

Superfood Smoothies

Eliminate disease with simple and
delicious smoothie recipes



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WHAT EXACTLY ARE YOU EATING?

This is the most common question I'm asked. My diet evolves and changes with the seasons, but I can tell you that I always start my day off right with a low-glycemic superfood smoothie blended up in my high powered Vita-Mix blender.

In the following pages, I'll share with you why I drink a smoothie every morning, the ingredients I use, and how you too can make your own superfood smoothies.

WILL SUPERFOOD SMOOTHIES HELP ME LOSE WEIGHT?

Yes, but only if you avoid the foods and lifestyle habits that promote weight gain in the first place. One thing I've noticed is that consuming these superfood smoothies stops my food cravings because it gives my body the nutrition it's dying for (literally). By stopping food cravings, I can then more easily control my food intake and, accordingly, lose weight.

Again, there's no way you'll lose weight on any superfood if you continue to consume white bread, soft drinks, ice cream, cookies, crackers, pasta and other refined carbohydrates. You can't undo a lifestyle of terrible food choice by swallowing a couple of superfood pills, no matter how good they are.

For an online database of superfoods and other healing foods, visit:
www.HealingFoodReference.com

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WHAT DO SUPERFOOD SMOOTHIES TASTE LIKE?

As you might expect, they taste like a low-glycemic, vegetable greens smoothie. It's the drink of longevity and clarity, full of minerals, natural plant medicines and superfoods. Some days, they are my only food until the evening, in order to get a half-day fast and vegetable juice detox effect.

If you're used to the high-sugar/high-salt, standard American diet, you definitely won't like these drinks. You'll think they taste bitter and look “yucky.” At least that's what others tell me. But I didn't share these recipes to give you yet another high-glycemic, sugary breakfast item that would pack on the pounds and make you feel lousy by noon, I'm sharing these recipes because **this is what healthy people drink.**

Live foods. Fresh produce. Superfoods. Highly-mineralized foods. Nothing processed, nothing packaged or purchased with a coupon at the grocery store. No dairy, no meat, no cereal or bread. Just natural, wholesome foods from nature.

TAKE IT SLOW

A word of advice for those who want to shift to this kind of low-glycemic, high-nutrient breakfast: **Take it slow.** In other words, if you're used to the standard American breakfast of degenerative disease, characterized by toast, bacon, jelly, pancakes, butter, sugary cereal or other garbage foods, you'll need to transition slowly and let your taste shift over time.

Specifically, start with a delicious breakfast smoothie that you can easily stomach because it's familiar. If you drink cow's milk, start your first breakfast smoothie with milk, bananas, agave nectar and brown rice protein powder. That should taste absolutely delicious.

Next, after a week or so, start adding some of the superfoods powders like Jon Barron's Private Reserve. Add in small amounts at first (like a teaspoon), and gradually increase the amount day by day until you're using a couple of tablespoons.

A few weeks later, start adding in the green stuff. Pick a fresh vegetable (like a cucumber, celery or zucchini) and blend that in. It will taste strange at first, but over time, you'll come to actually enjoy it. At the same time, gradually decrease the cow's milk and gradually reduce the sweeteners (banana and agave nectar).

You get the idea. Week by week, reduce the sugars and sweeteners and increase the vegetables and superfoods. In six months or less, you'll complete the transition and will enjoy a health-enhancing breakfast every day for the rest of your life!

Explore the recipes in the following pages, and have fun experimenting.



Photo courtesy of Vita-Mix. For more information about Vita-Mix high powered blenders, visit www.VitaMix.com.

THE HEALTH RANGER SUPERFOOD SMOOTHIE

INGREDIENTS:

4 RAW, SOAKED ALMONDS

(Soaked in water for six hours)

1 WHOLE, ORGANICALLY GROWN CUCUMBER

Optional: Grow your own and treat with ocean minerals from www.OceanGrown.com

1 LARGE CELERY STALK

With leaves and flowers (if present).

1 GIANT CHARD STALK OR RHUBARB

Rhubarb is less bitter than chard.

