you don't like a particular ingredient or you would like more of another. If a smoothie doesn't have enough spinach, you can add more spinach and possibly more water so that it is not as dense and suddenly you have what you want!

If you cannot find a specific ingredient in your area like durian, or dislike some ingredients, you can look up the [ingredient substitute section](#) and swap them for some other ingredient. Easy!

## **Healthy recipes**

All smoothies in this book have been designed to be healthy. They all vary in the amount of calories, fat, carbs contents, vitamins and minerals. However, no unhealthy ingredients are added or there are no ingredients in unhealthy quantities. Some recipes have more fruit or mostly fruit, but these are designed for those that are starting with smoothies, for kids, for and those and who are not used to green or vegetable smoothies.

## **Serving (250ml)**

All recipes make approximately 2-4 \* 250 ml servings. You can choose use smaller servings for some recipes such as those that contain chocolate, coffee or coffee substitutes. These drinks may be also higher in calories, so they have been designed for smaller cups.

## **Detailed nutritional information of smoothies**

Tables of nutritional contents of the smoothies have been included to give you an overview of how nutritious these smoothies are. This information also helps with choosing recipes that may aid you with some mineral deficiencies. To download this information, please look up the relevant link on the [title page](#).

Most of the recipes that are available online or in recipe books overlook less known yet equally important vitamins and minerals. I think it is important to be able to see if our food lacks any of these essential nutrients and balance it accordingly.

References for the nutritional composition of smoothies and ingredients were calculated using the “USDA National Nutrient data base”. However, the end results of these calculations are only approximate since there are many factors that influence the nutritional contents such as how ripe they are, what region they come from, the soil quality, the amount of nutrients lost through blending and many other factors.

Nutritional information tables will give you a general idea of the nutrient content of the smoothie which you can compare to the recommended daily intake. This is very useful especially if you want to top up your body system with specific vitamins and minerals that you are missing and to avoid associated health issues.

## **Ratio of greens to other ingredients**

Nutrition information tables for each recipe show the ratio of greens to other ingredients except for added water, yogurt and soy milk. The more greens you add to the smoothie, the healthier the

smoothie becomes. This reduces the natural sugar and calorie content and increases fiber, chlorophyll and all of the goodness from greens.

This will help the fans of green smoothies in figuring out how green you want your smoothies to be.

For green smoothie beginners, you can start with mostly fruit and gradually increase the greens. A ratio of up to 40% of greens to fruit and veggies would be a good start.

For advanced green smoothie drinkers, aim at 40% and above. If one of the recipes has too few greens for your taste and you want it greener, simply add more of the same green ingredient! Green leaf, romaine lettuce and baby spinach are good ingredients to start with since they are mild in taste.

### **Ratio of fiber to carbohydrates**

Nutritional information tables for each recipe show the ratio of fiber to carbohydrates. I keep this ratio for all the smoothies at 10% or higher. You should gradually be getting used to increasing that ratio to 20% and higher. To increase the fiber to carbs ratio, you can add some chia or flax seeds without changing the volume of the drink.

### **Adding sugar or sweeteners**

No recipes use added sugar or sweetener and I strongly suggest that you should never use any sweeteners (including honey)!

### **Blending method**

Each recipe follows the same method: place the ingredients in the jar with the lighter ingredients first and the heavier ingredients on top. Blend for about 20-40 seconds, depending on your blender and ingredients. If you have only soft ingredients, 20 seconds is enough. If your smoothie contains nuts, carrot or broccoli it will take 40 seconds to make it smooth.

### **Naming of recipes**

Learn what a particular nutrient does in your body. As in the case of the health benefits of ingredients, this section also offers references to scientific material.

### **Term: RDI**

Means Recommended Daily Intake and relates to nutrients. In other words, indicates the amounts of the nutrients we should be taking every day.

### **Health benefits of the smoothies**

The health benefits of these smoothies can vary depending on many factors such as your overall health, eating habits, environment you live in, amount of exercise, stress levels, genetic predispositions and others. The smoothies in this book can be used for weight loss and aid in improving some medical conditions and overall health. However, they need to be used in conjunction with other healthy habits. The smoothies can be used as snacks but not as substitute for main meals. They can be used before meals to increase satiety and reduce hunger in a weight loss regime.

Bear in mind that weight loss and the level of healthiness is very relative to your current situation. If you eat bacon, fried eggs and sausage for breakfast or a chocolate bar or a packet of chips for your snack, any of the smoothies even loaded with fruit will be a great substitute transition for you.

If you eat rolled oats with fruit, flax seeds and nuts for breakfast or green salad for lunch, you should aim for green smoothies with lots of fiber and a high green to fruit ratio. Try to gradually improve your eating habits, so think of what those habits are today and improve them tomorrow.

### **Ingredients**

For fruit that comes in snack sizes, such as apples, pears, bananas, peaches or bananas, recipes assume a medium size unless specifically pointed out in the recipe. For the larger fruit such as paw paw, pineapple or smaller fruit such as berries, grapes or cherries, the measurements are provided using cups. You will find the exact "cup TO ounces" calculation references just before recipe section.

Stone fruit assumes pitted fruit.

### **Additional free information related to the recipes**

#### **[Link to health benefits of each smoothie ingredient \(with references to scientific evidence\)](#)**

This is for educational and interest purposes. I put it together for you to learn how important each ingredient in these smoothies is so that you get better understanding of why smoothies are such an important part of your eating habits. All information is evidence based research from medical journals, government and education sources.



### [Link to health benefits of nutrients section \(with references to scientific evidence\)](#)

Learn what particular nutrient does in your body. As in case of health benefits of ingredients, this section offers also references to scientific material.

### **Health Warnings**

Some medical conditions require the restriction of certain ingredients. Please read the [contraindications](#) section before mixing your favorite ingredients in your smoothie.

# Choosing the best blender for your smoothies

If you want to be able to create smoothies and to have them to be the way in which they were intended to be drunk, you're going to need a high speed blender to make them. In order to craft the kind of beverages that will leave you with the perfect smooth consistency as well as to leave the fiber in play, you're going to need more than the average beverage blender. The more difficult to process vegetables, such as the carrots or beets, typically don't blend well in an average blender. They will leave a level of pulp that you are not going to like and which is not as palatable as you want your beverage to be. In short, standard 30 or 40 dollar blenders aren't going to cut it if you're making smoothies for your health. These veggies are simply too difficult to blend and to completely liquefy. This is not to say that you can't use a blender that is not as powerful to create some types of smoothies. You can still use the non-powerful blenders but the effect may be not as desirable with hard veggies. You might prefer to juice carrots, celery and other hard vegetables and add the juice to smoothie instead.

Here is my recommendation for the best two blenders on the market: Blendtec and Vitamix. To read a more detailed description of the differences between these two leading blenders [click here](#).

You will find many opinions on which of these two is better. However, there is not much difference in how smoothly they will blend. My personal preference is Blendtec especially since the new design of the Twister Jar was introduced. However, since everyone has different preferences you should make you own choice after reading the detailed comparison. I use Blendtec Blender about 3 times daily for different purposes and with my busy life it has saved me huge amounts of time in the kitchen.

## **Advantages of a high quality, powerful blender such as Blendtec or Vitamix:**

1. From the moment you purchase one of these two powerful blenders, it will probably become the most frequently used appliance in your kitchen.
2. Durability – these blenders are adapted for home use from industrial equipment.
3. Long warranty (7 years on motor, parts and labor).
4. Very powerful (2-3 horse power).
5. Rapidly blend to a very smooth consistency.
6. Performance – will achieve the smoothest, silkiest blends you can ever experience. Besides pulverizing ingredients to make the silkiest smoothies you can imagine, these powerful blenders can do the following:

- Make hot, creamy soups ready in two minutes. No heating needed, since the powerful blades will warm of your soup.
- Make the finest flour pounded out of whole grains or seeds in 50 seconds.
- Make dough within 2 minutes.
- Make nut milk – if you are on raw food, are vegan, lactose intolerant, or simply don't like cow's milk, you'll find nut milk a great substitute.
- Make other milk substitutes within 50 seconds: seed milk, oat milk (oat needs to be used the same day as it forms a jelly type of substance the next day from the fiber contents), wheat milk, soy milk or rice milk
- There are many choices for various food allergies.
- Pulverize whole vegetables and fruits into a drinkable form. With the 3 horse power the fibers get so small you can literally drink your vegetables.
- Achieve the smoothest puree that you can imagine.
- Make smooth ice-cream, sorbet and soft serves out of ice. Powerful blenders such as Blendtec or Vitamix will crush the ice with your favorite ingredients into a smooth and delicious ice-cream in 50 seconds.
- Make nut butters – just pick any nuts or combination of nuts and make smooth and warm nut butter in under 1 minute.

#### **Additionally Blendtec has:**

- Programmed blend cycles. This feature allows auto speed up and slowing down, based on the nature of food to be blended.
- It self-cleans. Just pour in tap water with dish-washing liquid, run for 20 seconds and the jug is sparkling clean again.
- Blendtec has a Super Blade that needs no sharpening. It is a uniquely designed single-blade with a wingtip lasts forever used by Boost Juice Company.
- It is a compact design, occupies little shelf space and will easily fit under your counter top. Not that you will need to place it there as you will probably use it every day.

Either of these two blenders is definitely worth the investment!

#### **Other equipment you might find useful**

##### **Kitchen scale**

You will also find a kitchen scale useful. This is not only to be able to get the recipes right but also to learn by accustoming yourself visually to what various fruits and vegetables weigh. It is very useful in the long term and soon you will not need a scale for some recipes.

### **Juicer**

If your blender is not powerful enough, I suggest you should get a juicer for the harder vegetables. The best juicers on the market are probably the twin gear type. There is a minimum wattage when using those as the juicer squeezes fiber dry as pepper.

# The importance of a healthy breakfast

[\(see references\)](#)

## What makes breakfast important?

For years we've heard that eating breakfast is imperative and that breakfast is the most important meal of the day. Most people have heard it and they've accepted that it may be true, but still don't take the time to eat a good breakfast when they wake up. They honestly believe that they are the exception to that rule about eating breakfast.

There really are very few exceptions to the rule. Not only is eating breakfast important, but the kind of breakfast that you eat is part of what can make or break your morning. There is actually a physiological need for breakfast, but there is also a psychological factor to eating breakfast.

## Why eat before you actually feel hungry?

If you're very hungry and it's arrived at mid-morning, you're quite likely at work, at school or in another area where foods which are very healthy are at a minimum. This is unless you have carried them with you. This means that normally, you'll be unable to get something that is good for you and settle instead on something that may give you fewer nutrients and a higher fat or sugar content.

## **Eating breakfast can enhance weight loss efforts**

Eating breakfast helps you to lose weight. In research studies, one of which tracked about ten thousand people of school age and into their early twenties, skipping their breakfast was found to lead to obesity as well as eating snacks that were higher in fat and calories. In addition, people who skipped breakfast were found to be far more likely to eat at a fast food restaurant during the day.

It's no secret that your body is a machine of sorts. Every machine requires fuel. When you rise, your body has typically been without any kind of sustenance for at least 6 hours, and if you're a normal sleeper, that number goes up to 7 or 8 hours.

### **What you eat is also important**

Not only is eating breakfast important, but the kind of foods that you put into your body for breakfast are also important. Breakfast doesn't mean that you need to eat foods which are typically considered "breakfast" foods. Many of us eat foods which are typical for breakfast. We don't really consider alternatives because we've not really thought about what kind of foods might be best in the morning when we are breaking a fast of six to eight hours.

Breakfast can and should sometimes be a smoothie that is created using fruits and vegetables which are of a high nutritional value. It may also be something as simple as a few slices of turkey or another lean meat, coupled with fruits. One of the best ways to get the nutritional value that your body craves in the morning is to use smoothies, which are fast and highly nutritious to get the foods that you need.

### **Breakfast is brain food**

Breakfast, more than any other meal, helps you to be better able to focus your thoughts. In several research studies, it was found that eating breakfast as well as selection of certain kinds of food were important in being able to focus your energy and your thoughts. Studies showed that children who ate a more high fiber meal were able to perform better in school. In addition, studies showed that those who ate a low glycemic index meal for their morning meal were better able to focus and to perform well than those who had eaten a sugared cereal or some other type of breakfast such as a donut. In fact, many schools serve donuts and pastries when they serve breakfast. These are short term foods for the morning and burn off very rapidly. Serving foods such as instant or quick cooking oatmeal or smoothies created of both vegetables and fruit will stay with you longer and offer more fuel to your body.

## Mid-morning snacks can sometimes serve as breakfast

In addition, even if you don't eat breakfast when you first get up, or are not able to eat breakfast for an hour or so after arising, due to other time constraints such as walking a pet or doing other things, there is still no reason to skip breakfast. Even if you wait until you get to work and sip a smoothie as you work, there is no right time or wrong time to ensure that you get some kind of sustenance in the morning.

If you honestly do not have time prior to leaving your house to eat a wholesome and hearty breakfast, your next best option is to take the smoothie with you to work and use it as a mid-morning snack. Most people who arrive early to work have a break about two hours later. This would put break time at 9 or 10 AM, which is not too late to eat something which is good for you.

You should bear in mind that even if it's two hours after arising, it still counts as nutrition and can still fit be part of an overall healthy diet, helping you to lose weight, feed into your overall good health and to focus better on your daily tasks.

To make a long story short: . . . **Don't skip breakfast.** It truly is the most important meal of the day. If you absolutely, positively can't do breakfast, try a mid-morning snack

# What does America eat?

The average American man is about 39 years old. He weighs in at about 190 pounds. This is, depending on his height and frame, probably mildly obese. The average American woman is 34 years old and weighs approximately 165 pounds. This is probably, based on national averages, about 20 pounds overweight. These statistics are very similar in Australia and Canada.

What are Americans Eating Today? Are Bad Eating Habits Showing? According to US Statistics, Americans are eating a more diverse amount of foods, but quite likely they aren't much better for us.

Americans eat about 30 pounds of cheese per year, per person. We eat approximately 100 pounds of red meat, and about 75 pounds of poultry products. Last year, we ate about 15 + pounds of fish and a bit over 30 pounds of eggs for each person.

Each American ate about 85 pounds of fat last year, about 29 pounds of French fries, approximately 25 pounds of ice cream, and about 20 pounds of pizza.

Does it sound to you like perhaps we need to be diversifying our diets just a little more? In fact, nearly all Americans are about 10 % or a little more over our ideal weight and do not consume the kind of diet that will help to promote our long term health.

Eating just one or two smoothies per week and indulging in healthier snacks could help us to lose about 5 pounds per month and improve our overall good health.

Information gleaned from "[Food Consumption in the United States](#)". Information was rounded to the nearest 10 pounds. If you're interested, you may also view the info graphic.



# What is so good about smoothies?

There is an absolute information overload about what is and what is not healthy. That information seems to change daily, with foods being added or subtracted from the healthy foods that we should be eating. Quite often even information from hospital and health care facilities is contradicting, with one site or book directly contradicting the information which comes from the other.

One thing that we can generally depend upon is that as a rule, foods which are natural and in their raw state, fruits and vegetables included, are going to be healthier for you than those which are processed and handled. That means that the health benefits of smoothies, created with raw fruits and vegetables simply can't be denied.

The most difficult meal of the day in which to give ourselves a healthy meal is breakfast. By virtue of the fact that many of us have to work very soon after breakfast, we're going to need to hurry a bit when we have our breakfast unless we get up a great deal earlier than normal. To that end, many of us rush through breakfast, not eating as much as we need, skimping on nutrients that our body needs, and eating something which is less healthy.

Breakfast foods aren't normally as healthy as they should be. In fact, quite often breakfast - even the best breakfast - isn't nearly as good for you as a healthy snack such as a smoothie. Processed breads, cereals, and other faster foods for the morning contain very unhealthy preservatives as well as fats that we may not want to take into our bodies. One solution is to use healthy smoothies as a breakfast drink. These can be created from raw fruits and vegetables and will afford our bodies a very good start to the day.

You will be able to rapidly create a smoothie from fruit and vegetables. Creating a healthy smoothie for breakfast is fast and easy to accomplish. They are a better choice than sugary breakfast foods and may be carried in a covered coffee cup and even consumed while you're on the run, much as you sometimes carry your coffee with you to your job.

Snacks can easily be replaced with smoothies too. However, depending on what you incorporate into the smoothie, be careful of the extra calories you may include.

Breakfast is the most important meal of the day. Give yourself a healthy start even when you're in a hurry by creating some healthy smoothies to take with you. Using them for breakfast, as well as a snack for your mid-morning break will give you a great start to the day and help to keep you more fit. When you are using healthy snacks you can often lose weight more rapidly just because you are eliminating those machine foods and processed foods that are quite often the

only choice at your place of employment.

# The health benefits of raw fruits and veggies

Raw food is the way that nature intended it. That sounds like a sweeping statement and it is. In most cases, raw foods are far healthier and better for you than foods which have been processed and cooked. In many cases, the reason for this is that raw foods have more nutrients and far fewer chemicals and additives (preservatives, colors) which may pose risks to your health.

Raw foods, by virtue of having no additives, no preservatives and maintaining the nutrients with which they were grown are infinitely healthier. In many cases, the reason why they are healthier is that the nutrients and phytochemicals are not able to stand up to the rigors of cooking or storage. The nutrients are not stable enough to withstand high heat, freezing, or being hit by air. This means that when those things happen, the nutritional value of the food as well as the cancer fighting value of it is lost.

It is no surprise today that raw food is being touted as healthier and able to heal the body far better than processed foods. In fact, that truth is mitigated somewhat by the way in which raw foods are grown and how they are handled, but it is true that most raw food is better for you than foods which are heavily processed.

Raw foods such as cruciferous vegetables and vegetables which are high in vitamin A are particularly prone to damage from being cooked. They lose a great deal when they are exposed to high heat. Steaming, in most cases, allows them to keep the nutrients and the phytochemicals and ensures that the cancer fighting agents and the nutritional value remains with the food.

