



Anatomy of the Perfect Smoothie

The varieties are endless, select a few ingredients from each of the following categories, majoring on vegetables and minoring on fruits. If you don't like the flavor of vegetables, you can increase the amount of fruit, but over time slowly decrease the amount of fruit, especially if you have blood sugar or candida issues. In these cases, be sure to include a protein item, and this will also help you to feel satisfied for longer periods of time. Voila! An easy, healthy smoothie that tastes fantastic!



Start by tossing ½-1 c. of fruit into the blender:

- **Bananas***: creamy, sweet (limit to 1/2 -1 per smoothie).
- **Avocado**: creamy, complete protein, very mild flavor.
- **Berries***: frozen are best, and they mask other flavors well, such as greens.
- **Grapes & Kiwi**: sweet, watery, adds a tang to the flavor, added nutrition.
- **Mangos & Papaya**: sweet, smooth, digestive aid.
- **Melon**: great combo with cilantro and watery vegetable juices such as celery, and cucumber.
- **Peaches & Apricots**: sweet, smooth, and they also mask other flavors well (similar to the berries).
- **Pineapple**: very sweet (limit), tropical flavor, very good at masking other flavors, digestive aid.
- **Apples & Pears**: mild flavor, sweet or tart depending on variety chosen.

* Freeze berries and peeled bananas ahead of time (be sure to lay bananas in a single, flat layer in a Ziploc bag, then lay into freezer. Once frozen, the bag can be compressed without bananas clumping together).

Throw in a handful of greens:

- Spinach
- Kale
- Chard
- Mixed salad greens
- Fresh Herbs (start with a few sprigs and increase according to taste): cilantro, parsley, watercress, mint (one of my daughter's favorites), etc.

Then fill with the liquid your choice:

- **Coconut milk**: I use the cans, but you can use unsweetened cartons or refrigerated versions. Be sure to avoid Calcium Carbonate, as this is a cheap form of calcium that neutralizes stomach acids and will cause an increase acid reflux.
- **Almond milk**: You can make this on your own, buy it from the store, or simply throw in some almond meal (much cheaper than whole almonds—can be purchased from Vitamin Cottage), and it will add protein to your shake.
- **Rice milk**: Again, unsweetened, and avoid those with added Calcium Carbonate.





- **Vegetable juice:**
 - **Carrot:** sweet, good substitute for apple juice. Great to drink before going out into the sun—a natural sunscreen!
 - **Beet:** blood and liver purifier (**Warning:** your urine may be pink or red—no worries!)
 - **Celery:** good for digestion, joint pain, kidney stones, skin issues
 - **Cucumber:** good for digestion, joint pain, kidney stones
 - **Tomato:** good for digestion, joint pain, kidney stones
- **Fruit juice:** Lemon or lime are great options. Use very limited amounts of other juices, if at all—fruit juices contain a ton of sugar because it takes many apples, oranges, berries, pomegranate, açai, to make a few ounces of juice!
- **Herbal Tea:** You can experiment with a variety of spices by using herbal teas, and you can select teas according to the specific health benefits you want to achieve.
- **Water:** The last option, this a great choice if you don't have a lot of resources or are watching sugar content. Water does not necessarily mean less flavorful, depending on the mix.

Options:

- **Ice:** makes smoothies colder and more like ice cream, so it helps quench a craving for sugary junk foods! If your fruit is not frozen, use ice. If you prefer no fruit, then this is good for making it thick, it is after all frozen water.
- **Protein Powder:** for added protein and to slow the release of sugar into the blood stream, add egg white protein. Jay Robb has a reasonably priced product, sweetened with stevia, sold at King Soopers and health food stores.
- **Nut & Seed Butters:** butters other than peanut (which are high in molds—not good for candida, if this in issue for you), such as almond, tahini, sun butter add protein, heartiness, and make smoothies creamier!
- **Cocoa or Carob Powder:** great with berries, greens, milk and natural sweetener of your choice—you never even taste the greens!
- **Dried Herbs and Spices:** cinnamon and licorice and good for blood sugar issues. Bee pollen is good for added nutrition and seasonal allergies. Nutmeg and cardamom have a pleasant flavor to many people, and they are both high in antioxidants. Cardamom will assist with high blood pressure as well. Use nutmeg to try making a healthy, non-dairy eggnog smoothie, then share your recipe with me (love this stuff!). Vanilla extract adds an unexpected pop to a smoothie too. Fresh grated or crushed ginger is energizing and has a powerful masking flavor, but it can be a bit spicy.





New Vitality

Holistic health from a biblical perspective



Zero Glycemic Natural Sweeteners:

- Xylitol
- Stevia
- Glycerin
- Lo Han (made from monk fruit)
- Yacon Syrup

Note: Agave is NOT low glycemic—it has almost as many sugars as corn syrup—check the Nutrition Facts on a label the next time you are at the store! Honey, although a better option than agave nectar, is also not a low glycemic sweetener. Do the math by using the product labels and the GLYCEMIC INDEX FORMULA listed below. For more information about GLYCEMIC INDEX, request my **FREE** white paper called “Managing Blood Sugar & Weight Loss.”

NUTRITION FACTS	
Serving Size 1 Tablespoon (21g) Servings Per Container 23	
Amount Per Serving	
Calories 40	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 16g	5%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 0g	
Vitamin A 0%	Vitamin C 14%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 Calorie Diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Ingredients: Pure, 100% Organic Blue Agave Nectar , Natural Flavor.	