1 CUP OF ALOE VERA LEAF GEL

Use only the slimy gel part, not the whole leaf or the brown sap. The fresh gel is tasteless in any smoothie.

1 SCOOP (24g) OF PRIVATE RESERVE SUPERFOOD

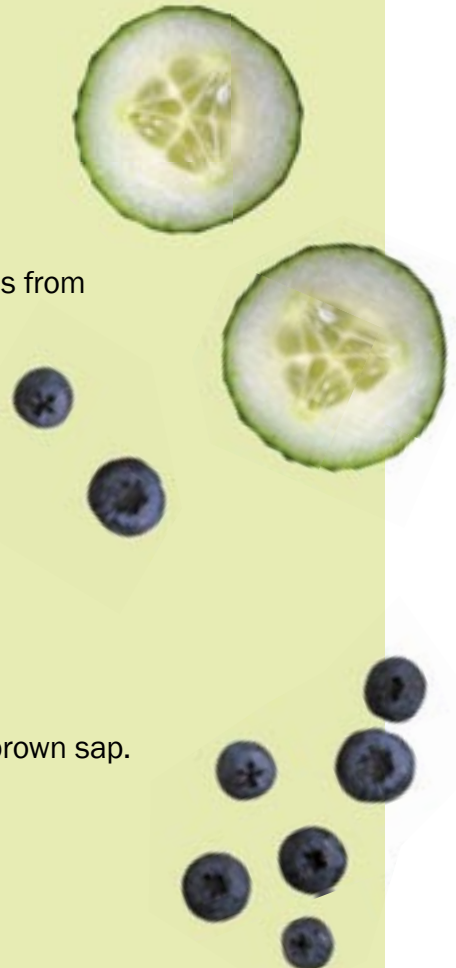
From www.BaselineNutritionals.com

2 SERVINGS OF YOUR CHOICE OF SUPERFOOD POWDER:

- ★ Berry Green (www.NewChapter.info)
- ★ Antioxidant Defense System (www.GoodCauseWellness.com)
- ★ Ola Loa drinkable vitamin powders (www.DrinkYourVitamins.com)
- ★ John Barron's Accelerator (www.BaselineNutritionals.com)
- ★ Rejuvenate! (www.IntegratedHealth.com)
- ★ Hempshake (www.Nutiva.com)

1 TABLESPOON MINERAL LIQUID CONCENTRATE

From www.Eidon.com or www.BaselineNutritionals.com



1 HEAPING TABLESPOON OF A NATURAL PROTEIN POWER

- ★ Brown rice protein powder (NutriBiotic.com)
- ★ Thor's Raw Powder (www.SuperFoods.com)

1/2 CUP FRESH OR FROZEN BLUEBERRIES

Blueberries are full of cancer-fighting antioxidants.

1 HEAPING TABLESPOON OF CRANBERRY POWDER

You can also use camu camu powder or some other tangy fruit powder.

YOUR CHOICE OF SWEETENER:

- ★ 1/4 tsp stevia extract powder (www.CVC4Health.com)
- ★ 1 tblsp agave nectar (www.GoodCauseWellness.com)
- ★ 6 drops of SweetFruit drops (www.DragonHerbs.com)

3 CUPS OF CLEAN, FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals. For a thicker smoothie, use less water. Tastes delicious when made with chilled water.

COMBINE INGREDIENTS AND BLEND TO DESIRED CONSISTENCY

Depending on the quality of your blender, you might want to precut any large vegetables into chunks before blending.

PREP TIME: 5-10 MINUTES

MAKES: 4-5 SERVINGS

SERVING SIZE: 12oz



THE SUMMER BREAK SMOOTHIE

INGREDIENTS:

3 CUPS OF WHOLE MELONS (WATERMELON, HONEY DEW, CANTALOUPE)

1 LARGE CELERY STALK

2 LEAVES OF LETTUCE

1/2 ORGANICALLY GROWN CUCUMBER

YOUR CHOICE OF SWEETENER:

- ★ 1/4 tsp stevia extract powder (www.CVC4Health.com)
- ★ 1 tblsp agave nectar (www.GoodCauseWellness.com)
- ★ 6 drops of SweetFruit drops (www.DragonHerbs.com)

2 CUPS OF CLEAN, FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals.

OPTIONAL INGREDIENTS:

Adding **two whole Dandelion flowers, leaves and roots** are also great (as long as they haven't been treated with pesticides). Also adding a **1/4" thick slice of beetroot** is great for your liver and blood. You can also add the watermelon rind to your smoothie (it's edible). Strawberries (approximately 5) taste great in this recipe.

