

# Smoothies

## Easy and Nutritious

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Registered Holistic Nutritionist

Smoothies

Nature's Fast Food

At Home or To Go



Holistic Nutrition  
Healing and Hope

Life Skills, Relaxation, Coaching

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To my family, friends and clients who always support me and never doubt my ability to achieve anything, even when they are the taste testers and equipment evaluators.

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- ♥ **FLAVOUR**
- ♥ **Quick and Easy**
- ♥ **Antioxidants**
- ♥ **Vitamins**
- ♥ **Minerals**
- ♥ **Protein**
- ♥ **Fibre**
- ♥ **Healthy Fats**
- ♥ **Flavonoids**
- ♥ **Polyphenols**
- ♥ **Chlorophyll**
- ♥ **Carotenoids**
- ♥ **Hydration**
- ♥ **Organic Whole Foods**
- ♥ **A Healthy Choice**
- ♥ **Nature's Fast Food**
- ♥ **At Home Or To Go**

## **Smoothies: vitamins, minerals, fibre, anti-oxidants, water and flavour!**

### **Introduction**

Smoothies are this person's answer to the frustrations of cleaning many different types of juicers!

Smoothies are as varied as your imagination. The smoothies in this book do not contain any dairy products, rice products or gluten to help people with food sensitivities to also enjoy smoothies. There are no artificial sweeteners or preservatives. All ingredients were selected to be certified organic and sourced locally to the maximum extent possible.

Smoothies are any easy way to help you achieve the recommended 25 to 35 grams of fibre daily. They also provide plant based protein. Smoothies provide many antioxidant substances like vitamins A, C and E, the mineral selenium, coenzyme Q10, glutathione, flavonoids, polyphenols and plant pigments such as chlorophyll and carotenoids.

Smoothies are a great source of minerals like calcium, iron, magnesium, manganese, potassium, selenium and zinc.

Smoothies also provide vitamins A, B1, B2, B3, B5, B6, folate, C and K.

Raw fruits and vegetables, plant based fats like chia, flax, coconut and avocado, plant based proteins like chia seeds, almond milk, hemp hearts, hemp milk and quinoa milk are naturally alkalizing to the body. This helps prevent mineral depletion and can have a significant anti-inflammatory effect.

The recipes in this book rely on natural sweeteners; the fruits, vegetables, nut and seed milks and unpasteurized honey. If you feel you must have more sweetness, try adding dried fruits or coconut sugar. You could also add peppermint, spearmint, lemon balm, borage flowers, nut butters or seed butters to help boost the sensation of sweetness. Only use oat milk if it is certified gluten free to eliminate cross contamination.

### **Basic Green Smoothie**

1 cup or 250 ml ice cold water

1 cup or 250 ml leafy greens, packed, try romaine lettuce, spinach, swiss chard, collard greens, kale or dandelion greens; or try 1/2 greens 1/2 parsley

1 cup or 250 ml fresh or frozen fruit

Blend everything. Makes about 2-1/4 cups or 2 servings.

## Blue Bomb

1 cup or 250 ml chopped fresh pineapple, chilled or frozen

1/2 cup or 125 ml fresh or frozen blueberries

1-1/2 cups or 375 ml almond milk, hemp milk or quinoa milk, chilled

1/2 teaspoon or 2.5 ml ground cinnamon

1 tablespoon or 15 ml hemp hearts

1 tablespoon or 15 ml chia seeds or ground flax seeds

Optional: small handful of baby spinach leaves or two kale leaves

Place fruit, milk and hemp hearts (and greens) in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 3 cups or 750 ml, or 2 servings.



## Very Berry

1/2 cup or 125 ml fresh or frozen mixed berries

1 cup or 250 ml almond milk, hemp milk or quinoa milk, chilled

pinch ground cinnamon

1 teaspoon or 5 ml hemp hearts

1 teaspoon or 5 ml chia seeds or ground flax seeds

Optional: a few baby spinach leaves or one or two kale leaves

Place fruit, milk and hemp hearts (and greens) in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.