There are exceptions to the rule about cooking and cooked foods which are not often spoken about, but which I'd like to make clear.

Some foods require a measure of cooking or an addition to keep them healthy or to make them healthier. Notably, yams or sweet potatoes have an enzyme which actually eats away at the nutrients and phytochemicals in the food. Two minutes of steaming inactivates that enzyme to make the yam far healthier and allows it to keep the nutrients that are good for you. This is not the general rule with most fruits and vegetables where most foods lose greatly from the processes of heating or freezing.

In many cases, the addition of another agent can prevent the nutrients from being absorbed. However, there are also exceptions to this rule.

An example of this phenomenon is the tomato. Tomatoes have lycopene and other phytonutrients that are cancer fighting, but which are not well absorbed without some cooking or without the

addition of a teaspoon of oil, which allows them to be more easily absorbed. If you eat a raw tomato you receive some level of cancer fighting agents. If you eat a tomato to which a teaspoon of olive oil has been added, your body absorbs much more of the healthy nutrients.

The reason we qualify that statement with the word "most" is that not all foods are better for you when they are raw, and in fact, some foods require some measure of processing, cooking, or an addition in order to make the food better for the body .

When you are using cooked foods, starting them from raw foods is also much healthier. You know what you are adding to the raw foods which make them far healthier. Preservatives and additions to the food can wreakhavoc with your health.

For the most part, the nutrients, the vitamins and minerals, as well as the phytonutrients, will be far more easily absorbed and far more readily used by the body when they are taken in from raw fruits and vegetables.

In most cases, those who add a higher number of raw fruits and vegetables into the diet on a regular basis report a higher energy level, greater stamina, and lower cholesterol levels in as little as two weeks.

# Go organic in your choice of fruits and vegetables

## **Organic fruits and vegetables contain only minimal toxic chemical pesticides.**

Pesticides are known to cause long-term health issues such as dermatological conditions, respiratory problems, cancers, birth defects and neurological disorders. If you have a choice and can afford it, select organic fruit and vegetables. Note, however, that even though foods that are cultivated using organic soils and organic methods of farming may still contain pesticides carried by water or wind.

## **Organic fruits and vegetables are not genetically modified.**

There is no clear evidence that GM foods cause specific health problems. However, GM related health risks still have the potential to be discovered. The GM foods industry is a gray area and there are many aspects that are not very clear yet. Potential issues associated with GM foods that may come up in the near future are effects of GM on allergies, unforeseen consequences of gene transfer and some other unexpected effects on human health. Besides the unknown impact on human health, GM has great environmental impact to other organisms, contamination of the environment, gene transfer to non-target species and potentially other, not yet discovered issues.

## **SOME Organic fruits and vegetables are may have higher content of nutrients—although some will be lower.**

Many studies suggest that the contents of nutrients such as minerals and vitamins (e.g. vitamin C, iron, magnesium and phosphorus) and phytonutrients are higher in the organically grown fruits and vegetables than their non-organic counterparts—although there are exceptions to that rule. Notably beta carotene tends to be higher in vegetables which are not grown organically.

## **Organic = seasonal.**

It is more likely that by buying organic fresh food you will be getting seasonal produce. This means more taste and quality.

## **They are beneficial for the environment as they help in optimum resource conservation.**

The conventional way of growing fruits and vegetables involves the use of various kinds of petroleum based pesticides and artificial fertilizers. These can be injected into drinking water or can also be built up in soil. Growing organic foods conserves the resources and protects our environment. Organic farming uses less water than conventional farming and uses organic fertilizers to enrich the soil.

**List of fruits and veggies with highest levels of pesticides:** Strawberries, Red and Green Bell Peppers, Spinach, Cherries, Peaches, Cantaloupe, Celery, Apples, Apricots, Green Beans,

Grapes, Cucumbers, Pears, Winter Squash and Potatoes.

**How to make non organic fruit and vegetables safer**

Wash the produce thoroughly. Use soft brush to scrub the larger fruit and vegetables. You may use very mild detergent (1tsp of detergent per 4l of water) then rinse very well. Peel fruits with higher residue levels especially apples, peaches, pears and nectarines. Fruit peel may contain many vitamins and minerals as well as non-soluble fiber but if you have smoothies on regular basis you don't need to worry about missing out on the goodness of the peels.

# How fruits and vegetables help combating certain medical conditions

[\(see references\)](#)

Various fruits and vegetables may be helpful to some medical conditions and aid in preventing that condition. In fact, some may help preventing the development of cancer, keep your mind healthier, your vision sharper and your heart working at peak efficiency. Knowing this, isn't it smart to incorporate those foods into your diet?

The main conditions have been listed below, as well as foods which may be beneficial to your health when you are affected by this condition or are seeking ways to prevent or to lower your risk of being affected.

These foods are by no means the "be all and end all" for each condition. They are helpful tools in your fight to get healthy and to stay healthy by preventing the disease processes which may negatively affect your long term future.

## **Diabetes and endocrine disorders**

Diabetes is one of the most devastating disease processes. Type 1 and type 2 diabetes are distinctly different in their onset and mechanisms, but can be difficult to manage at best. Foods that can be used in the smoothies which may be helpful to you in keeping your blood glucose levels stable are: cinnamon, oatmeal, broccoli, spinach, green beans, barley, strawberries, kiwifruit, peaches, plums and avocados.

This is because these foods are high in fiber and low in carbohydrates. They are also foods which will release their energy more slowly and help to prevent the blood sugar spikes that are so bad for the diabetic.

Broccoli, beans, lentils, roasted peanuts and cocoa are good sources of chromium, which according to the experts is a potent means of helping your body to use foods more accurately and efficiently and will also help to keep your glucose levels more stable. They can all be used in the smoothie. Don't be afraid to experiment!



## Heart disease

In order to ward off heart disease, lower your cholesterol and to help to keep your heart healthy or help it to recover, there are certain foods that you can eat which will help you to stay fit and healthy over the long term. Among those foods are of course vegetables, but which kind of vegetables?

As a general rule, scientists recommend that you adhere to a diet which is lower in white flour, fats and calories.

You'll want to eat foods which are high in fiber, vitamin A and Vitamin C, and those which have a high level of phytonutrients such as cruciferous vegetables. Coincidentally, with just a few exceptions, these are the same vegetables and fruits which are going to help you when you have high cholesterol. They can, in some cases, help to lower your cholesterol, help to strip your digestive tract of toxins and also help to keep your body healthier in other ways as well, including the eyes and the skin.

Those plant based foods that you can also include in your smoothies include: cauliflower, broccoli, carrots, oranges, grapefruit, oatmeal, whole grains, seeds such as flax or chia seeds, tomatoes, bell peppers, pineapples, avocados, grapes, walnuts, Brazil nuts, peanuts, peaches, plums, pomegranates and kiwifruit.

## **Skin conditions**

There are foods that keep your skin clear and prevent acne. There is a well-known connection between food and acne and between food and the health of your skin.

Your skin is the biggest organ in your body. It prevents infections from attacking the organs which are below the skin. Your food and what you eat is the most important part of keeping your skin healthy. One of the ways that your skin integrity can be compromised is by acne. Keeping your skin clean by washing several times a day is important.

A diet which will help with your skin and keep it glowing and clear will include numerous fresh fruits and vegetables and far fewer high fats and white breads and flour products.

Smoothie ingredients to consider that promote the integrity of your skin include: flax seeds, chia seeds, green tea, acai, pomegranates, carrots, purple grapes, beets, mango, broccoli, cabbage, yams, sweet potatoes, carrots, oranges, grapefruits, cherries, blueberries and cranberries.

Bear in mind that everyone has skin that reacts differently to given foods but for the most part, foods which are low in the Omega 6 fatty acids and high in Omega 3, are going to help you to keep your skin clear. The vegetables and fruits which are going to help you the most are those which are dark red, orange, or purple, as well as green vegetables.

## **Irregularity and colon concerns**

Colon cancer has been of grave concern to people in recent months and colon cancer can be prevented to some degree by changing your diet. Lowering your intake of high fat foods and adding high fiber vegetables and fruits to your diet will be very helpful in preventing colon diseases such as cancer, while also keeping your body regular and detoxifying the colon. Some vegetables even absorb the toxins and flush them from the body. These vegetables include: kale, spinach, cauliflower, broccoli, cabbage, arugula, dorian, oranges, apples, flax seeds, cucumbers, tomatoes, pineapple, apples, pears, plums, apricots and bell peppers.

## Cancer prevention

Can any food actually help to prevent cancer? According to the most recent research, the answer to that is a resounding "Yes." No one is able to say exactly what the foods can do and that they can actually stop cancer in its tracks, but the signs point toward the fact that some foods can do that.

We've all heard about antioxidants, lycopene, phytochemicals and the many things that they can do. We know that foods which are higher in lycopene and in phyto-nutrients can prevent cancer. We know that according to the research, foods which are high in vitamin A, vitamin C and in other nutrients can help to lower your risk of getting cancer.

Even those who smoke were found to have a significantly lower risk of lung cancer when they ate certain foods, notably cruciferous vegetables. Some of the foods which can help to keep your chances of cancer lower and which may help to detoxify your body include: broccoli, cauliflower, beets, oranges, durian, cabbage, flax seeds, carrots, sweet potatoes, mango, pomegranates, peaches, pears, plums, apricots, cherries, blueberries, cranberries and raspberries.

Each of these foods has been found to be heart healthy as well as to prevent cancer.

Cancer is one of the biggest killers in nearly every generation. Finding a way to prevent cancer or to lower your risk of having cancer attack your body is a very positive way to live. If it's possible to do so without changing a great deal by adding a few extra foods to your diet, isn't it worth your time to explore?

## **Glaucoma and macular degeneration**

Eye Health Considerations - eyes are very important to your overall good health. Fortunately, there are even fruits and vegetables which can help to keep you healthy and to ensure the long term health of your eyes.

These are not only veggies and fruits that can keep your heart healthy, but fruits which can actually help to ensure the long term health of your eyes and keep your vision sharper for much longer. Vegetables which are high in vitamin A and cruciferous vegetables will be very helpful in the prevention of macular degeneration. These vegetables include: broccoli, cauliflower, yams, carrots, tomatoes, oranges, durian, cranberries, cherries, blueberries, pears, grapes, kiwifruit, pomegranates and bananas.

In addition, carrots and other orange vegetables including yams and sweet potatoes may be able to help you to prevent eye disorders.

Getting your fruits and vegetables has never been easier than it is today. The fruits and vegetables that your body needs can typically be made into delicious smoothies and used for breakfast and healthy snacks.

# Health benefits of antioxidants and phytochemicals

Phytochemicals and/or antioxidants are something you hear about a lot. However, there are few explanations in lay terms to help us to understand what they are and what they do.

The simplest explanation is that a phytochemical is any kind of chemical which is found in a plant that isn't really classed as a mineral, a vitamin, or a classified nutrient. There have been many thousand phytochemicals discovered, identified, and their uses and benefits reviewed. There are thousands that are left to discover and explore. The plant world offers many substances that have never been looked at or reviewed.

What we know about phytochemicals is that they offer a very broad array of different kinds of help and protection. Some can lower the inflammation of the body. Others can help to prevent infection, fight cancer and stave off the creation of cancer cells. Still others help to protect the eyes and other body systems from the inflammation that can cause loss of sight and even protect you against the age-related ravages of arthritis and other disease processes associated with the elderly such as Alzheimer's disease.

Phytochemicals are not required by your body, like vitamins and minerals are. They are not necessary in order to produce healthy tissue, help your bones to remain hard or other day to day building and growth necessities.

The simplest explanation of phytochemicals is that they are the way that plants protect themselves from the elements and continue to grow. They help to protect the young plants, buds and flowers from the sun, the heat, predatory ravages of the elements and even from air pollution. The plants, fortunately, have phytochemicals which protect them from nearly everything and can pass along many of the benefits that the plant takes from the phytochemical along to the people who consume the plant. Some of these phytochemicals are very well known antioxidants, while others are not well known and are still being researched.

Some phytonutrients are starting to be very well known. These include lycopene, found in cooked tomatoes, quercetin, kaempferol and beta-carotene. What they can do for your body has been explored in detail so that the benefits are very clear to us. Others such as the phytoestrogens in soybeans and other items that mimic human estrogens and hormones, as well as the glucosinolates which occur in cauliflower and in broccoli and other cruciferous vegetables are being explored and are known to help to lower the toxins in the body and actually rid our bodies of items that could cause cancer.

They are still under research and more is necessary to find out the depth and breadth of the protection that we can take from them.

The USDA and other governing bodies have not been able to assess the requirement for these items in the body or even tell us what level is the most protective. Science and nutritional associations are very steadily advancing the knowledge that we have about the phytochemicals and how they can help us.

Your best option then is to protect your health by taking in enough plant foods every day. They will provide a broad range of protection from these edible cancer and heart disease combatants. Keep your body healthier, degenerative diseases at bay and your mind clearer by taking in nuts, fruits, cruciferous vegetables, orange and yellow vegetables and green tea on a daily basis.

# Warnings and contraindications for the use of some vegetables and fruits

[\(see references\)](#)

Just as there might be with other substances and many types of medicines, there are contraindications to the use of some types of fruits and vegetables. While all vegetables are good for you to some extent, some are simply not the best choice if you have certain medical conditions.

Some of these fruits and vegetables may cause a measure of discomfort to those who are not accustomed to healthier eating. In addition, some medical conditions make it problematic to eat large portions of certain items.

When you are about to embark on any new diet or exercise program, it's always best to take a good look at what you're considering eating or doing and to compare it with your former diet and level of exercise. If the change is going to be very dramatic, consider implementing it gradually, over time, and always consult with a physician and/or a nutritionist to find out what the effect could be.

Not all physicians or health care providers agree on all limitations, so I've offered these suggestions in order to illustrate that such restrictions can exist. Check with your own health care provider to ensure compliance with his or her plans for your long term health care.

Your health, while affected positively in most cases by the increased intake of fruits and vegetables, could also be negatively affected if you have certain medical conditions. For example, in the case of kidney problems, eating foods with a great deal of potassium might be undesirable. Knowing this kind of information is imperative when starting a new diet and exercise program of any type.

**Possible contraindications to certain fruits, vegetables, or herbs used in smoothies might be indicated in the case of:**

## **1. Hyperthyroidism**

Dietary goitrogens should be excluded from smoothies. These include: cabbage, cauliflower, tofu, raw soy milk, coffee, peanuts, caffeinated drinks, chocolate, cocoa, tea and guarana.

## **2. Gout**



Diets high in purines and proteins should be avoided. Gout is caused by high levels of uric acid in the body that forms crystals in the joints, causing inflammation and resulting pain. Recent studies have shown that moderate intake of purine-rich vegetables or protein does not cause gout. Consumption of dairy (especially low fat) is associated with the reduced risk of gout. Animal or seafood consumption has links to increased risk of gout.

### **3. Kidney disease**

Higher potassium foods should be avoided in the case of a kidney disease. Apricots, avocados, bananas, kiwi fruit, nuts, dates, and multiple other fruits offer a high level of potassium. Keeping your potassium levels under control is more difficult in kidney disease. You may check with the Kidney Foundation's potassium regulation pages to find more foods that should be limited in quantity. See [see references](#) for a relevant link.

**3. Eating high fiber foods** may cause discomfort before strenuous physical exercise and should be avoided. Foods which are higher in fiber should be consumed post workout, while higher protein foods should be taken in pre-workout.

### **4. Blood clotting**

Certain fruits and vegetables, specifically those which are high in Vitamin K, may interfere with the medications that you are taking which are designed to accomplish any kind of change in your clotting. Speak with your physician or health care provider to find out which foods such as fruits or vegetables that you want to avoid when taking medications such as Coumadin or Warfarin.

### **5. Kidney stones**

Oxalate is the most common kidney stone-forming compound. An excess of oxalates in diet can be responsible for up to 60% of calcium stones. Hyperoxaluria is a medical condition caused by a high oxalate diet. Not all oxalate rich foods increase oxalate amounts in urine, however. Here are 4 that do: spinach, rhubarb, nuts and wheat bran.

### **6. Ulcer or reflux**

The following foods may increase your stomach acid or cause loosening of the sphincter muscle that protects your esophagus from acid: peppermint, chocolate, coffee, tomatoes (especially cooked), citrus fruit and berries, alcohol and chili. Limit fatty ingredients such as nuts or avocado and full fat yogurt. Limit or avoid these foods in smoothies.

### **7. Before or after gastrointestinal surgery**

There may be a limitation on fiber rich food. Check with your doctor.

### **8. Diabetes**

If you suffer from diabetes select those smoothies that have higher a fiber to fruit ratio. The more greens you add to your smoothie, the better. You can also increase this ratio by adding flax seeds or chia seeds without changing the taste or volume of the smoothie.

To find out more about the health benefits of some fruits and vegetables, as well as the things which you may want to avoid for certain conditions, [visit my website.](#)

# Healthy habits transformation / weight loss program using smoothies

## How things work

Healthy food can be relative to what you currently consume. Let's take four examples of people that want to lose weight and their current breakfast menu as follows:

- Person1 consuming bacon, sausage and eggs with toast - 550 calories
- Person2 consuming cereal meal with some fruit, milk, toast with jam – 350 calories
- Person3 consuming banana pineapple strawberry smoothie – 160 calories
- Person4 consuming Green smoothie – 80 calories

Changing eating habits where you reduce number of calories for each meal with the same or increased amount of exercise leads inevitably to weight loss. In order to lose weight using smoothie therapy, I suggest initially replacing 2 meals: breakfast and first snack with something that has less calories than what is usually consumed.