COMBINE INGREDIENTS AND BLEND TO DESIRED CONSISTENCY

Depending on the quality of your blender, you might want to precut the cucumber, celery stalk and watermelon rind into chunks before blending.

PREP TIME: 5-10 MINUTES

MAKES: 3-4 SERVINGS

SERVING SIZE: 12oz



THE CHOCOLATE SMOOTHIE

INGREDIENTS:

1/4 CUP (28g) RAW CACAO NIBS

Available at www.NativasNaturals.com or www.SuperFoods.com.

1/2 CUP FRESH, RAW COCONUT MEAT

1 WHOLE AVOCADO (REMOVE SEED)

3/4 CUP COCONUT MILK

YOUR CHOICE OF SWEETENER:

- ★ 1/2 tsp stevia extract powder (www.CVC4Health.com)
- ★ 2 tblsp agave nectar (www.GoodCauseWellness.com)
- ★ 12 drops of SweetFruit drops (www.DragonHerbs.com)

Sweetening this recipe is important, since cacao is naturally quite bitter.

3 CUPS OF CLEAN, FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals.

OPTIONAL INGREDIENTS

This smoothie will be quite soupy. Add **half a teaspoon of guar gum powder** to thicken it up. You may want to add **1/8 of a teaspoon of lemon juice** to preserve the freshly made color.

COMBINE INGREDIENTS AND BLEND TO DESIRED CONSISTENCY

PREP TIME: 2-5 MINUTES

MAKES: 4-5 SERVINGS

SERVING SIZE: 12oz



THE BERRY BLAST SMOOTHIE

INGREDIENTS:

2 CUPS MIXED BERRIES

1 WHOLE, ORGANICALLY GROWN CUCUMBER

1 LARGE CELERY STALK

YOUR CHOICE OF SWEETENER:

- ★ ¼ tsp stevia extract powder (www.CVC4Health.com)
- ★ 1 tblsp agave nectar (www.GoodCauseWellness.com)
- ★ 6 drops of SweetFruit drops (www.DragonHerbs.com)

3 CUPS OF CLEAN, FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals.

OPTIONAL INGREDIENTS

Adding a **teaspoon of vitamin C powder** will add some tangy flavor. You can also add a **tablespoon of Earth's Promise superfood powders** to enhance the "berry interesting" experience.

COMBINE INGREDIENTS AND BLEND TO DESIRED CONSISTENCY

My high powered Vita-Mix blender will do the job in a few seconds. Depending on the quality of your blender, you might want to precut the cucumber and celery stalk into chunks before blending.

PREP TIME: 3-5 MINUTES

MAKES: 4-5 SERVINGS

SERVING SIZE: 12oz



THE TROPICAL TANGO SMOOTHIE

INGREDIENTS:

1/2 CUP MANGO

3/4 CUP PAPAYA

1/2 CUP FRESH RAW COCONUT MEAT

3/4 CUP TARO (BOILED)* OR 1 WHOLE RED OR SWEET POTATO (BOILED)

YOUR CHOICE OF SWEETENER:

- ★ 1/4 tsp stevia extract powder (www.CVC4Health.com)
- ★ 1 tblsp agave nectar (www.GoodCauseWellness.com)
- ★ 6 drops of SweetFruit drops (www.DragonHerbs.com)

3 CUPS OF CLEAN, FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals.

HEALTH ALERT:

This smoothie is high in carbs, but the tropical experience is delightful, and you can work off the carbs by twirling fire batons or playing with a hula hoop.