## Perfect Peach

1/2 cup or 125 ml fresh or frozen peaches  
1 cup or 250 ml almond milk, hemp milk or quinoa milk, chilled  
pinch ground cinnamon  
pinch of nutmeg  
few drops vanilla  
1 teaspoon or 5 ml hemp hearts  
1 teaspoon or 5 ml chia seeds or ground flax seeds

Place fruit, milk and hemp hearts in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.



## Mango Pineapple

1/4 cup or 65 ml fresh or frozen mango  
1/4 cup or 65 ml chopped pineapple, chilled or frozen  
1 cup or 250 ml almond milk, hemp milk or quinoa milk, chilled  
few drops vanilla  
1 teaspoon or 5 ml hemp hearts  
1 teaspoon or 5 ml chia seeds or ground flax seeds

Place fruit, milk and hemp hearts in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.



## **Mmm Mango**

1/2 cup or 125 ml fresh or frozen mango

1 cup or 250 ml almond milk, hemp milk or quinoa milk, chilled

few drops vanilla

1 teaspoon or 5 ml hemp hearts

1 teaspoon or 5 ml chia seeds or ground flax seeds

Place fruit, milk and hemp hearts in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.



## **Red Raspberry**

1/2 cup or 125 ml fresh or frozen red raspberries

1 cup or 250 ml almond milk, hemp milk or quinoa milk, chilled

1 teaspoon or 5 ml hemp hearts

1 teaspoon or 5 ml chia seeds or ground flax seeds

Optional: a few baby spinach leaves or one or two kale leaves

Place fruit, milk and hemp hearts (and greens) in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.

## **An Apple A Day**

1/2 cup or 125 ml granny smith apple without seeds, skin on  
1 cup or 250 ml carrot or carrot/celery juice, chilled  
1 teaspoon or 5 ml chia seeds or ground flax seeds  
1 teaspoon or 5 ml fresh squeezed lemon juice  
a few baby spinach leaves or one or two kale leaves

Place fruit, carrot juice, lemon juice, chia or flax seeds and greens in blender container. Add chia or flax on top of juice ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.



## **Pineapple Coconut Pick-Me-Up**

1/2 cup or 125 ml chopped fresh pineapple, chilled  
1 cup or 250 ml cold coconut water  
1 teaspoon or 5 ml hemp hearts  
1 teaspoon or 5 ml chia seeds

Place fruit, coconut milk and chia seeds in blender container. Add chia on top of coconut water so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.

Caution: If you have a high blood level of potassium, avoid coconut water. Consider all potassium sources in your diet on any particular day including foods such as potatoes and bananas.

## **Cherry Chug**

- 1/2 cup or 125 ml fresh or frozen sweet cherries, pitted
- 1 cup or 250 ml almond milk, hemp milk or quinoa milk, chilled
- 1 tablespoon or 15 ml raw oatmeal
- 1 teaspoon or 5 ml hemp hearts
- 1 teaspoon or 5 ml chia seeds or ground flax seeds

Place fruit, milk, oatmeal and hemp hearts in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.



## **Strawberry Banana Blizzard**

- 1/2 cup or 125 ml fresh or frozen strawberries
- 1/2 frozen banana
- 1 cup or 250 ml almond milk, hemp milk or quinoa milk, chilled
- 1 teaspoon or 5 ml hemp hearts
- 1 teaspoon or 5 ml chia seeds or ground flax seeds

Optional: 1/2 teaspoon or 2.5 ml cocoa powder, or use chocolate or carob almond milk

Place fruit, milk and hemp hearts in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/2 cups or 375 ml, or 1 serving.

### **Pineapple Orange Banana Whirl**

1/2 cup or 125 ml fresh or frozen strawberries

1/2 cup or 125 ml fresh Clementine or blood orange segments, peeled, seeded

1/2 frozen banana

3/4 cup or 200 ml almond milk, hemp milk or quinoa milk, chilled

1 teaspoon or 5 ml hemp hearts

1 teaspoon or 5 ml chia seeds or ground flax seeds

Place fruit, milk and hemp hearts in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/2 cups or 375 ml, or 1 serving.