It could be simply a healthier and less caloric breakfast. However for the purpose of the Smoothie Weight Loss Therapy, substitution is done with the smoothie. So in the examples above:

**Person 1** should start substituting their heavy breakfast for some smoothies with mostly fruit. These types of smoothies will be higher in calories and sugar than green smoothies, but let's be realistic here. To jump from fat dripping bacon, sausage and eggs to green smoothies will not happen. I noticed in the clinic that my clients achieve the best results with gradual changes. Without stress just follow the plan consistently and you will be shedding up to one kilo every week. Bear in mind that losing more than 1 kg per week is not healthy. Aim at ½-1 kg per week of weight loss, although sometimes when you introduce a change to your eating habits it may trigger a quicker weight loss initially.

The smoothie for Person1 in the example above could be a larger size and higher on caloric scale – about 400-450 calories, which is about 80% of the calories compared to the original meal. Note here that only whole ingredients should be used. No added sugars, honey or other additives. This will be a tasty and healthy meal replacement for this particular person.

**Person 2** should substitute the 350 calorie breakfast with a 280 calorie fruit smoothie that is about 80% of their usual meal. Of course, reduction of calories can be also achieved just by removing

the toast with jam from the menu, but we are considering smoothie therapy here, and getting used to smoothies in our daily routines. The reason for that is that once you get used to fruit smoothies it will be easy to progress gradually to greener and healthier smoothies just by changing the ingredients.

**Person3 and Person4** are already on a very low caloric breakfasts and I would suggest to actually increase the number of calories to about 250 by having a little more quantity or more high calorie ingredients. The reason for this is that a good healthy breakfast should be sufficient to fuel the energy you need at the start of the day. Not having enough food or skipping breakfast is unhealthy and actually leads to weight gain as you will overcompensate later on during the day. It may seem counter-productive if you want to lose weight but there are other eating patterns to improve.

A smoothie breakfast made with whole fruits, veggies, nuts, rolled oats and having sufficient calories is not something that needs adjusting anymore. Lock it in, and focus on improving other meals.

Person3 and 4, after increasing the calories for breakfast to 250, should start modifying their snacks, and main meals. They can introduce a smoothie for the first snack before lunch using the same principle as above comparing the calories of the usual snack and swapping it for 80% calories smoothie.

Snacks between lunch and dinner can be also swapped this way. Other methods are to have a smoothie before dinner or lunch. These will create a feeling of being full quicker when eating the main meal and therefore prevent the person from eating too much.

## Nutrition weight loss plan using smoothies

**Step1** - Download the [free Diet Diary](#) from my website

**Step2** – Fill in exactly what you eat for each meal. Follow the instructions on the form. Use [www.nutritiondata.com](http://www.nutritiondata.com) to help you with calculations of calories.

**Step3** – The week after you fill in the form start applying the changes.

### APPLYING CHANGES TO YOUR EATING HABITS

**Change 1** – swap breakfast with a smoothie that has 80% of the calories of your usual breakfast. Remember that the more greens in the smoothie, the healthier it is. If you have few fruit and veggies in your diet, you can use any of the smoothies with 100% fruit and higher calories as long as they are 80% or less of your usual meal. Continue with this change for a week. You might alternate your usual breakfast by reducing it by one or two items and having a smoothie every second day.

**Change 2** – continue the change from the last week **PLUS** reduce your first snack size before lunch by removing one or two unhealthy components and reducing the size by 80%. A smoothie would be a perfect choice to swap your snack altogether.

If you do not have any snacks, introduce a smoothie. It may seem strange to introduce more food if you want to lose weight but this will teach you to eat regularly and healthy which contributes to weight loss in the long term. You will notice that lunch that used to be really big. You can shrink it a little since you would have been filled up with smoothie from your snack time.

**Change 3** – continue changes from the previous weeks but reduce the calories of the morning smoothie by a further 80%. At this point you should be trying to experiment adding greens. Add those greens that are most palatable for you. Let's get your taste buds accustomed to it. It shouldn't take long – they are delicious!

**Change 4** – by this time you should be able to get accustomed to the green smoothie taste. Introduce a LIGHT green smoothie before dinner. This will reduce the food you usually have for dinner which can't be healthier than a green smoothie!

**Change 5** – continue the reductions of smoothie calories gradually. Do not rush, it is a long term process and the idea is not to get your weight down quickly so that you put it back on 3 months later. To change your eating patterns, permanently reduce your cravings for junk food. Then every week increase the amount of greens in your smoothie. This will automatically reduce the amount of calories.

Don't weigh yourself on the scale every day! Do it once a week and don't stress. This method follows a pure scientific formula and it is a very healthy way to approach weight loss.

Of course, the above method is part of a lifestyle change. There are certain rules make your weight loss successful. While introducing smoothies to your lifestyle also gradually learn and follow the following rules:

## 5 Golden Rules of weight loss

### Rule 1. Have regular meals

Avoid eating out, especially at buffets and all you can eat places. At home, use smaller plates and plate your food before you start your meal – no repeats! Visualize the volume of the food on your plate and always stick to this amount. Starting with a healthy breakfast, eat 5-6 smaller but regular meals during the day – 3 main meals, 2 healthy snacks (one snack between main meals). Don't eat less than 3 hours before going to sleep - unused energy gets stored as fat.

### Rule 2. Use right portions of the meals

Protein should be of the size of the palm of your hand. Protein is not necessarily meat; it can be fish, legumes, tofu, nuts, seeds etc. Protein should be eaten with every meal. Carbohydrates should make up about more than amount of protein. Carbohydrates should consist of whole grains or seeds. Use brown rice, quinoa, amaranth and other high fiber complex carbohydrates. Half of your meal should be vegetables.

### Rule 3. Use the right ingredients in your meals

- Eat as much variety of foods as possible. Do not stick with only one type of produce. Choose whole grains and seeds instead of refined grain products such as white rice. Eat more wholemeal, multigrain breads, wholemeal flour, brown rice, wild rice, quinoa, and amaranth.
- In each meal include fiber and vegetable protein - I repeat this various times as this part is very important.
- Eat fewer foods high with animal fats, added sugar and salt, processed meats, processed carbohydrates, smoked, preserved foods.
- Substitute bad fats (animal origin) with good fats (vegetarian origin and small cold water fish).
- Substitute animal proteins with vegetable origin proteins (nuts, seeds, beans, lentils).
- If you use processed products use “Nutrition Information” on the packaging to choose products with low sodium content.
- Use low or no fat dairy products such as milk or yogurt or switch to nut or seed milk that are full of vegetable based proteins, healthy mono and polyunsaturated fats and loaded with minerals and vitamins.

### Rule 4. Have healthy snacks

Snacks are where people usually go wrong. Have healthy snacks in between main meals: fruit, nuts, seeds, yogurt, smoothies, veggie sticks with healthy dips. Have 2-4 medium sized fruit per

day.

### **Rule 5. Exercise regularly**

Exercise at least 30 minutes every day. If it is not a sport, at least go for a fast walk. It will also help you to lose some of the stress that you have been carrying with you the whole day. Find a sport or activity that you enjoy and find an activity partner to keep each other motivated. Check out an [inspirational videos page of my website](#) - it contains some amazing videos that may motivate you to get off the couch and do get active.

Please subscribe to my [website](#) to receive a notification as soon as my Weight Loss and Forming Healthy Eating Habits Manual becomes available.



# General blending and smoothie tips

## Low end blenders

Low end blenders do not pulverize fiber as well as those more powerful ones, so it is necessary to add some extra water/liquid. Otherwise, the smoothie will be too thick or leave chunks of unblended ingredients. My advice is to invest in a good quality blender that will last you for years and most probably will become the most used piece of equipment in your kitchen.

Please [click here](#) to see the best and most powerful blenders available on the market.

## Liquids to use in smoothies

Water - if the ingredients you have used in the smoothie do not provide with enough moisture, the best thing to add is water as it does not add any extra concentrated sugar or flavor. The drawback is that some smoothies may lose some of the flavor and intensity.

Ice – if you desire a colder or thicker drink, add ice instead of water.

Milk substitutes – nut, seed milks, soy or rice milk are a great addition to the smoothies as they are very nutritious and don't contain animal proteins or fats.

Coconut water – it is a delicious addition but there is a need to experiment a little as not all the smoothies will benefit in terms of the flavor combination. Use with other tropical fruit.

Fruit juices – if you have to use fruit juice, freshly squeezed are the best as the enzymes are still active in comparison to the industrial pasteurized ones. Beware of the sugar contents - even though they are made of freshly squeezed fruit they add natural sugar without fiber to the smoothie.

## Order of ingredients

For best results when blending, place ingredients to the jar in this order: liquid, seeds, powders, frozen fruit, fresh fruit, green leaves and ice.

## Ratio of fiber to carbohydrates

To avoid spikes in blood sugar levels (especially in the case of diabetes) keep the ratio of fiber to carbs above 10%. The ideal ratio is 20% and higher. Therefore, gradually add more and more

fibrous foods to your smoothies or foods. The best additions to increase fiber are flax seeds, chia seeds, almonds and greens. If you suffer from constipation you can also use Psyllium husk which is one of the best remedies for constipation. Note, however, that you need to drink plenty of water if you have a high fiber diet or take supplements such as Psyllium husk. Take between 2-2.5 liters of non-sweetened fluids per day sipping them slowly throughout the day. Water is the best fluid for re-hydration.

Here is an example: a smoothie that contains 15g of carbs should have a fiber content of about 3g.

## **Smoothies make you bloated?**

The most likely reason for this is that you are not accustomed to having so much fiber at a time. If your usual meals are meat and potatoes (potatoes are starchy vegetables so we don't consider them as vegetables), white bread, and most take away food, then you may not be accustomed to fiber. In this case you need to take one step at a time. Start from one small glass of smoothie and maybe dilute it with water. Gradually increase the amount of fiber in the smoothies until you can drink 1/2-3/4 liter per day of the recipes provided. The process of customization may take a few months, but be patient! What we are trying to do here is to improve your eating habits.

Another reason for the bloating may be that you might be allergic or sensitive to one of the ingredients. The best way to fix this is to find a good health practitioner such as a nutritionist. Use his or her help to figure out which ingredient is causing your trouble through method of elimination. This should take a few weeks to determine.

## **Color of smoothies**

Some of my clients ask me if mixing ingredients that result in unappealing gray or brown color is not healthy. The answer is no. The combination of colors is just a visual effect and has nothing to do with taste or how healthy the food is. It is like if you were to blend your entire dinner. I am sure that the colors would be as gray as some of the smoothie mixtures which does not mean that your dinner is unhealthy.

I have put together these recipes basing myself of the taste and nutrition benefits rather than color, even though I am sure vibrant color is more attractive. However, some of the gray and brown smoothies I have included in my recipes can be as tasty as the other more colorful ones.

## **Blending ice**

To make a frosty smoothie, add ice last. Otherwise the blender will turn it to water before the smoothie is ready.

## **Smoothies for vegans**

Out of all the ingredients mentioned in this book only yogurt is of animal origin. Simply substitute with nut or soy yogurt.

## **Base fruit for smoothies**

To create smoothies that are creamy in texture use soft fruits such as bananas, mangos, pawpaw, papayas, durian, avocados or pears.

## **Ratio of certain fruit**

If you don't want to overpower a smoothie with a taste of one strong ingredient such as raspberries use higher proportion of banana, avocado or other smooth fruit. Some people, however, like a stronger taste.

## **Freezing fruit**

Freeze fruit in pieces before blending. Bear in mind that when using frozen fruit the smoothie may not taste as sweet. Using frozen fruit makes smoothies thicker, cooler and refreshing. As an alternative you can blend ice but the taste will be more diluted.

## **Freezing bananas**

When freezing bananas, peel off the skin (it is very hard to peel it once it is frozen as a whole). Don't cut the banana into pieces, just place the whole fruit in tightly sealed container to prevent from browning. Cut in smaller pieces just before blending.

## **Use fresh ingredients**

Use fresh fruit and vegetables. Canned fruits and vegetables do not taste as good and don't have as many nutrients. Seasonal fruit and veggies have the best quality in terms of taste and nutrition.

## **How much should I drink?**

An adult should have about 1-2 servings perhaps as a substitute for an in-between meal snack and/or part of the breakfast.

The smoothie recipes should always rotate so that you don't get the same nutrients and toxins (whether naturally occurring such as oxalates in spinach, high amount of selenium in Brazil nuts

or pesticides that one particular ingredient may be heavily sprayed with). Smoothies re-hydrate your body, contain plenty of fiber, a great range of vitamins and minerals and phytochemicals which all add up to your overall health, balance your sugar cravings, and modulate blood sugar levels and energy levels throughout the day.

Don't think of it as diet, however! It is a lifestyle!

## **Use coconut water and flesh**

The liquid from young coconuts adds sweetness and is rich in potassium and electrolytes. Try to buy whole young coconuts, scoop out the flesh and add it to your smoothie. Coconut's fat contains a high percentage of saturated fat but the fat structure is not the same as the fat of animal origin and has no significant impact on cholesterol increase. Coconut meat thickens the smoothie so it is best to use it with more moist ingredients or add more liquid.

If you don't have young coconuts available and the recipe includes meat, use coconut milk instead.

## **Use avocados**

Avocados have a large amount of potassium, B-complex vitamins, antioxidants, and fiber. Avocados are rich in fat but it is "good" mono-unsaturated and polyunsaturated fat which aids in lowering LDL cholesterol and increasing healthy HDL cholesterol. Avocados thicken the smoothie and keep hunger pangs at bay!

## **Don't use sugar or sweeteners – you don't need it!**

Instead of sugar, use 1 fruit per glass serving. This should provide enough sweetness, but not too much to be overpowering. Some of the recipes in this book contain more than one fruit, but it doesn't mean it is unhealthy! Fruit still contains fiber and remember that it is blended as a whole.

## **Flavor combos –what goes with what in terms of taste**

In general, smoothies should be made from just a few ingredients. Mixing too many things will cause the uniqueness of the flavor to disappear.

Fruits add flavor to smoothies. To enhance your smoothies with flavor add strong flavored fruit such as berries, oranges, pineapple and kiwi. You can also add ingredients such as mint leaves, basil, coriander, vanilla flavor, cinnamon, chili pepper, orange zest, cocoa powder or ginger.

Good taste combinations are:

Hazelnut – cocoa powder

Peach – ginger

Coconut – pineapple

Banana – with any berries

Pear – melon

Apple – blueberries

Veggies such as bell pepper, parsley, kale, broccoli, spinach, celery and cauliflower are strong flavored and should be mixed with more palatable ones such as carrots, apple or tomatoes.

Bitter taste – if your smoothies taste too bitter, for instance from grapefruit or purple lettuce (that I did not include in my recipes for a reason, add natural sweetener such as dates or figs. Grapes and other sweet fruit can also save your smoothie but they will increase the amount of it as well.

## **Green smoothies**

### **Is too much spinach healthy?**

Some green ingredients in the smoothies, as everything else, should be taken in moderation. Nothing in excess is healthy. An example is oxalates in certain foods that can cause kidney stones. High oxalate greens that are usually used in the smoothies are the following: spinach, Swiss chard, beet greens, parsley and celery. Spinach as the most popular green addition used in green smoothies should be rotated with other ingredients such as green leaf lettuce or romaine lettuce which are low on oxalates. The best way to have smoothies is to rotate recipes and ingredients every day.

### **Flavor of green smoothies**

Fruit taste overpowers the greens added to the smoothie. This means that the smoothie looks green but the taste is a combination of ingredients and the greens do not stand out at all. One of my favorite smoothies is a Broccoli-banana-orange-ginger smoothie. I would have never thought that broccoli instead of overpowering the drink becomes a perfect addition to this mixture, giving it a slight hint of spiciness but playing nicely with other ingredients. The best way to increase the greens in the smoothies is to add those that are least flavorsome such as green leaf lettuce or baby spinach, bok choy or romaine lettuce. Kale and broccoli have quite a strong flavor.

### **Getting used to green smoothies**

For those that haven't had green smoothies before, start by adding small amounts of baby spinach or cos lettuce to your fruity smoothie. Increase gradually until you reach about 40% of greens to total ingredients ratio. Interchange between baby spinach and other greens such as kale, dandelion

greens, green leafy lettuce, romaine lettuce, broccoli, chard, parsley, bok choy and other greens. If you want to go hard-core you can continue increasing the ratio. It depends on your taste.

## **Add acidophilus powder**

Place some acidophilus powder in your smoothie. It is a probiotic that aids your digestion system by re-building good bacteria that aids absorption of nutrients and improve general gut health.

## **Calories/ weight loss and weight control**

You can manipulate the amount of calories by adding water or removing some of the more energy dense ingredients to decrease the energy per serving. This is especially important in case if you want to lose weight.

To increase the energy level of the smoothie you can add calorie rich ingredients – usually fat (avocados, nuts, nut milk, seeds), sweet (bananas, durian, dates) or protein (protein powder, seeds, nuts).

Let's compare the smoothies to 2 healthy snacks, 1 common junk food snack and 1 common breakfast meal - 4 meals which most of us are familiar with.

- A medium size healthy apple has 95 calories.
- 25g of healthy walnuts (a handful) have 170 calories.
- A Mars bar of 54g has 242 calories. There is absolutely nothing beneficial about this snack
- 2 eggs and 1 wholemeal toast which can be considered a healthy breakfast, has about 330 calories.

If you want to lose weight, think first how big and healthy or unhealthy your meals usually are compared to the ones above. Your goal will be to have smoothies with slightly less calories than your usual snacks. Gradually day by day select those smoothies with less and fewer calories, remove high caloric ingredients or simply dilute them with extra water.

Note however that having smoothies is not the cure for overweight. It will definitely bring results but it should be a part of overall weight loss routine that involves exercise and healthy and regular meals.

Please check my [Healthy habits transformation/weight loss program using smoothies](#) section in this book for more information.

## **Smoothies as a substitute of coffee**

How does this work? Coffee gives you an energy kick, but in a bad way as it deregulates your hormone levels (insulin and adrenal hormones). This is unhealthy as you get into the never ending hike and slump of energy levels and to make you sustain the energy you are forced to continue with caffeine or sugary snacks for the rest of the day. Great alternatives are smoothies that are higher in energy. You will not feel alterations in your energy levels during the day after the smoothie as it has a great balance between carbohydrates and fiber. Add ginger which improves your circulation flow and you will be loaded with energy!