* The Taro plant is inedible if ingested raw because of needle-shaped raphides in the plant cells. Severe Gastrointestinal distress can occur unless first processed properly. (<http://en.wikipedia.org/wiki/taro>)

COMBINE INGREDIENTS AND BLEND TO DESIRED CONSISTENCY

Blend extra long to ensure smooth consistency.

PREP TIME: 5-10 MINUTES

MAKES: 4-5 SERVINGS

SERVING SIZE: 12oz



THE MINT ICE CREAM SMOOTHIE

INGREDIENTS:

1 WHOLE AVOCADO (REMOVE SEED)

1 HEAPING TABLESPOON OF A NATURAL PROTEIN POWER

★ Brown rice protein powder (NutriBiotic.com)

★ Thor's Raw Powder (www.SuperFoods.com)

1/2 CUP ALMOND MILK

1/2 CUP COCONUT MILK

1/4 CUP (28g) RAW CACAO NIBS

YOUR CHOICE OF SWEETENER:

★ 3/4 tsp stevia extract powder (www.CVC4Health.com)

★ 3 tblsp agave nectar (www.GoodCauseWellness.com)

★ 18 drops of SweetFruit drops (www.DragonHerbs.com)

1 HANDFUL OF SPEARMINT LEAVES

3 CUPS OF CLEAN, FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals.

OPTIONAL INGREDIENTS

The avocado will add some thickness to this recipe. To make it more like a shake, add ice and **half a teaspoon of guar gum powder**. You can also add **one peeled banana** to the mix if you want a little sweeter taste. Throw in some **raw cacao nibs** at the end for mint chocolate chip ice cream. You may want to add **1/8 of a teaspoon of lemon juice** to preserve the fresh, green color.

COMBINE INGREDIENTS AND BLEND TO DESIRED CONSISTENCY

PREP TIME: 2-5 MINUTES

MAKES: 4-5 SERVINGS

SERVING SIZE: 12oz



YOU'RE NOT A BABY COW ARE YOU?

To transition away from milk meant for baby cows, shift to coconut milk and almond milk by simply adding some coconut oil and raw almonds to your smoothie instead. Blended almonds make delicious almond milk all by themselves (just strain out the pulp and you get instant almond milk).

DO THIS IN STEPS:

★ For the first month, use 75 percent cow's milk and 25 percent almond milk.

★ For the second month, use 50 percent cow's milk and 50 percent almond milk.

Ultimately, eliminate the cow's milk and use the milk of plants (like coconut and almonds). You may also want to try adding boiled quinoa, an incredible superfood from South America, to help thicken your smoothies. Another great trick is to use almond milk or coconut milk ice cubes.



THE ORANGE COCONUT GROVE SMOOTHIE

INGREDIENTS:

- 2 WHOLE ORANGES (PEELED)**
- 1 CUP COCONUT MILK**
- 1 CUP COCONUT PULP (FRESH IF POSSIBLE)**
- ½ CUP MACADAMIA NUTS (UNSALTED)**
- 1 HEAPING TABLESPOON OF A NATURAL PROTEIN POWER**
 - ★ Brown rice protein powder (NutriBiotic.com)
 - ★ Thor's Raw Powder (www.SuperFoods.com)



YOUR CHOICE OF SWEETENER:

- ★ ¼ tsp stevia extract powder (www.CVC4Health.com)
- ★ 1 tblsp agave nectar (www.GoodCauseWellness.com)
- ★ 6 drops of SweetFruit drops (www.DragonHerbs.com)

3 CUPS OF CLEAN, FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals.

OPTIONAL INGREDIENTS

Add **half a teaspoon of guar gum powder** to thicken it up.

COMBINE INGREDIENTS AND BLEND TO DESIRED CONSISTENCY

Use almond or coconut milk ice cubes for creamier texture.