### **Aronia Berry Surprise** (Aronia berry is native to North America, rich in anthocyanins)

1/2 cup or 125 ml fresh or frozen aronia berries

1 cup or 250 ml almond milk, hemp milk or quinoa milk, chilled

few drops vanilla

1/2 teaspoon or 2.5 ml unpasteurized honey if you find aronia berries too tart

1 teaspoon or 5 ml hemp hearts

1 teaspoon or 5 ml chia seeds or ground flax seeds

Place fruit, milk, honey and hemp hearts in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.

## Citrus Circle

1/2 grapefruit, peeled and seeded  
1 orange, peeled and seeded  
1 tablespoon or 15 ml fresh squeezed lemon juice  
1 cup chopped dark greens (kale, baby spinach or dandelion greens)  
1 teaspoon or 5 ml hemp hearts  
1/2 cup or 125 ml water

Place fruit, water and hemp hearts in blender container.

Blend for 1 minute and serve immediately.

Makes about 1-1/2 cups or 375 ml, or 1 serving.

Feeling adventurous with grapefruit?

Try grapefruit/kiwi/pineapple/greens, grapefruit/strawberry/greens, grapefruit/banana/greens, grapefruit/carrot/ginger or grapefruit/apple/kiwi.



## Blackberry Burst

1/2 cup or 125 ml fresh or frozen blackberries  
1 cup or 250 ml coconut milk, chilled  
1 teaspoon or 5 ml hemp hearts  
1 teaspoon or 5 ml chia seeds

Place fruit, coconut milk and hemp hearts in blender container. Add chia on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/4 cups or 350 ml, or 1 serving.

## **Pomegranate Punch**

1/2 cup or 125 ml fresh or frozen pomegranate seeds  
1-1/4 cups or 315 ml almond milk, hemp milk or quinoa milk, chilled  
1 tablespoon or 15 ml raw oatmeal  
1 teaspoon or 5 ml hemp hearts  
1 teaspoon or 5 ml chia seeds or ground flax seeds

Optional: handful of dark leafy greens

Place fruit, milk, oatmeal and hemp hearts (and greens) in blender container. Add chia or flax on top of other ingredients so they do not stick to the sides of the container.

Blend for 1 minute and serve immediately.

Makes about 1-1/2 cups or 375 ml, or 1 serving.



## **Very Veggie (only suitable for powerful blenders)**

1/2 stalk celery  
1 carrot  
1/4 green pepper if you are not sensitive to nightshades  
1 vine ripened tomato  
1 small red beet, fermented  
1 thin slice fresh ginger  
1 tablespoon or 15 ml fresh parsley  
pinch of sea salt  
1-1/2 cups or 375 ml spring water

Place everything in the blender.

Blend for 1 minute and serve immediately.

Makes about 3 cups or 750 ml, or 2 servings.



Chia Seeds

Complete Proteins

Omega 3 Essential  
Fatty Acids



Ground Hemp Seeds

**Nut and Seed Milks:** Read the labels.

Look for carrageenan free. Carrageenan is a thickening agent which has been proven to cause cancer in rats.

Look for natural sweeteners if there are any sweeteners added to the milk.

Best of all make your own.

MSG is not always declared on the label. Check with the manufacturer if you have any question about a particular product.

Look for certified organic..

If using oat milk, check that it is made in a gluten free facility.

**Almond milk** is made from soaked and ground almonds and water. Read the label to make sure there are no added sweeteners.

**Hemp milk** is made from soaked and ground, whole hemp seeds and water. Some have added maple syrup, brown rice syrup, agave, flax seeds, xanthan gum, vanilla and/or sea salt.

**Quinoa milk** is made from soaked, cooked quinoa and water with a pinch of sea salt.

**Rice milk** is made from either brown or white rice. Most is made from white. It has not been included in the recipes because it spikes blood sugar for many people.





Some organic and gluten free logos to look for.





## Be Green

**Buy Certified Organic** whenever possible to minimize your exposure to GMO genetically modified organisms, pesticides, herbicides, chemical fertilizers and other toxins from water and air.