On the other hand, from clinical observations of my clients I do realize that coffee is not something that many people will be willing to sacrifice in the name of optimal health. I like coffee myself and realizing the consequences, I still have one from time to time as I simply enjoy it. In moderation and with balanced eating habits coffee is not harmful. You might find one or two recipes with coffee or coffee substitutes amongst my recipes. I used real brewed coffee in my experiments and I must say these were the best coffee drinks I ever had! These recipes include bananas, hazelnuts, dates and some other ingredients that add nutritional goodness as well as great taste combination to this drink.

**In general however, I would advise to use decaffeinated coffee or coffee substitute such as barley coffee.**

## **Use vegetables in smoothies**

Fruits contain usually more sugar than vegetables. The more fruit you use, the more concentrated sugar your smoothies will contain. Mix vegetables and green leafy veggies to reduce the concentration of natural sugars. One great addition is carrots which not only add great taste and nutrients but also change the color of the drink to bright orange!

## **Smoothies are not sweet enough?**

If you are used to drinking sweet cordials, soda, freshly squeezed fruit juices or using sugar or sweeteners for your drinks, start with smoothies that contain a majority of fruit and gradually start adding vegetables and greens. The transition may take a few weeks but you will eventually get used to having natural un-sweetened drinks and will stop enjoying sweetened ones.

## **Wash the ingredients before using**

Wash all the fruit before placing it in the blender even if they are organic. Salmonella and other

nasties don't discriminate between organic and non-organic food.

## Adding super foods

Some well know super foods can be a great addition if you want to boost certain nutrients or energy. Add chia seeds, flax seeds, cocoa powder (unsweetened), maca root powder, Goji berries and Spirulina. Check the nutritional value first to see if this is what you really need. For instance, if you diet is very high in protein, you may not need extra Spirulina.

Chia seeds and flax seeds are a great addition to decrease the glycemic index of the smoothie, add fiber, energy and “good fats”. I suggest soak chia seeds for 15 minutes before adding it to the smoothie. It will improve digestibility. If you haven't got a powerful blender use coffee grinder or blender to turn the flax seeds and chia seeds to a powder, and then add to the smoothie before blending.

## Protein

- **Protein powder**

Here are a few choices of protein powders that I can recommend: pea, rice, hemp and Spirulina. After blending the smoothie, you may add protein powder and press the pulse button 5 times to blend the protein into the smoothie. I do not use whey protein as there has been considerable research suggesting that protein of animal origin may affect a variety of chronic conditions including cancers. Vegetable protein such as pea or brown rice protein is highly absorbable and doesn't cause kidney stones as may be in the case of whey protein. Please note that protein powder will increase the energy intake. If you have Diabetes mellitus, hypoglycemia, kidney disease or any other condition that affects your renal system, consult your doctor for the correct amount of protein powder intake.

- **Nuts and seeds** (also seed sprouts) have an abundance of proteins. There are two easy ways of adding those into the smoothies. The first is to blend them with water which will create a milky substance.

The other options are to make nut butter. This is achieved by blending just nuts until it reaches butter consistency.

1 tablespoon of nut butter = 3g of protein.

1 cup of nut milk = 8g of protein

¼ cup of sunflower or pumpkin seeds = about 10g of protein.



## Drink smoothies when fresh

Even though smoothies seem to remain fresh for about a day or so when stored in the fridge try to consume them immediately after preparing. In this way less oxidation will occur which will result in more nutritional benefit for you. If you don't have time making smoothies often prepare 1/2-3/4 liter of a different smoothie each morning and have 2 large glasses throughout the day.

## Additional ingredients

Add the following ingredients for extra health benefits:

- ground flax (omega 3 oils, fiber)
- chia seeds (omega 3 oils, fiber)
- sesame seeds (calcium, fiber)
- kombucha (gut health)
- green tea (antioxidants)
- Psyllium husk (fiber)

## Use milk substitutes

Use milk substitutes when possible.

For example use almond milk or soy milk. It takes 50 seconds in one of the powerful blenders. Milk can be made of any nuts or mixture of nuts for variety of nutrients. Any cup of nut milk, for example hazelnut milk, contains 25g (handful) of nuts and 250ml of water. See nut milk recipe below. If you have a powerful blender I would suggest that you make your own milk. This way you will get no preservatives, added sugars or sweeteners and experience the pure taste of the ingredients.

If you don't have one, the alternative is to buy a ready made one. Popular choices you have are hemp milk, soy milk, rice milk and oats milk. Many of these are fortified with extra nutrients such as calcium or vitamin D or vitamin E.

Beware of soy if you experience allergic reactions. Rice and oats milk are more natural in flavor so use those if you want to avoid nutty flavor of your smoothie.

## Alternative milk recipe

Almonds are used as an example but any nuts and seeds can be used (or mixture for better nutritional variety).

## Almond milk

- For best results soak the nuts overnight.
- Place 100g of almonds in the blender (blanched roasted almonds have great taste).
- Add 1 liter of filtered water and (optional) 2 soaked dates or dried and soaked figs for sweetness.
- Blend in a power blender such as Blendtec on high speed for 40 seconds.  
**NOTE:** Brazil nuts have a high concentration of Selenium. Restrict your Brazil intake daily to 3 nuts only. Prolonged consumption of Brazil nuts in a quantity higher than 3 per day may result in Selenium toxicity.
- Use within 2-3 days.

## Recommended calorie intake from smoothies

The recommended calorie intake depends on a few factors such as your body weight, sex, age, height and level of activity. If you have a very active lifestyle you might have a more caloric smoothie or more of it than if your lifestyle is sedentary. If you are a tall man you might need a larger smoothie than a short woman to satisfy your energy requirements.

## Nutrients lost through oxidation

Some nutrients are lost through the processing of fresh fruit and vegetables. As it is difficult to estimate how much of the nutrients are lost, nutritional information contained in this book is the calculation of the nutrients as raw products.

## Storage of ingredients

All nuts should be always be refrigerated. They contain fats that become rancid quickly if stored at room temperature. All vegetables and fruits should be kept in the fridge for about three days to maintain the freshness.

## Adjusting taste

For more concentrated taste, use fruit ingredients instead of water. For instance, adding a cup of grapes will make the smoothie sweeter and tastier without actually changing its character.

## Green tea brewing

When brewing green tea the temperature of the water should be less than 80 degrees and brewing

time should be less than 3 min otherwise the tea will become bitter. Use twice the amount of the tea to make the taste stronger, rather than brewing longer.

## **Substitute ingredients**

If you do not have any of the ingredients in the recipe available at a time, use a substitute ingredient from the list below. There are differences between tastes and the nutrition value of these ingredients. However, there is no harm in experimenting. Maybe you'll discover a new taste!

For instance if you don't have baby spinach, experiment with other green leaves. Baby spinach may be milder than for instance kale; however kale has stronger taste, and much more nutritional goodness.

Any of these foods can be substituted within its group:

*Milk/Yogurt* : Cow's milk, Hazelnut milk, Cashew nut milk, Soy milk, Almond milk, Mixed nut milk, Oat milk, Hemp milk

*Creamy texture*: Papaya, Pawpaw, Jackfruit, Durian, Mango, Pear, Apples, Peaches, Nectarines, Apricots

*Berries/bush fruit/cherries* : Strawberries, Blueberries, Raspberries, Blackberries, Boysenberries, Blackcurrant, Bilberries, Red Currants, Cherries

*Greens*: Spinach, Rocket, Bok choy, Broccoli, Cabbage, Collard greens, Kale, Watercress, Green leaf lettuce

*Citrus*: Oranges, Grapefruits, Mandarins

## Limited time free download offer

[Click here to download a free MOBI attachment to your book](#) It is a kindle book (over 300 pages) of full page-size photos of recipes and detailed nutritional information for all smoothies presented in this book. It is of MOBI format so you can use it on your kindle device. This download is available for **limited time only** so not to miss out please download it the same day as you purchased this book.

# Recipes and measurement units

For information on health benefits of the ingredients used in this book or to see what are health benefits of nutrients [visit my website](#).

## Measurements

I am adding this section to the book since everyone has different modes of measuring ingredients and different sources provide different measurements. The measurements below are the most commonly used worldwide. The easiest would be to use grams. However, not everybody has scale at home and the most common measurement technique seems to be using cups. Note, for example, that 1 cup of spinach is not equal to 1 cup of kale.

All recipes use medium size fruit or veggies where applicable unless specified otherwise. Those fruit and veggies that cannot be considered as medium sized, are provided in cups.

Liquids (1 cup = 250ml)

1 ounce = 28g

## ALPHABETICALLY FOR EASY SEARCH

Almonds (1 ounce - 28g)

Apple (medium - 182g)

Apricot (medium - 50g)

Arugula - rocket (30g - 1 cup)

Avocado (small - 100g)

Banana (medium - 118g)

Basil leaves (5 leaves - 5g)

Beet root (medium - 100g)

Bell pepper red (small - 74g)

Blackbeans cooked (100g - 1/2 cup)

Blackberries (144g - 1 cup)

Blackcurrants (112g - 1 cup)

Blueberries (148g - 1 cup)

Bok choy (70g - 1 cup)

Boysenberries (132g - 1 cup)

Brazil nuts (6 kernels - 1 ounce - 28g)

Broccoli florets (70g - 1 cup)

Cabbage red (100g - 1 cup)

Cantaloupe (170g - 1 cup)  
Carrot (medium - 61g)  
Cashew nuts (1 ounce - 28g)  
Cauliflower (100g - 1 cup)  
Celery (100g - 1 cup chopped)  
Chai tea (1 cup)  
Chard (35g - 1 cup)  
Chia seeds (1tsp - 5g)  
Cinnamon (1/2 tsp)  
Cocoa powder (tsp - 5g)  
Coconut meat (84g - 3 ounces - 1/2 cup)  
Coconut water (1 cup)  
Coffee - no caffeine - barley or other (1 brewed serving)  
Coriander - cilantro (100g)  
Cos lettuce - romaine lettuce (50g - 1 cup )  
Cranberries (100g - 1 cup)  
Cranberry juice (1 cup)  
Cucumber (100g - 1 cup)  
Dandelion greens (55g - 1 cup)  
Dates pitted (1 date - 28g) alternative - dried and soaked  
Fennel (100g - 1 cup)  
Figs (1 medium - 56g) Alternative - 2 dried soaked in water  
flax seeds (1tsp - 3g)  
Ginger raw (1tsp- thumb size - 11g)  
Grapefruit (1/2 fruit - 123g - 1/2 cup sections)  
Grapes red or green (150g - 1 cup)  
Green tea (1 cup)  
Hazelnuts, hazelnut butter (1 ounce - 28g)  
Honey dew melon (170g - 1 cup)  
Jackfruit (165g - 1 cup)  
Kale (70g - 1 cup)  
Kiwifruit skin on (medium - 76g)  
Lemon (medium - 58g )  
Lemon juice (wedge 5.9g - 1 tsp)  
Lemon zest from 1 lemon  
Lettuce green leaf (35g - 1 cup)  
Lime flesh (1/2 medium - 28g)  
Lime leaves - Kaffir lime leaves (2)

Lime zest (1/2 lime)  
Mango (100g - 1/2 cup sliced)  
Mint leaves (5 leaves - 3g)  
Nutmeg (pinch)  
Oats rolled (1 ounce - 2tbsp - 28g)  
Orange - blood orange (medium - 121g)  
Orange (medium - 121g)  
Orange zest (1 orange)  
Papaya or pawpaw (140g - 1 cup)  
Parsley (60g - 1 cup)  
Passion fruit (1 fruit - 18g flesh)  
Peach (medium - 150g)  
Peanuts (1 ounce - 28g)  
Pear (medium - 180g)  
Pecans (1 ounce - 28g)  
Pineapple (165g - 1 cup)  
Plum (medium - 66g)  
Pomegranate juice (100ml) or arils (1/2 cup)  
Raspberries (123g - 1 cup)  
Sour cherries pitted (155g - 1 cup) or sour cherry juice (1/2 cup)  
Soy milk (1 cup)  
Spinach baby (30g - 1 cup)  
Strawberries (144g - 1 cup)  
Sweet potato cooked (100g - 1/3 cup mashed)  
Tabasco (dash - 1g)  
Tofu silken (100 - 1/2 cup)  
Tomato (medium - 100g)  
Vanilla extract (1/2 tsp - 2g)  
Walnuts (1 ounce - 28g)  
Water/ice (1 cup)  
Watercress (35g - 1 cup)  
Watermelon (152g - 1 cup)  
Worcestershire (1tbls)  
Yogurt low fat (120g - 1/2 cup)

# 31 Banana Smoothies

How to make delicious easy smoothies for breakfast, snack or dessert...that don't make you fat!



## All about bananas

Bananas are one of the most popular fruits in the world today. Nearly every banana, as well as every species of banana began as a relative of just one or two species of banana.

Bananas are a tropical fruit which belongs to the same family of plants as the orchid. They are quite likely the fruit which has been cultivated the longest in history. Native to Southern and Southeast Asia, they are also native to certain areas of Mexico, where plantains or cooking bananas were cultivated by Native American tribes there. The banana is the largest of the flowering herbs. The plant may grow to as tall as 25 feet in height and can hold more than 20 tiers, or bunches of bananas with each tier holding from 10-50 pieces of fruit.

### The history of the banana - a well-traveled fruit

The history of bananas is fairly unique. The absolute origin of the banana plant has been traced to somewhere near Malaysia. Visitors to the area took bananas back with them to India where they began to be cultivated. The first time bananas are mentioned in history is about the 6th century, where they are mentioned in the Buddhist writings. They are mentioned again by Alexander the Great in his writings as something very delicious, a yellow fruit he saw growing in a very tall palm-like tree.

Next the fruit traveled to China. They were only grown in the very far south parts of China and surprisingly, they were not a favorite. In China, they were considered to be very rare and they were not well-liked, not actually gaining any real popularity until about the 20th century.

Over time, the banana fruit made it all the way to Madagascar, where warriors were actively engaged in slave and ivory trading. They found bananas there too and liking them, made a very good business in the banana trade. Bananas continued westward landing next in the Canary Islands.

### Bananas come to the United States

At a time when travel by ships was still relatively slow and planes were not yet a mode of transportation, getting bananas to a far distant place was, of course, not an easy task. Getting the fruit to market before it was ruined was hard to accomplish.

It wasn't until about 300 years after landing in the Canary Islands, when bananas arrived in the United States. They were shocking to people. Bananas arrived in the United States in 1876, which was the first time they were featured in the US. The first appearance of bananas in the US was in Pennsylvania. They were sold at a fair for ten cents for each banana at a festival that was being

held to commemorate the 100th anniversary of the Declaration of Independence. In fact, they were so rare that they came with instructions on how to eat them.

## **Bananas - present day**

Today bananas are, arguably, the world's most popular fruit. They are used for smoothies, for a garnish, for baked goods and in pies, as well as to make wine, or mixed with orange juice and other products to create nutritious drinks. Bananas are also boiled, roasted, fried, broiled, sliced in pancakes, over cereal and mixed into hot cereals.

## **Interesting and little known facts about bananas**

- A single banana has about the same calorie value as a single potato. It also contains starch and in many cases, particularly in developing countries, bananas are cooked in much the same way, making banana chips, boiled bananas, fried bananas, and mashed bananas.
- In many countries, bananas are a staple, just as the potato is in the United States and part of Europe.
- Today bananas are grown in more than 100 countries around the world. To a lesser extent the banana tree is also grown for the fiber of the tree.
- It may interest you to know that the banana palm is not actually a tree. It is the largest herb in the world and banana leaves actually contain some very healthy nutrients. They themselves are used to wrap foods for roasting, as large platters to carry or hold food, as well as to make clothing from the fiber.

Bananas are not in any real danger of becoming completely extinct; however there are some problems with the plant.

The most common kind of banana, the Cavendish, which is very popular in the Americas as well as in Europe, is considered to be in trouble. It could become unable to be cultivated on a large scale in as little as ten or twenty years.

One banana, which was discovered in the early part of the 1800s, has already done so. The type of banana which is most favored lacks a great deal in genetic diversity. This is true of nearly every variety of bananas. Because of this, it is very vulnerable to diseased plants and the future of the banana may be in danger. Researchers blame the decline of the plant on what they term "mono genetic cultivation" which is used by the many large scale banana producers.

It is said that if the end result of this high end and forced cultivation continues that the banana as we know it would no longer be able to be produced in such great numbers.

## **Health benefits of bananas**

[\(see references\)](#)

### **Bananas are heart healthy**

Since they are one of the most cost effective and best sources of potassium and have very little sodium, bananas are well known for offering a positive effect on the cardiovascular system. Potassium is essential for heart health and for keeping your blood pressure normal. One medium sized banana can offer you as much as 450-460 mg of potassium. What that means to you is that it can help to protect you against hypertension and atherosclerosis.

In multiple studies bananas and other foods which are high in potassium have been very effective in lowering the blood pressure in humans. In further studies, men who took part in a diet that included increased potassium and magnesium had a significantly lower instance of stroke and heart disease. This study tracked more than 40,000 men for four years or more.

### **Bananas may improve the health of your bones and improve digestion**

Bananas have been proven to be a very rich source of prebiotics. These substances help to nourish the friendly or good bacterium which is present in your colon. They improve the way that your body absorbs nutrients which come from your food and help it to absorb calcium more effectively.

In studies done with babies, more than fifty babies who had chronic diarrhea were fed bananas and rice as their diet. The treatment showed that a fifty percent reduction in the weight of the stool took place, which means that more of the nutrients were being absorbed and less of them were being excreted.