PREP TIME: 4–5 MINUTES

MAKES: 4–5 SERVINGS

SERVING SIZE: 12oz

THE SMOOTH MOVER SMOOTHIE

INGREDIENTS:

1 CUP ALOE VERA GEL

1 CUP RAW OKRA

VARIOUS FRUITS AND VEGETABLES

YOUR CHOICE OF SWEETENER:

- ★ ¼ tsp stevia extract powder (www.CVC4Health.com)
- ★ 1 tblsp agave nectar (www.GoodCauseWellness.com)
- ★ 6 drops of SweetFruit drops (www.DragonHerbs.com)

3 CUPS OF CLEAN FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals.

COMBINE INGREDIENTS AND BLEND UNTIL EXTREMELY SMOOTH

You can add whatever fruits and vegetables you want. This smoothie is great for people with sensitive digestive tracts (Irritable Bowel Syndrome, Celiac disease, etc.), but be aware, the aloe vera gel can have laxative qualities if over consumed.

BLEND EXTRA LONG

It is very important that you blend this particular drink until it is very smooth so that the raw okra can be well minced before you ingest it.

PREP TIME: 8–10 MINUTES

MAKES: 4–5 SERVINGS

SERVING SIZE: 12oz



THE ASIAN CHOCOLATE SMOOTHIE

INGREDIENTS:

2 WHOLE ASIAN PEARS

1/4 CUP RAW CACAO NIBS

1 HEAPING TABLESPOON OF BROWN RICE PROTEIN POWDER

YOUR CHOICE OF SWEETENER:

- ★ 1/4 tsp stevia extract powder (www.CVC4Health.com)
- ★ 1 tblsp agave nectar (www.GoodCauseWellness.com)
- ★ 6 drops of SweetFruit drops (www.DragonHerbs.com)

3 CUPS OF CLEAN, FILTERED WATER

Stay away from the tap. In many areas it's full of unhealthy heavy metals.

OPTIONAL INGREDIENTS

For an extra chocolaty taste, **add 3 tablespoons of cacao powder** to the mix.

COMBINE INGREDIENTS AND BLEND TO DESIRED CONSISTENCY

Add ice or use chilled water with this recipe for an extra cold dessert drink. You can even chill your Asian pears in the refrigerator before use.

PREP TIME: 2-5 MINUTES

MAKES: 4-5 SERVINGS

SERVING SIZE: 12oz



ADDITIONAL INGREDIENTS

Here are some extra ingredients you can use with any of my superfood smoothies. Using a Vita-Mix high powered blender, you can blend up practically any fruit, vegetable, nut or seed imaginable. Just remember to gradually reduce the fruit sugars while increasing the veggies and superfoods.

CHIA SEEDS – 1oz

High in calcium, omega-3 fatty acids and other nutrients, chia seeds are what I use instead of flax seeds (because they just taste better). A good source is www.GoodCauseWellness.com or www.IntegratedHealth.com

ALOE VERA GEL – 1 CUP

Fresh gel only. Store-bought aloe vera juice tastes nasty, and I'm not sure why, but fresh aloe vera gel is delightful. Be aware that aloe vera gel can have laxative qualities so you might want to start with less and work your way up to a cup in time.

IONIC MINERALS – 1oz (1 capful)

Most people are deficient in key minerals. Just don't overdo the minerals on the first day, or you'll get to spend lots of time catching up on bathroom reading.

GINGER – 2 TABLESPOON

It's one of my favorite herbs, and it adds a zest to any recipe while boosting circulation throughout your body.

SPIRULINA – 1 TABLESPOON

This potent superfood adds a dark green/bluish color (plus lots of anti-cancer nutrients) to any smoothie. Don't overdo it, or you'll really notice the taste. A tablespoon is plenty, and that's only for those who are used to the taste.

FRESH SPROUTS – ¼ CUP

Grow your own sprouts (I like alfalfa and teff the best) and plop them right into any smoothie recipe. They add a bit of a green flavor and lots of nutrition.

RAW NUTS – PORTION AS NEEDED FOR DESIRED CONSISTENCY

Almonds are easiest to work with, and they're affordable. As a general rule, you should have no more than ½ cup per serving.

RAW SWEET POTATO - WHOLE

Organically grown sweet potatoes contain the highest mineral content of almost any root crop. Blend them in!