Nutrition Facts	
Serving Size 1 Tbsp (21g) Servings Per Container 16	
Amount Per Serving	
Calories 60	
% Daily Value*	
Total Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Sugars 16g	
Protein 0g	0%
* Percent Daily Values are based on a 2,000 calorie diet.	
12 oz. (340g) Honey	
Honey should not be fed to infants under one year of age.	

Nutrition Facts	
Serving Size 2 Tbsp/1/8 cup (30 mL) Servings Per Container **see below	
Amount Per Serving	
Calories 120	
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 30g	10%
Sugars 10g	
Protein 0g	
*Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: Light corn syrup , salt, vanilla	

The GLYCEMIC INDEX of any item can be quickly calculated from Nutrition Fact labels using this formula:

TOTAL CARBOHYDRATES

-TOTAL DIETARY FIBER

GLYCEMIC INDEX

(< OR = TO 10 GRAMS = LOW GLYCEMIC INDEX, WHICH IS THE GOAL FOR THOSE WITH BLOOD SUGAR ISSUES)

1 T. Agave Nectar: 16 – 0 = 16 g.

1 T. Honey: 17 – 0 = 17 g.

1 T. Light Corn Syrup: 15 – 0 = 15 g. (High Fructose Corn Syrup is even HIGHER!!)



- Also, keep in mind that:
 - One half of sugars in foods is glucose, and the other half is fructose.
 - **Fructose, not glucose causes blood sugar spikes and is stored as FAT.**

To manage these two areas of your health, **limit daily fructose intake to 25 grams or less per day.** Use this chart to calculate the glycemic index and fructose content of your smoothies:

Fruit	Serving Size	Grams of Fructose
Limes	1 medium	0
Lemons	1 medium	0.6
Cranberries	1 cup	0.7
Passion fruit	1 medium	0.9
Prune	1 medium	1.2
Apricot	1 medium	1.3
Guava	2 medium	2.2
Date (Deglet Noor style)	1 medium	2.6
Cantaloupe	1/8 of med. melon	2.8
Raspberries	1 cup	3.0
Clementine	1 medium	3.4
Kiwifruit	1 medium	3.4
Blackberries	1 cup	3.5
Star fruit	1 medium	3.6
Cherries, sweet	10	3.8
Strawberries	1 cup	3.8
Cherries, sour	1 cup	4.0
Pineapple	1 slice (3.5" x .75")	4.0
Grapefruit, pink or red	1/2 medium	4.3
Boysenberries	1 cup	4.6
Tangerine/mandarin orange	1 medium	4.8
Nectarine	1 medium	5.4
Peach	1 medium	5.9
Orange (navel)	1 medium	6.1
Papaya	1/2 medium	6.3
Honeydew	1/8 of med. melon	6.7
Banana	1 medium	7.1
Blueberries	1 cup	7.4
Date (Medjool)	1 medium	7.7
Apple (composite)	1 medium	9.5
Persimmon	1 medium	10.6
Watermelon	1/16 med. melon	11.3
Pear	1 medium	11.8
Raisins	1/4 cup	12.3
Grapes, seedless (green or red)	1 cup	12.4
Mango	1/2 medium	16.2
Apricots, dried	1 cup	16.4
Figs, dried	1 cup	23



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Suggested combinations:

- Coconut milk & lime juice with a natural sweetener to taste. **Optional:** *strawberries.*
- Berries, greens and beet juice.
- Berries, greens, almond milk, cocoa or carob powder with a natural sweetener to taste. **Optional:** *cinnamon.*
- Cocoa or carob powder, nut butter, banana, greens.
- Banana, berries, a touch of orange juice, protein powder.
- Coconut milk, mango, vanilla, orange juice, ice, and (sometimes) avocado.
- Coconut milk, pineapple, greens.
- Coconut milk, carrot, protein powder, ginger, cinnamon, nutmeg—think Thanksgiving or Thai food!
- Frozen blueberries (or mixed berries), fresh mint leaves, orange juice, avocado, banana, a natural sweetener.
- Carrot, beet, ginger. **Optional:** *cinnamon*
- Strongly brewed Chai tea (try making your own concentrate—ask me how if you don't find a recipe you like!), coconut milk, protein powder, ice, and a natural sweetener to taste—like a Starbucks Chai Frappuccino (my favorite!).
- Strongly brewed Roastaroma herbal tea by Celestial Seasonings, milk substitute of your choice, ice, and a natural sweetener to taste.

Think salsa:

- Strawberries, cilantro, greens, liquid of your choice, and a sliver of jalapeño (if you are feeling daring!)
- Mangos or peaches, cilantro, greens, liquid of your choice, and a sliver of jalapeño.
- Cucumber, cilantro, tomato—think Bloody Mary mix!

About blenders & juicers:

 The question to ask when shopping for blenders and juicers is “Nutrients or fiber?”

- Kitchen Aid, Vita Mix, Nutri-Bullet blenders—will blend everything into a smooth mixture, so you can use whole vegetables vs. juices to achieve higher nutrient and fiber content. Fiber will lower weight loss from juicing as well as assist with bowel regularity and blood sugar stability.
- Lower end blenders— may need to use pre-juiced vegetables to avoid gritty or stringy texture.
- Champion, Norwalk, OmegaVert juicers—juice the whole vegetable or fruit, while retaining the finely crushed pulp if desired.
- Lower end juicers—give you the juice you want, but much fiber and nutrient content is lost in lumpy pulp that must be discarded.

The point is: Have fun, be creative, and don't worry about messing up— if you don't like what you create, someone else in your family might, and if not, then look at it as a learning experience, not a failure!

Happy Smoothie Making! 😊

L'chaim-- To Life!