

# 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.

## **Contents**

- 1 Introduction**
- 1 Basic Green Smoothie**
- 2 Blue Bomb**
- 2 Very Berry**
- 3 Perfect Peach**
- 3 Mango Pineapple**
- 4 Mmm Mango**
- 4 Red Raspberry**
- 5 An Apple A Day**
- 5 Pineapple Coconut Pick-Me-Up**
- 6 Cherry Chug**
- 6 Strawberry Banana Blizzard**
- 7 Pineapple Banana Orange Whirl**
- 7 Aronia Berry Surprise**
- 8 Citrus Circle**
- 8 Blackberry Burst**
- 9 Pomegranate Punch**
- 9 Very Veggie**
- 10 Nut and Seed Milks**
- 11 Certified Organic Logos**
- 12 Be Green**
- 13 Smoothie Tips**

- ♥ **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.