RAW MACADAMIA BUTTER - 2 TABLESPOONS

STRAWBERRIES - ¾ CUP

RASPBERRIES - ¾ CUP

POMEGRANATE SEEDS - ¼ CUP

FLAX OIL - 1 TABLESPOON PER 100 LBS OF BODY WEIGHT

EXTRA VIRGIN COCONUT OIL - 1 TABLESPOON

BANANA - WHOLE ORGANIC FRUIT WITHOUT PEEL, THEN SMALLER PORTIONS

(use only during transition to healthy foods)

For an added boost to the natural health benefits of these fruit and vegetable smoothie blends, you may want to add a tablespoon of one of these great superfood powders. I've listed several outstanding products that I regularly use, so that you can mix and match for the best taste compliment to the recipe you are making.

- ★ Berry Green (www.NewChapter.info)
- ★ Antioxidant Defense System (www.GoodCauseWellness.com)
- ★ Ola Loa drinkable vitamin powders (www.DrinkYourVitamins.com)
- ★ John Barron's Accelerator (www.BaselineNutritionals.com)
- ★ Rejuvenate! (www.IntegratedHealth.com)
- ★ Hempshake (www.Nutiva.com)

Pancakes and syrup are for people who want diabetes, bacon and sausage are for those who want cancer, and milk from cows? Don't get me started. But fresh, organic produce, blended with superfoods, is the breakfast of healthy humans.

Smoothies should be consumed within minutes of blending. These recipes result in real food, and that food begins oxidizing immediately. If left standing, they also tend to separate, with the fibers sinking to the bottom and the juice remaining on top. To drink them, just re-blend for a few seconds to mix the ingredients again. I have consumed smoothies up to 3 hours after blending, but any longer than that and the taste really begins to deteriorate. Drinking them fresh, right out of the blender, is strongly recommended.

NOT YOUR TYPICAL SMOOTHIES

Granted, these are not your typical smoothie recipes. Then again, I assume you don't want typical results. If you do, just look at all the diseased people walking around. You can get those results, too, if you eat like they do. Just watch TV and buy whatever foods are advertised there. That will give you diabetes, cancer and depression in no time.

But if you want results that are beyond the norm—if you want to experience exceptional health—simply follow an exceptional diet. That means no processed foods, no refined sugars and no chemical additives. It means eating (or drinking) the foods provided by Mother Nature: fresh vegetables, fruits, nuts, seeds, roots and flowers. It means cleansing your body every morning instead of poisoning it.

Ignorant people, you see, try to heal their bodies with drugs and pharmaceuticals. Empowered people, in contrast, heal their bodies with food—the source of nature's medicine. The very recipes I share in this book contain literally *thousands of phytonutrient medicines*, each a miracle of nature, and each more impressive and effective than any pharmaceutical ever created by man. From the anti-breast-cancer medicines found in the white part of oranges to the anti-diabetes properties of chia seeds, each of these natural foods provides a treasure of natural medicine that keeps the human body healthy, energized, vibrant and lucid.

If drug companies could patent foods, these would be the miracle medicines you would read about in the newspapers. But they can't be patented or controlled, so they get no publicity. Yet it's the greatest secret of human health—that nature has already provided the answers to every degenerative disease known to modern medicine. Those answers are unlocked in your body every time you drink a superfood smoothie. You unleash a tidal wave of healing, detoxifying nutrients that automatically, and without any conscious effort on your part, prevent disease and enhance your health.

TASTE GROUPING: WHAT GOES TOGETHER

Once you experiment with the smoothie recipes in this book, you'll begin to see what flavors and foods complement each other. The best part of smoothie recipes is the experimenting. Remember to use all the edible parts of the plant. With watermelon you can cut deep into the rind to add tartness. Use as much of the white strings from the inner peel of oranges as

possible (they contain anti-cancer medicine). If you have corn on the cob, harvest the corn silk, boil it for at least ten minutes, and toss that into the blender (it helps dissolve kidney stones). With celery and carrots wash them really well and then include the greens, too. If you grow your own celery, you can juice the celery roots – they're quite delicious!

Some things to avoid consuming: orange peels, avocado skins and seeds, coconut shells, the seeds of orange and apples, the outer leaf of aloe vera.