### **Bananas may also help to fight kidney disease and cancer**

Every year there are about 190,000 cases of kidney cancer diagnosed. There are some risk factors involved, including obesity, high blood pressure, and smoking. Some help may be given in preventing this kind of kidney cancer. Research has shown that eating a regular diet of bananas can be helpful in preventing kidney cancer. A total of 61,000 women were studied. Their ages were between 40 and 76 years of age. Women who ate more than 75 servings per month of fruits and vegetables had a more than a 40 percent decreased risk of developing kidney cancer than those who did not. Women who ate a banana four times a week or more cut their risk in half over those who did not.

### **Bananas may be protective in other body systems**

In addition to the body systems noted above, it is conjectured and may be under study that bananas can be helpful in the control of macular degeneration as well as helping to protect the mucosal barrier of the stomach.

## **Cautions and contraindications for bananas as a dietary addition**

There is some evidence to conclude that those who have an allergy to latex may experience a cross allergy to bananas and their use should be monitored carefully.

For those who have problems with their potassium level, the consumption of one or two bananas a day can be a real godsend. However, this is true if your potassium is lower in nature. In many cases, pregnant women, who have a tendency towards low potassium, and may be suffering leg cramps are encouraged to eat bananas by their holistic physicians. (Do check with your doctor first)

For those who have high potassium, and who are limiting their potassium intake, bananas are one of the fruits which you may be asked to forego or to eat in very mild amounts. Your physician or nutritionist will be the best person to ask if you should lower the amount of bananas that you eat in the course of a day or week.

Bananas make a healthy and a very nutritious addition to a breakfast smoothie and can be a good part of any healthy breakfast.

As everything else, eat bananas in moderation.

### **BA01. Jackfruit banana yogurt (3 cups)**

This is a very smooth silky and delicate drink. A good substitute for jackfruit is pawpaw or papaya.

- 1&1/2 cups of jackfruit
- 2 medium bananas
- 1 cup of yogurt
- 1 ounce of almonds



## **BA02. Pina colada with passionfruit (2 cups)**

Passion fruit adds an amazing character to this great combination of coconut and pineapple. If you can't find fresh passionfruit try the canned one.

- 1/2 cup of coconut meat
- 1& 1/2 cups of pineapple
- 2 medium bananas
- 4 passion fruits
- 1/2 lime peeled





### **BA03. Strawberries yogurt banana (2 cups)**

A classic combination. Add ice instead of water to make it more refreshing.

- 1& 1/2 cups of strawberries
- 1/2 cup of yogurt
- 1/2 cup of water
- 1 medium banana
- 1 date



#### **BA04. Watermelon yogurt (3 cups)**

I added some flax seeds to make it more nutritious and add a bit more fiber - I always try to keep fiber to carbs ratio of 10% or more. You can also use chia seeds instead.

- 1&1/2 cups of watermelon
- 1 cup of yogurt
- 2 medium bananas
- 2 tsp of flax seeds



#### **BA05. Peach blueberry banana spinach (4 cups)**

There is only a little bit of spinach in this one so the color is not as green as you would expect. For all those green drink lovers, feel free to add more spinach!

- 2 medium peaches
- 1 cup of blueberries
- 2 medium bananas
- 1 cup of baby spinach
- 1 cup of water



#### **BA06. Red cabbage strawberry banana (2 cups)**

Don't be scared to try red cabbage! Cabbage in combination with strawberries and grapes makes a nice taste combo and has some great healing properties.

- 1 cup of red cabbage
- 1 cup of strawberries
- 1 medium banana
- 1& 1/2 cups of grapes





### **BA07. Broccoli mango banana lime (2 cups)**

Adding broccoli florets will surprise you. I actually makes a nice addition to the smoothie, give it a nice bite instead of overpowering the drink I surprised myself and my family when I experimented with this unlikely ingredient. You can try to increase the sweet fruit the first time you make this if you are still not convinced! You can try to add the lime zest as well if you wish.

- 2 cups of broccoli florets
- 1/2 cup of mango
- 1 medium banana
- 1/2 lime peeled
- 1 cup of water



### **BA08. Pineapple pecan strawberry (3 cups)**

Pecans add a nice nutty flavor in this one. Blend pecans with water first, and then add the other ingredients.

- 3/4 cup of pineapple
- 1 cup of strawberries
- 2 medium bananas
- 1 ounce of pecans
- 1 cup of water



### **BA09. Cranberry banana (2 cups)**

Blend peanuts with water first or add peanut butter. If you don't have fresh cranberries, use frozen or dried soaked in water overnight. And yes, color is a little gray; however this is because of color combination of ingredients. Remember that color does not matter and does not represent the taste or health properties. It is simply a visual effect.

- 1 cup of cranberries
- 2 medium bananas
- 1 ounce of peanuts
- 5 mint leaves
- 1 cup of water



### **BA10. Strawberry mango orange (3 cups)**

Two layered smoothie. It is easier than you think! Blend the yellow part first and pour it to the tall glass. Then blend ingredients for the top part and pour slowly on the teaspoon being held just above the surface of the bottom layer so that it does not break the yellow surface.

- TOP
- 2 cups of strawberries
- 1 medium banana

- BOTTOM
- 1/2 lime peeled
- 1 cup of mango
- 1 orange





### **BA11. Hazelnut coffee banana (2 small coffee cups)**

As a nutritionist I don't really like to use caffeinated ingredients, as I find that they impact your blood sugar levels and you are more likely to experience energy fluctuations throughout the day. So try decaffeinated coffee or coffee substitute such as barley drink. Hazelnut is a great taste addition to coffee.

- 1 ounce of hazelnuts
- 1 medium banana
- 1/2 tsp of cinnamon
- 1 cup of water



### **BA12. Blackbean cherry orange (3 cups)**

Yes! Black beans. And why not? Very nutritious and delicious. If you are not used to eating beans, try small amount first. When I put my clients on high fiber diet I introduce small amounts of beans gradually so that the gut has time to adjust. You can use normal orange if you don't have blood oranges.

- 1/2 cup of blackbeans cooked
- 2 medium bananas
- 2 cups of cherries
- 2 blood oranges



### **BA13. Cucumber banana basil (2 cups)**

This smoothie has a very refreshing combination of cucumber and basil, with banana adding a bit of thickness. You can use ice instead of water.

- 1&1/2 cups of cucumbers
- 2 medium bananas
- 10 basil leaves
- 1 cup of water



**BA14. Pawpaw kiwi banana cashews (3 cups)**

If you use 2 kiwis per serving it may help you with constipation. Pawpaw combination helps even further.

- 2 cups of pawpaw or papaya
- 1 kiwifruit
- 1 medium banana
- 1 ounce of cashews
- 1/2 tsp of cinnamon
- 1 cup of water





**BA15. Blackberry yogurt banana mint (2 cups)**

Use any other berries if you can't find blackberries.

- 1 cup of blackberries
- 1/4 cup of yogurt
- 1 medium banana
- 1/2 cup of water
- 5 mint leaves
- 1/4 tsp of vanilla extract



**BA16. Passionfruit apple banana (3 cups)**

You can use pear instead of apple for variation.

- 2 medium bananas
- 4 passion fruits
- 1 medium apple
- 1 cup of water



**BA17. Cocoa hazelnut banana (2 cups)**

This is a great flavor combination. Kids will love this! Blend hazelnuts with water first or make hazelnut butter (my favorite nut butter), then add other ingredients. Don't add any greens or you will spoil a nice balance.

- 2 ounce of hazelnuts
- 2 medium bananas
- 1 tsp of cocoa powder
- 1 cup of water



**BA18. Mango banana kiwi pineapple (3 cups)**

- 3/4 cup of pineapple
- 1 ounce of almonds
- 2 medium bananas
- 1 cup of mango
- 1 cup of water
- 1 kiwifruit





### **BA19. Mango banana carrot orange (3 cups)**

Nutmeg is optional here. It gives a specific flavor here which fits perfectly with other ingredients but not everyone likes this spice. Carrot is a great addition in this smoothie.

- 2 medium bananas
- 1 medium carrot
- 1 cup of mango
- 1/2 tsp of cinnamon
- Pinch of nutmeg
- 1 cup of water
- 1 orange



## **BA20. Pomegranate banana plum avocado (4 cups)**

You can use pomegranate juice (100% juice) if you fresh fruit is not available, but you need to experiment with quantity. Avocado makes it very creamy, like a pudding.

- 1/2 cup of pomegranate
- 1 small avocado
- 1 banana
- 2 plums
- 1 cup of water
- 1/4 tsp of vanilla extract



### **BA21. Cherry tofu bananas orange zest (3 cups)**

If you don't have tofu, use soy milk. Blend orange zest as well. Photo shows shredded zest as a decoration but adding it to the smoothie give is a nice character. Color of the smoothie is grayish nevertheless it is delicious!

- 2 cups of cherries
- 1 cup of silken tofu
- 2 medium bananas
- 1/2 orange zest



## **BA22. Fig banana yogurt (2 cups)**

Very simple but a great taste combo! It is sweet so if you ever feel like some cookie or chocolate have this instead. At least you will get some nutrients and fiber. If you don't have fresh figs, use dried figs after soaking them in water for a few hours or overnight.

- 2 bananas
- 2 large figs
- 1 cup of yogurt





### **BA23. Orange banana lime (3 cups)**

Very refreshing vitamin C packed drink. You must add lime zest!

- 2 oranges
- 1& 1/2 medium bananas
- 1/2 lime peeled
- 1 lime zest
- 1 cup of water



### **BA24. Cherry plum yogurt banana (3 cups)**

If you don't have sour cherries or cherries, try to find cherry juice. These days it should be easy to find some 100% sour cherry juice. I find sour cherries the best for this recipe.

- 2 cups of cherries
- 4 dark plums
- 1/2 cup of yogurt
- 2 bananas



### **BA25. Breakfast oats special (3 cups)**

This is a very nutritious drink/meal that will last you a few hours.

- 1 orange
- 1 kiwifruit
- 1 orange zest
- 1 cup of yogurt
- 1 medium banana
- 1/2 cup of water
- 1 ounce of pecans
- 1 tsp of cocoa powder
- 1 cup of strawberries
- 1 ounce of rolled oats



## **BA26. Broccoli orange soy banana ginger (2 cups)**

This is one of my favorites. Broccoli, orange, ginger combo is surprisingly delicious. Broccoli unexpectedly adds a great flavor instead of overpowering the other ingredients and ginger complements it perfectly. Orange balances the spicy combo.

- 1 orange with zest
- 1 cup of soy milk
- 1 cup of broccoli florets
- 1 tsp of ginger
- 1 banana





### **BA27. Chai banana yogurt soy (3 cups)**

I love chai tea so I came up with this smoothie variation.

- 1 cup of chai tea
- 1 medium banana
- 1/2 cup of yogurt
- 1/2 cup of soy milk
- 1/2 cup of water



**BA28. Cauliflower raspberry banana orange (3 cups)**

Yes, cauliflower, and I bet you will not even taste it. It adds a great amount of nutrients to the smoothie and provides with the variety to your daily eating habits.

- 2 cups of cauliflower
- 1 cup of raspberries
- 2 medium bananas
- 1 ounce of almonds
- 1 orange
- 1 cup of water



### **BA29. Orange avocado yogurt banana (3 cups)**

This is quite thick due to avocado and banana so you can add more water here.

- 1 orange
- 1 small avocado
- 1/2 cup of yogurt
- 1 medium banana
- 4 dates
- 1/2 lime peeled
- 1 ounce of almonds
- 1 cup of water



**BA30. Honeydew peach banana (2 cups)**

Great flavor combo. You can add an extra peach here.

- 1 cup of honeydew melon
- 1 medium peach
- 1 medium banana
- 1 cup of water





**BA31. Cherry banana avocado (2 cups)**

If you can't find cherries use cherry juice (100% pressed cherries) or some berries. Blueberries are a great substitute.

- 1 cup of cherries
- 2 medium bananas
- 1/2 small avocado
- 1 cup of water



# 31 Yogurt Smoothies

How to make refreshing healthy yogurt smoothies (non-dairy substitute options). Make your gut happy!

## The health benefits of yogurt

[\(see references\)](#)

Yogurt is a fast and easy snack to eat when you're in the mood for something cool and creamy. It also holds the distinction of being one of the healthier "grab it and go" foods that you can eat. Yogurt can be also made of non-dairy products such as rice, soy, almond and coconut. Please find recipes below.

Studies undertaken by the Journal of Clinical Nutrition, show that yogurt, sour cream, cheese and butter may actually lower your risk of colorectal cancer. The linoleic acid which they contain is thought to be the reason and this substance may also be protective of cardio vascular system. The large scale nutritional study showed that women who were between forty and seventy-five could cut their risk of colorectal cancer by as much as forty percent if they ate more than four servings of a higher fat dairy food each day.

### **Yogurt can lower your risk of some types of cancer.**

Studies undertaken by the Journal of Clinical Nutrition show that yogurt, sour cream, cheese and butter may actually lower your risk of colorectal cancer. The linoleic acid which they contain is thought to be the reason and this substance may also be protective of cardio vascular system. The large scale nutritional study showed that women who were between forty and seventy-five could cut their risk of colorectal cancer by as much as forty percent if they ate more than four servings of a higher fat dairy food each day.

### **Yogurt may lower your risk of ulcers.**

The bacteria that is largely responsible for ulcers can actually be shut off in its effectiveness by the consumption of yogurt. The regular consumption of yogurt may be helpful for every part of the digestive tract.

### **Yogurt may help to prevent arthritis.**

Yogurt shows that it can be helpful when the body becomes inflamed and in experiments, yogurt consumption showed that it had the highest and best effect in lowering the incidence of arthritis.

### **Yogurt helps the body to build bone.**

Not just the calcium, but other things make yogurt very healthy for the building of bones. Yogurt offers lactoferrin, which according to research is an iron binder that helps to boost the activity of the osteoblast cells that form your bones.

**Yogurt can help to alleviate candida infections** and is often promoted by physicians for those

who are taking antibiotics, in order to prevent a yeast infection. Yogurt should be used in moderation as a healthy part of your diet. It is a substance which can be used to create a smoothie and become a healthy ingredient, but may also be used to create a great salad dressing and in many other recipes in order to impart the benefits of the yogurt. Yogurt appears to be relatively stable, not losing a great deal of the health-giving components whether it is eaten chilled, warm, or frozen.

#### **Nutritional information of cow's milkyogurt.**

Energy 257 kJ (61 kcal) Carbohydrates 4.7 g

- Sugars 4.7 g (\*)

Fat 3.3 g

- saturated 2.1 g

- mono-unsaturated 0.9 g

Protein 3.5 g

Vitamin A equiv. 27 µg (3%)

Riboflavin (Vitamin B2) 0.14 mg (12%)

Calcium 121 mg (12%)

(\*) Lactose content diminishes during storage.

Percentages are relative to US recommendations for adults.

Source: USDA Nutrient Database

Yogurt has many health benefits, many of which have already been presented. As you know, yogurt has a great many nutrients and is also a good source of some of the other things we've discussed such as probiotics. It's a very healthy way to get protein, magnesium, and to get those active bacteria that help your body in its digestive processes.

In some cases, if there is intolerance to dairy products, people aren't able to eat standard, traditional yogurt. You can make a non-dairy yogurt substitute. Some of the nutrients that you're accustomed to having in yogurt won't be present, of course, but some actually will and you'll get that smooth, creamy taste.

## Yogurt substitutes

For those who are unable to eat yogurt there are a few good substitutes which may be able to be used. Please note, however, that alternative milk cannot be re-cultured so you will have to use a new batch each time. Please note that adding 2 teaspoons of sugar per cup of nut or soy milk will help with the fermentation process.

To thicken the yogurt, add arrowroot or cornstarch thickeners.

My suggestion is to use these alternative yogurts:

- Coconut yogurt.
- Rice milkyogurt.
- Whole soy yogurt.
- Almond yogurt

To make rice milk, cook  $\frac{1}{2}$  cup of rice with 4 cups of water for about an hour to make it very soft. Then cool and strain through a cloth bag to extract the liquid. This liquid is your milk substitute.

To make soy milk, soak  $\frac{1}{2}$  cup of soy beans overnight with a little salt, changing the water couple of times. Rinse and blend with water just covering them until the beans are finely ground. Place in the pot with one quart of water and cook on medium heat for 20 minutes. Cool and strain through a cloth bag to separate the liquid (soy milk) from the fiber.

To make nut milk, soak a cup of nuts overnight. Remove the soaking water and blend the nuts with a quart of filtered water, then strain with the cloth to obtain nut milk. The more nuts you use, the more fatty the milk will become as nuts contain a large amount of fat.

# Making your own yogurt from cow's milk or milk substitutes

## Why Make Your Own Yogurt?

The answers are as many as there are people who make it, but very simply, because it has no additives, no preservatives, no sugar, no added chemicals and it can cost less.

It also has no waste, no packaging costs, and it tastes a lot better than the processed yogurt that you're used to eating. In fact, once you make your own yogurt, you're probably never going to go back to buying it again. The taste difference is like night and day.

## What Equipment Do I Need?

One of the great parts about making your own yogurt is that it doesn't require special machinery or expensive equipment to be able to make it yourself. In fact, the only thing you're going to need that you may not have is a thermometer to help you to judge the temperatures.

You're going to find a very large number of yogurt makers and machines out there to make your own yogurt. They are pretty, they are impressive, and they are expensive. Fortunately, they are also not necessary in order to create your own yogurt at home. You've already got all of the things that you need in your kitchen, if you're a normal cook, in order to make yogurt without adding the extras like costly machines.

The ingredients that you're going to need to create your own yogurt include:

- A gallon of milk
- 6 tablespoons of plain yogurt or yogurt starter

Equipment:

- 1 heating pad
- 1 thermometer with a clip on it.
- 1 long handled plastic spoon
- 1 large soup or stockpot
- 1 smaller pot with a lid

There are two main tips to keep in mind. The amount of milk that you use is going to be the approximate amount of yogurt that you get. If you'd prefer not to get the gallon of yogurt or you feel it won't be used, then halve the recipe and just use one half gallon of milk or even just a quart to lower the amount that you get back out of your batch.