Intensive farming has produced nutrient deficient soils. If the nutrients are not in the soil, they WILL NOT be in the food grown in it. Organic food simply has more nutrients, and even then they will not contain as many nutrients as 200 years ago for even organic soils are less fertile than they once were, however, organic foods still have more nutrients than inorganic.

Some pesticides and herbicides are not only on the surface of fruits, vegetables, nuts and seeds, but are also absorbed into the entire plant through the roots. An example of this is broccoli. Some waxes on inorganic produce cannot be washed off even with vinegar. Peeling produce removes all the valuable fibre in the peel or skin and all the nutrients that are just below the surface of the peel or skin.

Sometimes it is how foods are processed or shipped that can expose you to even more toxins. An example of this is the formaldehyde that non organic celery is dipped in as a preservative before shipping.

Since 2010, some school boards in Ontario have banned celery (like they did peanuts) in school lunches and snacks. A person has to wonder if it is not an allergy to the formaldehyde that non organic celery is dipped in for shipping and not an allergy to the actual celery.

Some fruit and vegetable recalls for pathogens have been due to contaminated irrigation water.

When shopping, look at what country the food is coming from to get some idea of the food safety laws in place.



## Farm to Table

### Fresh and Flavourful

**Buy Local** to get the freshest food possible and limit your contribution to the carbon footprint from fossil fuel transportation of foods. Less air pollution also means less acid rain and less toxic particles landing on you and your foods. This also supports local employment, jobs for your family, friends and neighbours. Farm to table in the same day gives you food with the maximum of nutrients and freshest, fullest flavour.

## Smoothie Tips

**Temperature:** Keep the ingredients cold or frozen for thicker smoothies.

**Weight Loss:** Avoid tropical fruits which are naturally higher in sugar like pineapple and mango.

**Latex Allergy:** Some foods naturally contain the same proteins that cause regular latex allergy. Do not use avocado, banana, chestnut, kiwi, passion fruit, plum, strawberry or tomato if you have a diagnosed latex allergy or sensitivity. Check with your health care professional before using these foods.

**Greens:** Add a couple of leaves or a small handful of dark leafy greens such as kale, baby spinach, dandelion greens, beet greens, parsley, lovage, lemon balm or other dark green. Try to experiment with the quantity of greens until you find an amount that tastes good to you and gives a texture you like.

**Vegetables:** Experiment with carrots, celery, red beets, cabbage, bell peppers and adjust the quantity to get a taste and texture you enjoy.

**Smoothie To Go:** Try taking your smoothie in a commuter cup or stainless steel insulated thermos instead of drinking coffee or tea.

**Snack Time:** Keep a small blender at the office to make fresh, healthful smoothies for break time to maintain blood sugar and nourish your brain until your next meal.

**Time Management:** If you like to have your smoothie for breakfast and you never seem to have time; put ingredients except frozen items into the blender container the night before and store in the fridge. Cut up fruits and vegetables the night before and store in the fridge. Chill nut and seed milks. In the morning, add the rest and blend.

**Equipment:** The stronger the motor on your machine, the smoother your smoothies will be. A fast, strong motor macerates or breaks down the foods into the smallest pieces. A Blendtec or Vitamix high speed, high power blender gives super smooth results yet costs the most, the Nutri-Bullet costs a bit less and the Magic Bullet still less, but are less smooth results. All are acceptable. Choose the best machine you can afford, then enjoy the flavour and health benefits no matter which one you choose.



Some equipment used in testing the recipes in this book.

## About the Author

Cathy Ferren RHN MAATO is a registered holistic nutritionist, life skills and health coach, certified Personality Dimensions® instructor, relaxation techniques coach and prayer minister working across Canada. She incorporates her over 35 years of experience in architectural technology into barrier free design consultations for her clients to help them meet their mobility needs. As a lifelong volunteer in many non-profit organizations, she brings experience, compassion and focus to her clients. She is passionate about helping people improve their wellness in all areas: body, mind and spirit.



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