Aloe vera gel (*not* the leaf part, only the gel) goes well with everything. But I only recommend the fresh gel (processed gel tastes funny). So grow your own if you can.

Apples are an excellent sweetener and they go well with most ingredients, including **celery** and **melons**. A really nice cleansing drink is apple, cucumber and parsley with a touch of lemon and ginger for zesty lemonade.

Bananas sweeten practically any smoothie, but they're really high in fruit sugars, so use sparingly. Bananas go best with tropical ingredients like **oranges** or **coconut**.

Berries go well with each other (blueberries, raspberries, blackberries, strawberries, etc.) as well as **cucumber** and **celery**. The tart berries mix well with cacao and agave nectar.

Cabbage, broccoli and other **cruciferous vegetables** are not generally recommended for smoothie recipes. Their strong taste is difficult to mask. Use sparingly, if at all.

Celery goes well with **cucumbers, tomatoes** or **carrots**—just not in the same recipe—keep your tomato and melon smoothies separated. Celery adds healthy roughage, so be sure to take **digestive enzymes** with any celery smoothie to avoid gas or bloating.

Chard is bitter, so try it in small quantities at first, but it can be a great way to highlight sweet fruit blends while getting excellent nutrients.

Citric acids found in limes or natural vitamin C powders are best in fruit recipes. The added tartness helps highlight the fruit taste. I've even been known to use a pinch of citric acid crystals in a fruit smoothie to jazz it up a bit.

Chocolate goes well with other tropical fats like **avocado** and **coconut**. If you're adventurous, you can experiment with mixing chocolate with raspberries.

Coconut milk/coconut oil can be used to add “depth” to any smoothie recipe. It makes smoothies taste more like milkshakes, because the coconut fat mimics the taste of milk fat. **Coconut water** from fresh coconuts can also be used as a replacement for part of the **water** in any recipe. It will add electrolytes, nutrients and some sweetness to any recipe.

Cucumber tastes a lot like unsweetened watermelon. So you can mix it with practically all **melons**, including cantaloupe, honeydew and others. **Berries** also go well with cucumber (especially strawberries).

Ginger can be added to fruit or melon smoothies. The more ginger you add, the more sweetener you’ll need so don’t forget to boost your **agave nectar** or **stevia accordingly**.

Kale or **lettuce** can be blended into practically any recipe, but use sparingly until you get used to the taste.

Nuts are an awesome source of healthy fats, oils and nutrients. They can be added to almost all smoothie flavors. Always use unsalted, raw nuts. Soft nuts like **cashews** and **pecans** do not need to be soaked, but harder nuts like **almonds** should be soaked for 8 hours and washed well before blending. **Macadamia nuts** are excellent in tropical recipes. **Pecans** are great with butternut squash and pumpkin. I usually blend the squash meat raw. Spices that accent these recipes include **cinnamon, ginger** and **nutmeg**.

Salt: A dash of **sea salt** will “enliven” even sweet-tasting smoothie recipes. When something doesn’t taste sweet enough, add a dash of sea salt before adding more sweetener—you’ll be surprised at how it enhances the taste.

Tropical fruits go together well (**mango, papaya, banana, oranges**, etc.). Adding some coconut milk to your tropical smoothie will add healthy fats and depth of flavor.

CURIOUS ABOUT THE HIDDEN MEDICINE IN YOUR FOOD?

I have created a powerful and free database of the healing powers in everyday foods based on a wide range of research. Visit **www.HealingFoodReference.com** today to explore foods and specific conditions. You may even be able to tailor your smoothie to your specific needs.



ABOUT MIKE ADAMS, THE HEALTH RANGER

Mike Adams, the Health Ranger, is a consumer advocate and holistic nutritionist with more than 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. Adams began his exploration into the true causes of health during his own personal journey from borderline obesity and chronic back pain. He is the chief editor of **www.NewsTarget.com** and author of more than 10 books on health and wellness available at **www.TruthPublishing.com**.

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at **www.NewsTarget.com/AdamsHealthStats.html**.