The first time you make yogurt you're going to need cultures. Those will come from plain yogurt that you get from the store, or you can alternatively get yogurt cultures. These are freeze dried yogurt starters that you can get from many health food stores or even from some supermarkets that sell them.

Try to select two pots that go to the same set. The reason for this is that you're going to fit one into another one, much like a double boiler so that you can make a water bath of sorts. It's not something that any site we've found says is imperative but it is usually the recommended method of cooking.

The thermometer needs to have a side clip so that you can attach it to the rim of the pots to keep a close check on the temperature of your yogurt.

- Put the smaller pot inside the larger pot. Fill the big pot with water so that it rises to about half way up to the top of the small pot that is sitting inside.
- Allow your milk to come to room temperature. While you are doing that, boil the spoon and the thermometer to make them sterile.
- Add the milk into the smaller pot.
- Clip the thermometer on.
- Make sure that the water isn't making the pot float and keep the water outside the smaller pot and the milk inside the smaller pot just about even.

### **To Create the Yogurt**

- Heat the milk until the thermometer says 185 degrees. Your milk will be starting to get frothy like it does in the aerator of your cappuccino machine.
- Stir the milk occasionally and fill your sink with about 3 inches of ice cold water. Add ice cubes if it is not cold enough. Put the pot of milk into the icy water, being careful not to allow any water to get into the pot. Stir it until it comes down to about 110 degrees.
- Add the yogurt to the pot of milk which is at 110 degrees. Stir everything well, cover it and keep it evenly warm. This is why you've got the heating pad or the warmer. You want to put the heating pad on medium heat and then put the pot of milk on the top of the heating pad. Cover the yogurt to keep out unwanted things such as dust, but use a tea towel or cheese cloth so that it is not air tight.
- Let your yogurt stand for 8 hours. It can stand longer but the longer it stays, the thicker it will get and the more tangy or sour it will become. Take the pot off of the

heating pad and check with your spoon that the yogurt has begun to curdle. Stir it very rigorously to ensure that you mix the small curds you are going to find with the remainder of the milk. You'll see that you have a thick, rich yogurt in about 8 hours.

- Remove the yogurt from the pot and pour it into covered containers. Chill it overnight in the coldest part of the refrigerator, typically the top shelf. When you remove it in the morning, it's going to be quite thick and quite rich.

Bear in mind that your home made yogurt has no sugar in any form and will be very tangy. If you'd like you can add fruit, frozen berries, fresh berries, granola, and nearly anything that you like. You may also use plain yogurt as a wonderful substitute for sour cream for use on potatoes or other items. Bear in mind that you are going to need another portion of yogurt, either one tablespoon for a quart, 3 tablespoons for a half gallon, or 6 tablespoons for a gallon in order to make the next batch of yogurt.

#### **YO01. Strawberry kiwi banana apple (4 cups)**

- 1 cup of strawberries
- 1 cup of yogurt
- 1 medium apple
- 1 medium banana
- 2 kiwifruits
- 1/2 cup of water
- 1 date



## **YO02. Peach grape almond milk(2 cups)**

Blend almonds first in a little water and grapes then add other ingredients. To intensify the flavor add another peach.

- 1 cup of yogurt
- 3/4 cup of grapes
- 1 ounce of almonds
- 5 mint leaves
- 1 peach



### **YO03. Honeydew pear mint (1 cup)**

Very refreshing drink. You can also use half of lemon or lime flesh instead of juice to make it more sour.

- 1/2 cup of yogurt
- 1/2 cup of honeydew melon
- 1 tsp of lemon juice
- 10 mint leaves
- 1 pear





#### **YO04. Blueberry walnut Brazil nut (2 cups)**

This nutty berry smoothie is delicious. Brazil nuts is a great source of selenium, walnuts of omega 3.

- 1 cup of blueberries
- 1/2 cup of yogurt
- 3/4 cup of grapes
- 1 ounce of Brazil nuts
- 2 ounces of walnuts
- 1/2 cup of water



### YO05. Peach banana (3 cups)

- 1/2 cup of water
- 1 cup of yogurt
- 2 medium bananas
- 2 peaches



### **YO06. Energy boost breakfast (3 cups)**

- 1 cup of blueberries
- 1/4 cup of yogurt
- 2 ounces of peanuts
- 1/2 cup of soy milk
- 1/4 cup of silken tofu
- 1/2 medium apple
- 1 medium banana
- 1 kiwifruit
- 1 orange
- 2 tsp of flaxseeds



### **YO07. Banana soy walnut vanilla (2 cups)**

If possible use the vanilla seeds or paste, it has more natural flavor. You can also substitute tofu for soy milk

- 1 cup of yogurt
- 1 cup of soy milk
- 1 medium banana
- 1 ounce of walnuts
- 1/2 tsp of vanilla extract



### **YO08. Papaya jackfruit passion fruit (3 cups)**

If jackfruit is not available use more pawpaw or add peach.

- 1 cup of yogurt
- 1 cup of jackfruit
- 2 cups of pawpaw or papaya
- 2 passion fruits





### **YO09. Blackberry raspberry almond (3 cups)**

Blend almonds with water first than add other ingredients.

- 1& 1/2 cups of blackberries
- 1 cup of raspberries
- 1 cup of yogurt
- 1 ounce of almonds
- 1/2 cup of water



### **YO10. Orange carrot (1 cup)**

Do not modify this recipe! It is perfect as it is.

- 1/2 cup of yogurt
- 1 medium carrot
- 1 orange
- 1 orange zest



### **YO11. Jackfruit peanut almond (2 cups)**

Blend peanuts with almonds first to obtain nut butter. Make a bigger batch, it will be easier to blend. You can use the rest for spreads or for future smoothies. Keep the remainder in the fridge.

- 1 cup of yogurt
- 1& 1/2 cups of jackfruit
- 2 ounces of peanuts
- 1 ounce of almonds



## **YO12. Pomegranate soy banana cashew (2 cups)**

Use pomegranate juice if pomegranates are not in season. You can add some flaxseeds to increase fiber to carbohydrate ratio.

- 1/2 cup of pomegranate
- 1 cup of yogurt
- 1/2 cup of soy milk
- 1 medium banana
- 2 ounces of cashew nuts





### **YO13. Apricot mango tofu orange zest (2 cups)**

- 1/2 cup of silken tofu
- 1 cup of yogurt
- 1/2 cup of mango
- 1 ounce of almonds
- 1/2 orange zest
- 3 medium apricots



#### YO14. Apricot pineapple kiwi (2 cups)

- 3/4 cup of pineapple
- 2 medium apricots
- 1 cup of yogurt
- 2 kiwifruits
- 2 tsp of flaxseeds



### **YO15. Mango passionfruit carrot (2 cups)**

One of my favorite smoothies. You can add more passion fruits if you desire.

- 1 cup of mango
- 4 passion fruits
- 1 medium carrot
- 1/2 cup of yogurt
- 1/2 cup of water



**YO16. Blackberries tofu banana (3 cups)**

- 1 cup of blackberries
- 1/2 cup of silken tofu
- 1 cup of yogurt
- 1 medium banana
- 1/2 cup of water



### **YO17. Strawberry citrus (2 cups)**

- 1 orange
- 1 orange zest
- 1/2 lime peeled
- 1/2 medium banana
- 1 cup of strawberries
- 1 cup of yogurt
- 1 fig





## YO18. Lemon fig (1&1/2 cups)

- 1 cup of yogurt
- 1 lemon peeled
- 1/2 lemon zest
- 2 figs



## YO19. Passionfruit pear avocado (2 cups)

- 1/2 cup of yogurt
- 2 passion fruits
- 1/2 small avocado
- 1 cup of water
- 1 pear



## **YO20. Carrot soy lemon apple (3 cups)**

- 3 medium carrots
- 1/2 cup of yogurt
- 1 cup of soy milk
- 1 medium apple
- 1 lemon peeled
- 1/2 lemon zest
- 1 fig



## YO21. Mango orange banana (2 cups)

- 1 cup of yogurt
- 1 medium banana
- 1 cup of mango
- 1 orange
- 1 orange zest



## YO22. Mango pineapple avocado (3 cups)

- 1/2 cup of yogurt
- 1 cup of mango
- 3/4 cup of pineapple
- 1 small avocado
- 1 cup of water



### YO23. Strawberry raspberry pineapple (2 cups)

- 1 & 1/2 cups of strawberries
- 1 cup of raspberries
- 3/4 cup of pineapple
- 1/2 cup of yogurt
- 1 date





#### **YO24. Fig soy avocado (3 cups)**

- 1/2 cup of yogurt
- 1 cup of soy milk
- 1/2 small avocado
- 1 ounce of cashew nuts
- 1/2 tsp of vanilla extract
- 1 cup of water
- 2 figs



### **YO25. Strawberry cocoa banana (2 cups)**

This one is for chocolate lovers. 2 bananas are sufficient to sweeten the bitter cocoa powder.

- 1/2 cup of yogurt
- 2 medium bananas
- 1 cup of strawberries
- 2 tsp of cocoa powder



### **YO26. Green tea kiwi spinach (2 cups)**

Brew tea a little longer than usual to achieve strong flavor. You may dilute the smoothie with more water if you find it too thick.

- 1/4 cup of strong green tea
- 2 cups of baby spinach
- 1/2 cup of yogurt
- 3 kiwifruits



## YO27. Apricot pawpaw orange lime (2 cups)

- 2 cups of pawpaw or papaya
- 1/4 cup of yogurt
- 2 medium apricots
- 1/2 lime peeled
- 1/2 orange



**YO28. Blueberry plum grapes lime (3 cups)**

- 1 cup of blueberries
- 1 cup of yogurt
- 1& 1/2 cups of grapes
- 1/2 lime peeled
- 1 ounce of almonds
- 3 plums





### **YO29. Kiwifruit peanut pear (2 cups)**

Make peanut butter first or blend peanuts with water first.

- 1 cup of yogurt
- 1/2 cup of water
- 1 ounce of peanuts
- 1 kiwifruit
- 1 pear



### **YO30. Passionfruit apple fig avocado (3 cups)**

- 1 cup of yogurt
- 3 passion fruits
- 1/2 small avocado
- 1 ounce of cashew nuts
- 1 cup of water
- 1 medium apple
- 2 figs



### YO31. Cherry lime banana (3 cups)

- 1 cup of yogurt
- 1 medium banana
- 2 cups of cherries
- 1 lime zest
- 1 date



# 31 Berry Smoothies

Discover the most delicious antioxidant loaded berry smoothie recipes

## All about berries - the good, the bad, and the interesting

[\(see references\)](#)

Berries are traditionally small fruit that offer a big blast of taste all summer long. The problem is that these little gems just don't last long. The growing season is a few months at best and they simply don't keep well in the refrigerator.

According to researchers and the head of the Cancer Prevention Unit at Ohio State University, people should be eating five servings of fruits and vegetables a day and at least one serving should be berries. "Everyone should be eating five or more servings of fruits and vegetables every day, and one of those helpings should be berries," This is according to Dr. Gary Stoner, who is the Director of the Chemo-Prevention Program from Ohio State University. "When you put all of the new research together, you realize that berries are one of the most protective foods around."

What all the research about berries is telling us lately is that they are amazing little fruits that can save us from many health issues, not the least of which is diabetes. Keeping your insulin level lower, means increasing the consumption of the foods that modulate insulin releases. One of those foods, of course, is the lowly berry.

Berries are very small, but the health benefits can be amazing. In most berries, particularly in the skins, you'll find a vast number of phytonutrients. In nearly every berry you'll see Vitamin C, some very powerful antioxidants, and also potassium.

The down side is that they are not always in season, but frozen berries, in many cases, can be just as healthy and the nutrients are harder than originally thought. Even in frozen berries, many of the nutrients and phytonutrients are not lost. Frozen berries can be made to look, feel, and taste very much like the real fresh berry if they are handled correctly when it comes time to thaw them. Layering a single layer of berries onto a paper towel and putting them into the microwave for approximately thirty seconds on defrost will give you back almost the original berry look and feel. Not many nutrients are lost and you're getting a great taste as well.

Berries can be used in smoothies and are particularly great for use in breakfast or snack smoothies. They can also be used in baked desserts without losing all that the berry has to offer you. Berries add sweet taste that you crave for dessert without a lot of calories or extra fat.

### Types of Berries

AÇAÍ - these are a small berry which is harvested from a palm tree. They are, according to the experts, rich and nutritious and have a vast array of phytonutrients that can be very beneficial. They are usually eaten in smoothies or in juice. You should take care that you're getting the



nutrients that you want. In some juices, the method of creating the juice can render the berries lower in quality and value.

**BLACKBERRIES** – with a strong flavor and a larger size, blackberries are traditionally used for deserts but have been found to be very beneficial. Blackberries which are organic or wild blackberries tend to be slightly more beneficial and are not found to be pesticide laced.

**BLUEBERRIES** - whether wild or farmed are a wonderful and very health guarding part of a smoothie or even of a baked desert or breakfast. They can be added to cereal or simply eaten raw as a dessert item that is healthful as well as delicious.

**BOYSENBERRIES** – while they have a very short growing season and look a lot like a blackberry, the boysenberry is very dark, very rich tasting and possessed of different nutrients than the blackberry.

**CRANBERRIES** – the Native American population of the Americas used cranberries very extensively in desserts, in flatbreads and even to dry them to carry in pemmican.

**CURRANT BERRIES OR CURRANTS** – very small berries which grow on bushes resembling the blackberry bush, but lacking in the pricklers that can jag currants, are very nutritious and offer a high level of vitamin C. Ranging in color from pale pink to deep ruby red to nearly black, currants are used in smoothies, in jam, in jellies, in sauces and in relishes.

**LINGONBERRY** – a cousin of the cranberry, the lingonberry is very tart and very high in phytonutrients.

**LOGANBERRY** – another hybrid of raspberries and blackberries, these are very large, very sweet, and very delicious. They are equally as nutritionally sound as the raspberry or blackberry.

**RASPBERRIES** – very sweet and high in vitamin C, potassium, as well as in phytonutrients, raspberries have been found, as have most berries, to have some very powerful anti-cancer properties.

The up side of all of these berries is that they can help to prevent many different types of cancer. As with anything else, there is a down side.

To the person who has a high potassium level, you'll want to watch how many berries you eat and also to speak to your physician about it.

Berries can be costly. You'll pay more for these than for many other types of fruit, even when they are in season. While they are well worth the little extra outlay, you can save a little by

preserving your own. Buying them in season and carefully layering into freezer bags or paper in thin layers will help you to be able to save money and to enjoy these little beauties all year round.

Smoothies made from berries are a wonderful way to start the day. Foods which are lower in the glycemic food index will help your body to avoid those blood sugar spikes and the corresponding insulin spike. These are foods which are very helpful to eat for breakfast or for snacks as they offer a sustained glucose release and can help you to think better, to feel better while at the same time offering you that boost of antioxidants and other phytonutrients that keep your body humming along at peak efficiency.

Two most popular berries are blueberries and strawberries which need a little more introduction.

## **Special note on Blueberries**

Blueberries are one of the very few fruits and berries which are native to the United States and North America. Growing wild as well as cultivated in the U.S., they have been in use by Native American tribes as a sweetener for hundreds of years. Some types of blueberries are only native to North America, but have also been introduced to other areas around the world. Today, blueberries are cultivated and available around the globe, from the Mediterranean areas all the way to Asia. Blueberries are one of the most popular fruits. They are the second most purchased fruit, closely following strawberries.

### **Blueberries contain antioxidants.**

Blueberries are not only delicious, but rank as one of the healthiest fruits. They have one of the highest levels of antioxidants, even when compared to other categories of foods, including spices, herbs, and vegetables. They help to optimize your health by fighting the free radicals that damage cells.

### **Blueberries can help to prevent strokes.**

A diet which is rich in blueberries can help your body to fend off heart disease and stroke. Diets which contained at least 2 cups of blueberries a week have been shown to help to lower blood pressure. In studies, blueberry extract was used which actually lowered the blood pressure in research animals which were suffering from high blood pressure and were prone to strokes.

### **Blueberries can help to improve brain function.**

In some very exciting studies, blueberries are also being proven to be very useful in impaired older adults. In those adults, age 75 and older who consumed two cups of blueberries a day, some notable improvement in cognitive function existed.

### **Blueberries can help to regulate blood sugar.**

In those adults with type 2 diabetes, keeping their blood sugar and A1C levels regulated is sometimes difficult. It is harder for them to keep their blood sugar from high peaks and low valleys. The 3 studies showed that those with type 2 diabetes could benefit from the use of blueberries in their diet as they help to regulate the levels of blood glucose. The blueberries were also helpful to those who had insulin resistance problems.

### **Blueberries may protect against some types of cancer.**

Most studies which are related to the anti-cancer benefits of blueberries have been done on laboratory animals or using human cells in a laboratory venue, but they are very positive in their outcomes. Blueberries are now being studied more closely to determine whether or not they may be helpful in real world, human based studies. Blueberries are being reviewed to determine

whether or not they are – as they are showing to be in vitro studies – helpful in the prevention of colon cancer, small intestine cancer, esophageal cancer, and breast cancer. The results so far look very hopeful that something as simple and as delicious as blueberries may be able help you to safeguard your health.

## **Special note on Strawberries**

Strawberries are not only delicious they are actively good for you. Strawberries are one of the most perfect foods in nature. Sweet and delicious, they are also a nutritional powerhouse. If you eat just one cup of strawberries you're getting about fifty calories, but you're also getting help in lowering your blood pressure, regulating your digestion and helping to keep your appetite stable to encourage weight loss.

### **Strawberries are anti-inflammatory.**

Strawberries contain phenols that fight some inflammations and autoimmune disorders such as osteoarthritis and atherosclerosis. In fact, they have as many inflammatory fighting properties as some NSAIDS such as ibuprofen and aspirin, but you don't get all of those gastro-intestinal side effects.

### **Strawberries have antioxidants.**

Phenols, chemical components of strawberries include anthocyanin, which is what makes the berries red. They help to increase the natural uric acid in your body, which is believed to be an antioxidant.

### **Strawberries help to curb your appetite, promoting weight loss**

The fiber that is contained in strawberries makes your digestion better and helps you to feel full longer. That means that you're going to be able to curb your appetite more readily than if you were eating other snacks. Strawberries keep you full for a paltry 45 calories and add twice that in nutrients and healthful substances. In addition, strawberries may actually help to lower cholesterol.

### **Strawberries build healthy bones.**

Building bone structure and thicker bones requires manganese. One of the nutrients that is slightly more difficult to find in nature, manganese is available in good supply in strawberries. In addition, strawberries contain vitamin K, potassium, and magnesium, all of which are important to keeping your bones healthy as well as helping the blood to clot and keeping the muscle running efficiently.

### **Strawberries fight cancer.**

That same manganese which helps to keep your bones healthy is a very powerful antioxidant that helps to fight inflammation on a cellular level. Also as part of the makeup of strawberries, you'll find folate and flavonoids, most notably quercetin, which is one of the best cancer fighting agents available. In addition, kaempferol assists in providing a sweet and delicious way to get your fiber, thereby fighting gastrointestinal cancers, as well as providing several other types of cancer protection.

### **BE01. Strawberry cabbage grapefruit (3 cups)**

Add grapes if you find cabbage overpowering. Cabbage adds great health benefits and an interesting bite in this smoothie. Strawberries reduce effect of that bite.

- 1/4 cup of grapefruit peeled
- 1 cup of strawberries
- 1/2 cup of red cabbage
- 1& 1/2 cups of grapes
- 1/2 medium banana
- 1 medium apple
- 1/2 cup of water



### **BE02. Blueberry strawberry walnut yogurt (3 cups)**

Try adding lime zest, it adds a nice flavor. Walnuts contribute most of the daily requirement of omega 3 per serving.

- 1 cup of blueberries
- 2 cups of strawberries
- 1 ounce of walnuts
- 1/2 cup of yogurt
- 1/2 lime peeled
- 1 cup of water





### BE03. Strawberries cucumber grapes lemon (2 cups)

- 2 cups of strawberries
- 1 cup of cucumber
- 3/4 cup of grapes
- 1 ounce of almonds
- 1 lemon



#### **BE04. Cherry blueberry pineapple fig avocado (3 cups)**

Thick, rich and creamy due to avocado. Add more water if you don't like it that thick.

- 1 cup of cherries
- 1/2 cup of blueberries
- 1 & 1/2 cups of pineapple
- 1 small avocado
- 1 medium fig
- 1/2 cup of water



**BE05. Raspberry orange avocado grapes (3 cups)**

- 1 cup of raspberries
- 1 small avocado
- 1& 1/2 cups of grapes
- 1 ounce of almonds
- 1 cup of water
- 1 orange



**BE06. Raspberries tofu banana orange (2 cups)**

Use soy milk if you don't have tofu, however tofu adds very distinctive flavor. Use blood orange, but other type of orange will do.

- 1 cup of raspberries
- 1 cup of silken tofu
- 1 medium banana
- 1 orange





**BE07. Raspberry mango grapes (2 cups)**

- 1/2 cup of mango
- 1 cup of raspberries
- 2 cups of grapes
- 1 ounce of cashews
- 1 tbsp chia seeds
- 1/2 cup of water



#### **BE08. Blackcurrant blueberry pear avocado (4 cups)**

Pick fragrant, ripe pears, it will make it much more tasty. I always smell pears and other fruit before buying. If you can't detect any smell of the fruit they are usually tasteless.

- 2 cups of blackcurrants
- 1 cup of blueberries
- 2 medium pears
- 1 small avocado
- 1 cup of water



**BE09. Blueberry boysenberry yogurt avocado banana (3 cups)**

- 1 cup of boysenberries
- 1 cup of blueberries
- 1/2 cup of yogurt
- 1 small avocado
- 1 cup of grapes
- 1 banana



#### **BE10. Raspberry strawberry pineapple yogurt (4 cups)**

Make hazelnut butter first, or blend hazelnuts with a little water, then add other ingredients.

- 1 cup of raspberries
- 1 cup of strawberries
- 1& 1/2 cups of yogurt
- 3/4 cup of pineapple
- 3 ounces of hazelnuts
- 1 banana





### **BE11. Boysenberry passionfruit lettuce banana (2 cups)**

Feel free to add more lettuce to this smoothie. I added only 3 cups to achieve a nice balance between fruit and green flavors.

- 4 passion fruits
- 1 cup of boysenberries
- 3 cups of green leaf lettuce
- 1 ounce of cashews
- 1 cup of water
- 1 banana



**BE12. Blueberries mango cashew milk(2 cups)**

Cashews of all nuts fit best in this recipe. They are sweet and complement blueberries nicely.

- 1/2 cup of mango
- 1 cup of blueberries
- 2 ounces of cashews
- 1&1/2 cups of water



### **BE13. Blueberry yogurt almonds mint (2 cups)**

Don't forget to add mint here. It really makes a difference.

- 1& 1/2 cups of blueberries
- 1 cup of yogurt
- 1 ounce of almonds
- 5 mint leaves
- 1/2 cup of water



#### **BE14. Berry avocado dandelion and greens (3 cups)**

Blend almonds with water first, then other ingredients. Use blackberries if you can't find boysenberries.

- 1 cup of blueberries
- 1 cup of boysenberries
- 2 small avocados
- 2 cups of dandelion greens
- 2 cups of baby spinach
- 1 ounce of almonds
- 1 cup of water





### **BE15. Sweet potato strawberry watermelon (3 cups)**

Sweet potato is a great addition to a smoothie.

- 1/3 cup of sweet potato cooked
- 1& 1/2 cups of strawberries
- 1& 1/2 cups of watermelon
- 1 ounce of cashews
- 1/2 cup of water
- 5 mint leaves



**BE16. Strawberry apple carrot pecan (3 cups)**

I used pecans but walnuts are also suitable in this combination.

- 1& 1/2 cups of strawberries
- 1 medium apple
- 3/4 cup of grapes
- 1 medium carrot
- 1 ounce of pecans
- 1 cup of water



### BE17. Blackberry peach banana (3 cups)

- 1 cup of blackberries
- 2 peaches
- 1 banana
- 1 cup of water



**BE18. Berry watermelon banana fig (4 cups)**

- 1/2 cup of blueberries
- 1 cup of blackberries
- 2 cups of watermelon
- 1 cup of water
- 1 banana
- 1 fig



### **BE19. Blackberries grapes mango tomato (3 cups)**

I don't usually use tomatoes in smoothies but this mix was irresistible. Add nice fragrant tomatoes, or if this is not tomato season use canned tomatoes. Canned tomatoes are usually picked in season hence have great flavor.

- 1 cup of blackberries
- 1&1/2 cups of grapes
- 1 cup of mango
- 1 medium tomato
- 1/2 cup of water





### **BE20. Strawberry orange beet (3 cups)**

I used the young beet root however to make it smoother you can use more chard. You might also add another orange if you prefer. This smoothie has plenty of vitamin C, K and A.

- 1& 1/2 cups of strawberries
- 1& 1/2 cups of grapes
- 1 beet root
- 1 orange
- 1 chard



## BE21. Strawberry cherry mango banana (3 cups)

- 1 cup of strawberries
- 2 cups of cherries
- 1 cup of mango
- 1 medium banana



**BE22. Cranberry celery spinach banana (2 cups)**

The best choice is to use fresh cranberries but if you can't find them, use dried and soaked.

- 1 cup of cranberry juice
- 1 cup of cranberries
- 1/2 celery stalk
- 1 medium banana
- 2 baby spinach
- 1/2 date



### BE23. Cranberry carrot apple (2 cups)

- 1/2 cup of cranberry juice
- 1 medium carrot
- 1 medium apple
- 1 cup of water



#### **BE24. Pomegranate berry banana cashew (3 cups)**

Pomegranate has short season so use pomegranate juice if you can't find the fruit. When using juice remember that the fiber to carbs ratio decreases, so you might add some flaxseeds, chia seeds or almonds.

- 1 cup of pomegranate
- 1 cup of blueberries
- 1 cup of cranberries
- 1 ounce of cashew nuts
- 2 medium bananas
- 1/2 cup of water





**BE25. Strawberry peach tofu lime (2 cups)**

Alternative for peach is apricot. You can add some yogurt to this one as well to make it even more refreshing.

- 1& 1/2 cups of strawberries
- 1/2 cup of tofu
- 1 peach
- 1/2 lime peeled
- 1/2 cup of water



**BE26. Blueberry chard tofu (2 cups)**

Don't be concerned about the color of this smoothie! It is actually very delicious and very rich in vitamin K and A.

- 1 cup of blueberries
- 3/4 cup of grapes
- 1 cup of tofu
- 3 cups of chard



### **BE27. Blueberry pawpaw cherry avocado orange (3 cups)**

Loaded with Vitamin C and A, this delicious smoothie is enhanced by orange zest.

- 2 cups of pawpaw or papaya
- 1 cup of blueberries
- 1 cup of cherries
- 1 small avocado
- 1/2 orange zest
- 1 orange



**BE28. Strawberry watermelon yogurt orange (3 cups)**

Blend watermelon, orange and almonds first then add other ingredients.

- 1& 1/2 cups of strawberries
- 1& 1/2 cups of watermelon
- 1/2 cup of yogurt
- 1/2 ounce of almonds
- 1 small avocado
- 5 mint leaves
- 1 orange





**BE29. Strawberries pawpaw carrot pear (3 cups)**

- 1 & 1/2 cups of strawberries
- 1 cup of pawpaw or papaya
- 1 medium carrot
- 1/2 celery stalk
- 1/2 cup of water
- 1 pear



### **BE30. Strawberry yogurt chia (2 cups)**

- 1 & 1/2 cups of strawberries
- 1/2 medium banana
- 1 ounce of cashews
- 2 tsp of chia seeds
- 1/4 cup of yogurt
- 1 cup of water



### **BE31. Strawberry and chocolate (1 cup)**

What a great combination. Strawberry and chocolate with creaminess of banana. Use unsweetened organic cocoa powder if you can. It will be sweetened by banana (preferably frozen).

- 1/2 cup of strawberries
- 2 tsp of cocoa powder
- 1 medium banana
- 1/2 cup of water



# 31 Green Smoothies

Heal your body and lose weight with nutritious and delicious green smoothie recipes

[\(see references\)](#)



## **The power of the green smoothie-vegetables in a fun new way**

Are you getting enough greens in your diet? Does your daily diet include five fruits or vegetables? If you're like many of us, the daily recommended allowance of five fruits and vegetables isn't something that you always have time to consume. Yet, if you do consume them, you're lowering your chances of many types of cancer, you're getting antioxidants that can help to prevent free radical ravages, you're cleansing your system, and you're offering your body solid nutrition in a way that tastes good if you're not someone who likes or enjoys green vegetables.

### **What do raw green vegetables offer?**

Raw greens of all types are simply loaded to the extreme with vitamins, minerals, antioxidants, and even phytonutrients and in many cases, protein. Iron is just one of the things that you can get from green vegetables that you may not have considered.

They can offer prevention against many types of cancer (including lung cancer, colorectal cancer and intestinal tract cancer), may help to prevent macular degeneration and even fight free radicals that can cause the signs of aging.

In order to tap into the power of green smoothies, one of the things that you're going to need is a high speed blender. The juicer and several other kinds of blenders can be used in a pinch, but they simply don't do the job as well as the lower speed blenders and you don't get a complete smoothie. Instead, you will get something that is a bit more chunky in nature and quite often has a taste or texture that you and your kids may not like.

### **What is a green smoothie?**

The green smoothie is, for all intents and purposes, a healthy salad with a twist. It's easy to carry with you, easy to drink, has a flavor that literally masks the greens that are difficult to get your kids to eat, and offers a great deal of nutrition.

Green smoothies take fruit, nuts, and of course, green vegetables such as broccoli, spinach, lettuce, kale, and other leafy or cruciferous vegetables and incorporate them into drinks that are smooth, creamy, and easy to digest, as well as easy to use. They are a wonderful way to get your kids and even adults who are not fans of vegetables - to make them a part of their every day diet.

### **The Problem:**

More than 80 percent of people worldwide do not get enough leafy green vegetables or cruciferous vegetables as part of their everyday diet. In fact, the USDA research shows that the numbers may actually be higher than that.

### **What Causes the Vitamin Deficit?**

In many cases, our lifestyles are to blame for the fact that we're simply not getting the nutrients that our bodies need. Not every person is deficient in every vitamin. Nothing could be further from the truth. The fact is that in many cases, we don't eat as we should, we're lacking one vitamin or another from day to day and typically we're not getting enough fiber to keep our bodies humming along smoothly.

In some cases, the reason for the deficit may be that we don't like those particular vegetables. In other cases, we simply do not have the time to create a balanced diet three times during the day. This means that no matter what vitamins we may be getting, we are lacking some nutrients or minerals on a daily basis. While these deficits may change from day to day, in a country that is among the most developed in the world, the fact that so many people have nutritional deficits is a source of consternation, and is nothing short of amazing.

The question is, now that we know that we do have this issue, how do we correct it? How can we ensure that we get the nutrients and the fiber that we need every day and make sure that our bodies remain healthy?

### **What's the Best Way to Get Those Nutrients?**

We're glad you asked that question. In fact, the best way, the smartest and easiest way to find the nutrients you need and to ensure that you're not one of the 80 percent not getting the vitamins that they need is to use smoothies or green smoothies to incorporate those nutrients into your diet in a quick and easy way.

By using fruits which are slightly stronger tasting in nature, such as peaches, bananas, raspberries and others, we can incorporate leafy greens such as lettuce, spinach, and others into our diet in such a way that much of the flavor is masked, yet the nutrients are still available to our body.

Children, in particular, love smoothies, and really enjoy the greenish color, which makes them far more likely to drink the smoothie and to get the nutrients, than if you were to attempt to present them with spinach or broccoli on a plate as part of a more traditional meal.

### **What's the Down Side?**

Some types of green vegetables contain high levels of oxalates. Keeping these oxalates flowing in a regular way, such as in a daily smoothie may help to contribute to kidney stones, according to some research. Ensuring that we do not take in oxalate rich foods on a daily basis, but rather, limiting those to two to three times a week is a good precautionary way to take in the greens that you want and to keep oxalate levels lower.

Taking in spinach and kale on a daily basis may help to encourage the presence of oxalates in the body. Still, these vegetable can be an important part of your diet. In order to assure that you get the nutrients that you need, yet avoid the unnecessary risk of kidney stones and other calcium deposits, it's recommended that you use kale and spinach in your smoothies only about twice a week, while other green vegetables, such as leaf lettuce, broccoli, and other vegetables which are not high in oxalates are used the remaining five days.

Just a few of the green vegetables that are quite high in oxalates include these, which - in order to err on the side of caution, should be incorporated just a few times a week: okra, spinach, beet greens, parsley, collard greens and leeks.

## **The Conclusion**

In taste studies which were accomplished with children between the ages of 5 and 14, kids were more likely to enjoy vegetables as a part of a smoothie when they may reject the same vegetable on a plate.

If you're interested in giving your kids - and your own body - the kind of nutrition that we all need to protect our good health, offering them smoothies as opposed to trying to force vegetables during a meal may be the answer that you're looking for.

For more detailed information on some green ingredients used in the smoothies of this book [go to health benefits of wholefoods section of my website.](#)

### **GR01. Banana pear grapes spinach yogurt (2 cups)**

- 1/2 cup of yogurt
- 1 medium banana
- 3/4 cup of grapes
- 4 cups of baby spinach
- 1 tsp of flaxseeds
- 1/2 pear



### **GR02. Pawpaw pear fennel lime lettuce arugula (3 cups)**

Pawpaw, pear and fennel makes a great combination of tastes. Arugula gives it a nice bite and lime refreshing.

- 2 cups of pawpaw or papaya
- 2 pears
- 1 cup of fennel
- 1&1/2 cups of arugula
- 3 cups of green leaf lettuce
- 1/2 lime peeled



### **GR03. Lemon apple carrot spinach (2 cups)**

Carrot when blended in a powerful blender such as Blendtec or Vitamix surprisingly does leave any detectable fiber. It all gets pulverised. I love adding carrots as they give a nice flavor and color. Also carrots have very little starch which is contrary to some information sources on internet.

- 1 medium apple
- 1/2 lemon peeled
- 1 lemon zest
- 1 medium carrot
- 2 cups of baby spinach
- 1/2 cup of water





**GR04. Pawpaw green leaf cucumber pear lime mint (2 cups)**

- 4 cups of green leaf lettuce
- 1 cup of pawpaw or papaya
- 1 cup of cucumber
- 1/2 lime peeled
- 5 mint leaves
- 1 pear



**GR05. Honeydew cucumber green leaf mint (2 cups)**

- 1/2 cup of honey dew
- 1/4 lime peeled
- 1& 1/2 cups of watermelon
- 1 cup of cucumber
- 3 cups of green leaf lettuce
- 5 mint leaves



### **GR06. Peach mango coconut spinach (3 cups)**

If you don't have coconut water just use filtered water. Mango and peach dominate the flavor.

- 2 cups of baby spinach
- 1 cup of coconut water
- 1/2 lime peeled
- 1/2 cup of mango
- 1 cup of water
- 1 peach



**GR07. Blueberry watermelon dandelion green leaf (4 cups)**

- 4 cups of dandelion greens
- 2 cups of green leaf lettuce
- 2 cups of watermelon
- 1 cup of blueberries
- 1 medium banana
- 1 cup of water
- 1 fig





**GR08. Sweet potato grapefruit orange dandelion (4 cups)**

If you don't like a slightly bitter taste this may be not suitable for you, unless you find a sweeter variety of grapefruit or use more oranges instead.

- 1 cup of grapefruit peeled
- 2 oranges
- 1/2 cup of sweet potato
- 4 cups of dandelion greens
- 1 medium banana
- 1 ounce of hazelnuts



### **GR09. Strawberry green leaf tofu peach lime (3 cups)**

Tofu adds a very specific taste that is different to soy milk. Use soft silken tofu.

- 1& 1/2 cups of strawberries
- 3 cups of green leaf lettuce
- 1/2 cup of silken tofu
- 1/2 cup of water
- 1/2 lime peeled
- 1 peach
- 1 fig



### **GR10. Pawpaw cherry spinach orange (3 cups)**

Use sour cherries but if these are not available use cherries or frozen cherries. As the last resort 100% cherry juice can be used, but be aware that juice has no fiber. To increase fiber to carbs ratio add 1 tbls of flaxseeds.

- 2 cups of pawpaw or papaya
- 1 cup of cherries
- 4 cups of baby spinach
- 1/2 orange zest
- 1 small avocado
- 1 orange
- 1 fig



### **GR11. Mango orange dandelion green leaf parsley (4 cups)**

Parsley has overpowering taste so play with different quantities. You can also add some lemon which goes well with parsley.

- 1& 1/2 cups of mango
- 2 cups of dandelion greens
- 2 cups of green leaf lettuce
- 5 mint leaves
- 2 cups of parsley
- 2 oranges
- 1 cup of water





**GR12. Pineapple carrot kale banana apple (4 cups)**

- 1& 1/2 cups of pineapple
- 1 medium carrot
- 2 cups of kale
- 1& 1/2 cups of water
- 1 medium apple
- 1 banana
- 6 dates



### GR13. Raspberry coconut kale orange (2 cups)

- 1/2 cup of coconut meat
- 1 cup of raspberries
- 1 cup of kale
- 1 cup of water
- 1 orange



#### **GR14. Cantaloupe green leaf cantaloupe pear lime (2 cups)**

Arugula flavor may be too strong for some so you may prefer to add more of green leaf lettuce.

- 1 cup of cantaloupe
- 3 cups of green leaf lettuce
- 1/2 cup of arugula
- 1 peeled lime
- 1 pear



**GR15. Pineapple raspberry bokchoy kale arugula (5 cups)**

- 1& 1/2 cups of pineapple
- 1 cup of raspberries
- 3 cups of bok choy
- 3 cups of kale
- 4 cups of arugula
- 1 cup of water
- 1 medium banana
- 1 ounce of almonds





### **GR16. Passionfruit celery cos arugula orange pear (3 cups)**

Arugula flavor may be too strong for some so you may prefer to add more of green leaf lettuce.

- 2 passion fruits
- 1 cup of celery stalk
- 2 cups of cos lettuce
- 2 cups of arugula
- 1 cup of water
- 1 orange
- 1 pear



#### **GR17. Pineapple bokchoy kale kiwi pear avocado (4 cups)**

- 1& 1/2 cups of pineapple
- 1 small avocado
- 2 cups of bok choy
- 2 cups of kale
- 1 cup of water
- 1 kiwifruit
- 1 pear



### **GR18. Blueberry cos banana avocado lime (2 cups)**

Avocado make this smoothie very thick and creamy. You may add some water if you like.

- 2 cups of cos lettuce
- 1 cup of blueberries
- 1 medium banana
- 3/4 cup of grapes
- 1 peeled lime
- 1 small avocado



### **GR19. Pear orange yogurt arugula ginger walnuts (4 cups)**

Reduce amount of arugula if the flavor becomes too strong for you or substitute with other milder greens.

- 1/2 cup of yogurt
- 3 cups of arugula
- 1 ounce of walnuts
- 1 tsp of raw ginger
- 1 cup of water
- 1 orange
- 2 pears





**GR20. Watermelon blackberry cos arugula cucumber banana (3 cups)**

Reduce amount of arugula if the flavor becomes too strong for you or substitute with other milder greens.

- 1 cup of watermelon
- 1& 1/2 cups of blackberries
- 2 cups of cos lettuce
- 3 cups of arugula
- 1 cup of cucumber
- 1 medium banana



**GR21. Blueberry cranberry chard spinach tofu (3 cups)**

- 1 cup of blueberries
- 1 cup of cranberries
- 3/4 cup of grapes
- 3 cups of chard
- 2 cups of baby spinach
- 1& 1/2 cups of silken tofu



## GR22. Watermelon strawberry parsley mint (2 cups)

- 1 & 1/2 cups of watermelon
- 1 cup of strawberries
- 1 cup of parsley
- 10 mint leaves



**GR23. Cucumber cos lettuce basil banana lemon (2 cups)**

- 1/2 cup of cucumber
- 1 cup of cos lettuce
- 1 cup of water
- 2 medium bananas
- 1 lemon peeled
- 10 basil leaves



**GR24. Mango pear coconut lime cos lettuce (4 cups)**

- 4 cups of cos lettuce
- 2 cups of coconut water
- 1/2 lime peeled
- 1/2 cup of mango
- 1 cup of water
- 1/2 pear





**GR25. Sweet potato grapefruit orange green leaf (4 cups)**

- 1 cup of grapefruit peeled
- 1/2 cup of sweet potato
- 4 cups of green leaf lettuce
- 1 ounce of hazelnuts
- 1 medium banana
- 2 oranges



**GR26. Apple strawberry grape cabbage celery orange (4 cups)**

- 2 medium apples
- 1& 1/2 cups of grapes
- 2 cups of strawberries
- 1 cup of red cabbage
- 1 cup of celery stalk
- 1 orange



**GR27. Pineapple cherry mango green leaf chard (4 cups)**

- 2 cups of green leaf lettuce
- 1& 1/2 cups of pineapple
- 2 cups of cherries
- 1 cup of mango
- 1 small avocado
- 3 cups of chard
- 1 medium banana



**GR28. Watermelon pineapple blackberry yogurt (3 cups)**

- 1/2 cup of yogurt
- 3/4 cup of pineapple
- 1& 1/2 cups of blackberries
- 1 cup of raspberries
- 2 cups of watermelon
- 1 fig





### **GR29. Pomegranate berry broccoli cos spinach banana (4 cups)**

Color is dark brown from the mixture of pomegranate, greens and berries. The more green you add the greener it becomes, however I liked this proportion of ingredients.

- 1 cup of pomegranate
- 1 cup of blueberries
- 1 cup of cranberries
- 1 cup of broccoli florets
- 1 cup of cos lettuce
- 2 cups of baby spinach
- 1 ounce of cashew nuts
- 2 medium bananas
- 1 cup of water



### **GR30. Mango blueberry cos green leaf cocoa hazelnut (3 cups)**

This is one of my favourites in green smoothie book - green thick chocolate flavoured super smoothie rich in nutrients.

- 3/4 cup of mango
- 1 cup of blueberries
- 1 cup of cos lettuce
- 2 cups of green leaf lettuce
- 1 ounce of hazelnuts
- 1 tsp of cocoa powder
- 1 cup of water
- 3 dates



### **GR31. Green tea raspberry cranberry broccoli mango (4 cups)**

Brew green tea longer so that it becomes strong, but don't use boiling hot water or it will become bitter.

- 2 cups of grapes
- 1/2 cup of mango
- 1 cup of cranberry juice
- 1 cup of raspberries
- 1 cup of broccoli florets
- 1 ounce of cashew nuts
- 1 cup of green tea
- 1/2 cup of water



# 31 All-Time Favorite Smoothies

**A special selection of original healthy smoothie recipes full of nutrition information that will impress your family and friends!**

Everyone has their favorites in any food group. Smoothies are no exception to that rule. So far as favorites go, these are a few of mine. They are the smoothies that I like to drink most often. Sometimes they will comprise lunch or a fast afternoon pick-me-up.

A smoothie always beats a machine snack or one of the fast food snacks for energy and for caloric content. Some types of smoothies simply don't fit in another category. These are some of the favorites that just don't fit in anywhere else, but are certainly worth inclusion. Some of them offer a spiced taste that will rev you up, while others are more sweet in nature and might even be considered a dessert smoothie if you're hungry for that little something extra, but don't want a ton of calories or a very rich dessert.

Smoothies can cover a vast array of territory, from very sweet to very spicy. If you're trying to keep your weight under control (and who isn't) but you still want that little snack, next time, grab a smoothie.



### **FA01. Thai special (4 cups)**

I love Thai food so I came up with this Thai style refreshing smoothie. You will need a fresh young coconut which these days are usually imported from Thailand or other tropical countries all year around. Peanuts and coconut meat add creaminess, coriander and Kaffir lime leaves add the characteristic Thai flavor. This is unusual and I hope you will enjoy this one as much as I did!

- 1/2 cup of coconut meat
- 1 cup of coconut water
- 1& 1/2 cups of pineapple
- 2 Kaffir lime leaves soaked in hot water
- 4 ounces of peanuts
- 1 medium apple
- Bunch of coriander



### **FA02. Mango lemon pear (2 cups)**

Very simple but very tasty. Blend the whole peeled lemon instead of just squeezing the juice. Use fragrant, ripe pear.

- 1 cup of mango
- 1 lemon peeled
- 1 pear



### **FA03. Green strawberry hazelnut chocolate (3 cups)**

The color will come out brown due to the mix of strawberries, cocoa and lettuce. There is a lot of fiber in this smoothie.

- 1 cup of strawberries
- 3 cups of green leaf lettuce
- 1 cup of cos lettuce
- 2 ounce of hazelnuts
- 2 tsp of cocoa powder
- 1 cup of water
- 1 banana



#### FA04. Watermelon strawberry carrot tomato (3 cups)

- 1 & 1/2 cups of watermelon
- 1 & 1/2 cups of strawberries
- 2 medium carrots
- 2 medium tomatoes



#### **FA05. Blueberry mango hazelnut cocoa (2 cups)**

Make hazelnut butter first or blend with water. Hazelnuts and cocoa go very well together, date will add sweetness.

- 3/4 cup of mango
- 1 tsp of cocoa powder
- 1 cup of blueberries
- 1 cup of water
- 1 date
- 1 ounce of hazelnuts





#### **FA06. Apple carrot celery grapes chard ginger (2 cups)**

I used ginger in this smoothie to spice it up a little. Use fresh young ginger if you can.

- 2 tsp of raw ginger
- 1 medium apple
- 3/4 cup of grapes
- 2 medium carrots
- 1 celery stalk
- 3 cups of chard



### **FA07. Peanuts and chocolate (1 cup)**

Very simple, creamy drink, a great substitute for chocolate junk food. You can add an extra date or fig to make it sweeter.

- 1 cup of water
- 2 ounce of peanuts
- 1 tsp of cocoa powder
- 1 date



**FA08. Blackberry pawpaw banana (3 cups)**

- 1 & 1/2 cups of blackberries
- 2 cups of pawpaw or papaya
- 2 bananas



### **FA09. Peanut cocoa soy banana lemon (2 cups)**

This smoothie can be done by either blending all ingredients together by blending peanuts, cocoa powder and half of the banana for the bottom part and half of the banana plus soy milk and lemon juice for the top creamy part. YUM!

- 1/2 cup of soy milk
- 1 medium banana
- 2 tsp of lemon juice
- 2 ounce of peanuts
- 1 tsp of cocoa powder
- 1/2 cup of water





#### **FA10. Layered green tea kiwi mango yogurt lettuce (3 cups)**

As with all layered drinks pour the top one slowly on the spoon placed just above the surface of the bottom layer to prevent the two parts mixing.

- Top layer
- 1 cup of cos lettuce
- 1/4 cup of green tea
- 1 Pear
- 2 kiwifruits

- Bottom layer
- 1 cup of yogurt
- 1/2 cup of mango
- 1 lime zest



### FA11. Kiwi spinach ginger apple (1 cup)

- 2 baby spinach
- 1 tsp of raw ginger
- 1 medium apple
- 1 kiwifruit



### **FA12. Coriander strawberry coconut pawpaw (3 cups)**

Use coconut water from the young coconut, but if not available use the canned coconut water.

- 1 cup of coconut water
- 1/2 cup of strawberries
- 2 cups of pawpaw or papaya
- 1 ounce of almonds
- Bunch of coriander
- 1 date



### **FA13. Cherries banana cocoa soy (2 cups)**

What a great combo - cherries with cocoa! Alternative for soy milk is any nut milk I personally like hazelnut with chocolate but cashew milk is a very nice alternative.

- 1 cup of soy milk
- 2 medium bananas
- 1 cup of cherries
- 1 tsp of cocoa powder



#### **FA14. Coconut avocado pecan Brazil nut (1 cup)**

Brazil nuts are the greatest source of selenium. Add about 1 Brazil nuts into any smoothie to top up your daily selenium.

- 1 cup of coconut water
- 1 ounce of Brazil nuts
- 1/2 small avocado
- 1 ounce of pecans
- 1 date





**FA15. Mango coconut lime (2 cups)**

- 1 cup of coconut water
- 1/2 lime peeled
- 1 cup of mango



### FA16. 8 Veggies (3 cups)

This was a very hard recipe to come up with. I wanted to use 8 veggies but many combinations or proportions simply don't work. Remember to add Tabasco and Worcestershire sauce!

- 1/2 small sweet pepper
  - 1 medium carrot
  - 1 cup of cucumber
  - 3 medium tomatoes
  - 1/2 celery stalk
  - 1 cos lettuce
  - 1/2 cup of parsley
  - 1 tsp of raw ginger
- 
- PLUS
  - 1 cup of water
  - 1 dash of Tabasco
  - 2 tbs of Worcestershire sauce



### **FA17. Jackfruit coconut apple avocado ginger (3 cups)**

Substitute for other soft fruit such as papaya or pawpaw if jackfruit is not available. This smoothie is very creamy and if you reduced coconut water it would make a nice desert pudding.

- 1 medium apple
- 1 cup of coconut water
- 2 cups of jackfruit
- 1 peeled lime
- 1 small avocado
- 1 tsp of raw ginger



**FA18. Mango coconut pear lime (2 cups)**

- 1 cup of coconut water
- 1/2 lime peeled
- 1/2 cup of mango
- 1 pear



### **FA19. Sweet potato pecan orange cinnamon (2 cups)**

Great taste! You definitely have to try this smoothie. Cinnamon adds a very nice flavor.

- 1/3 cup of sweet potato cooked
- 1/2 tsp of cinnamon
- 1 ounce of pecans
- 1 cup of water
- 1 medium apple
- 1 orange





**FA20. Blackbean pineapple banana lettuce tomato (4 cups)**

- 1/2 cup of black beans cooked
- 3/4 cup of pineapple
- 2 medium bananas
- 2 cups of cos lettuce
- 2 medium tomatoes
- 1 cup of water



**FA21. Blackbeans banana grape peanut (3 cups)**

Rich, nutty and thick. You can substitute with other sweet tasting beans such as red beans or mung beans.

- 1/2 cup of blackbeans cooked
- 1 medium banana
- 1&1/2 cups of grapes
- 1 ounce of peanuts
- 1 cup of water



## FA22. Cantaloupe pear lime (1&1/2 cups)

- 1 cup of cantaloupe
- 1 peeled lime
- 1 pear



### **FA23. Pineapple oats banana peanut almond (3 cups)**

This smoothie is a great breakfast substitute. You can add more oats to provide you with more energy in the morning.

- 1& 1/2 cups of pineapple
- 1 ounce of almonds
- 3 tsp of flaxseeds
- 1 ounce of rolled oats
- 3 ounce of peanuts
- 1 cup of water
- 1 medium banana





#### FA24. Banana soy lemon (2 cups)

- 1 cup of soy milk
- 2 medium bananas
- 2 tsp of lemon juice



## FA25. Coconut mango peach (2 cups)

- 1/2 cup of coconut meat
- 1 cup of coconut water
- 1/2 cup of mango
- 1 peach



### **FA26. Three layer super smoothie (3 cups)**

This will be fun to make and very impressive to serve. Make sure you pour the bottom layer first then place spoon over that layer to pour second layer and use the same method for the third layer.

- TOP
- 1 cups of baby spinach
- 1/2 medium apple
- 1 kiwifruit
- 1/2 tsp of raw ginger

- MIDDLE
- 1/2 cup of blackberries
- 1/2 cup of silken tofu
- 1/4 cup of yogurt
- 1/2 banana

- BOTTOM
- 1/2 cup of mango
- 1/4 cup of yogurt
- 1/2 banana
- 1/2 orange



### FA27. Hazelnut banana (2 cups)

- 1 & 1/2 medium bananas
- 2 ounces of hazelnuts
- 1 cup of water
- Pinch of cinnamon



#### **FA28. Strawberry soy oats banana fig (4 cups)**

Another breakfast suggestion. Add some flaxseeds for more fiber and omega 3. Also if available use vanilla sticks instead of extract. Cut lengthwise and scoop the seeds into the smoothie.

- 1& 1/2 cups of strawberries
- 1 cup of soy milk
- 3 ounce of rolled oats
- 1/2 tsp of vanilla extract
- 1 medium banana
- 1 cup of water
- 1 fig



**FA29. Two layer berry honeydew (4 cups)**

- TOP
- 1/2 cup of honeydew melon
- 10 mint leaves
- 1 pear

- BOTTOM
- 1& 1/2 cups of blackberries
- 1 cup of raspberries
- 1 ounce of almonds
- 1& 1/2 cups of yogurt
- 1/2 cup of water





### FA30. Three layer mango strawberry and chocolate (4 cups)

- TOP
- 1/2 cup of mango
- 1 cup of yogurt
  
- MIDDLE
- 1/2 cup of strawberries
- 1 medium banana
- 1/4 cup of yogurt
- 1 fig
  
- BOTTOM
- 1 cup of strawberries
- 1 tsp of cocoa powder
- 1 medium banana
- 1 blood orange



### **FA31. Hazelnut coffee (2 cups)**

Preferably use decaffeinated coffee or coffee substitute such as barley drink. Use dried and soaked fig if fresh are not available.

- 1 serving of brewed coffee (or coffee substitute)
- 1 ounce of hazelnuts
- 1 cup of water
- 1 date
- 1 fig



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