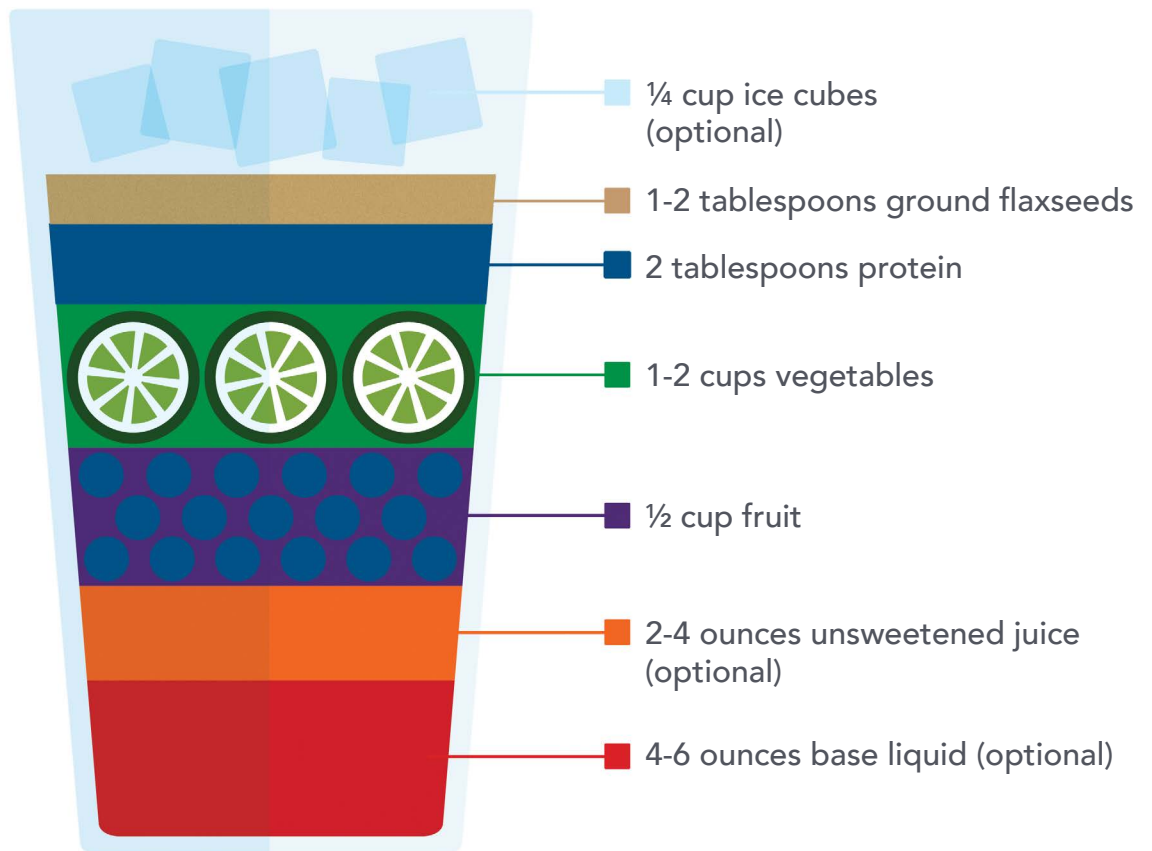

Building a Better Smoothie

Smoothies can be a great complement to your food plan and can help make “food as medicine” convenient and delicious. The illustration below outlines the basic components of a smoothie, and this handout provides ideas for each ingredient category. When possible, choose organic ingredients. Put the ingredients into a high-powered blender in the order described. Process the mixture until your smoothie is the desired consistency. Your healthcare provider may suggest specific ingredients or direct you to a recipe in this handout.

Healthy Smoothie Ingredients



Base Liquid

Use 4-6 ounces of water or brewed tea as the base liquid, if desired. Tea is sold as tea bags or dried bulk herbs. You can also use fresh herbs, if available. When purchasing tea, ask manufacturers what contaminants they screen for and look for unbleached tea bags. Here are general guidelines for how much tea to use per 8 ounces of water:

- Tea bags: 1 tea bag
- Bulk (dried) tea: 1 teaspoon
- Fresh herbs: 1 tablespoon

To brew tea, pour boiled water over the herbs, cover, and steep for 5-10 minutes. Remove the tea bags or strain out herbs. Let tea cool 20 minutes, then add 4-6 ounces to the blender for one smoothie. Refrigerate any extra prepared tea.

Here are a few of the many types of tea you can use as the base liquid in smoothies:*

- | | | |
|---|---|---|
| <input type="checkbox"/> Cinnamon tea | <input type="checkbox"/> Ginger tea | <input type="checkbox"/> Milk thistle tea |
| <input type="checkbox"/> Cistus tea | <input type="checkbox"/> Green tea | <input type="checkbox"/> Peppermint tea |
| <input type="checkbox"/> Dandelion tea | <input type="checkbox"/> Jasmine tea | <input type="checkbox"/> Rosemary tea |
| <input type="checkbox"/> Elderberry tea | <input type="checkbox"/> Lemon balm tea | <input type="checkbox"/> Other _____ |

*If you are taking medication, have a health condition, or are pregnant, check with your healthcare provider before using herbal or green tea.

Juice

If desired, add 2-4 ounces of chilled juice to the blender. Choose 100% juice without added sweeteners or salt. Here are some examples of juice you could use:

- | | | |
|--|--|---|
| <input type="checkbox"/> Beet juice | <input type="checkbox"/> Orange juice | <input type="checkbox"/> Purple grape juice |
| <input type="checkbox"/> Cherry juice | <input type="checkbox"/> Pomegranate juice | <input type="checkbox"/> Tomato juice |
| <input type="checkbox"/> Cranberry juice | <input type="checkbox"/> Prune juice | <input type="checkbox"/> Other _____ |

Fruit

Add ½ cup of fresh or frozen, unsweetened fruit to the blender. Here are some examples of fruit to include:

- | | | |
|---|---|--------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Mango | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Melon (any kind) | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Berries (any kind) | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Papaya | <input type="checkbox"/> Other _____ |

Vegetables

Add 1-2 cups of leafy greens or other fresh or frozen vegetables to the blender. Here are some vegetables to consider:*

- | | | |
|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Sweet potato |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Winter squash |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Leafy greens | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Peas | <input type="checkbox"/> Other _____ |

*Most can be used raw, but starchy vegetables (such as sweet potatoes and winter squash) should be cooked and chilled. Before blending, chop firmer vegetables (such as beets and carrots) into small pieces.

Protein

Add a good protein source to the blender, such as any of these ingredients:

- | | | |
|--|--|---|
| <input type="checkbox"/> Hempseeds—2 T | <input type="checkbox"/> Nut butter (such as almond)—1 T | <input type="checkbox"/> Whey powder—2 T |
| <input type="checkbox"/> Milk (dairy, pea, oat, or soy)— $\frac{1}{2}$ c | <input type="checkbox"/> Silken tofu— $\frac{1}{2}$ c | <input type="checkbox"/> Yogurt or kefir— $\frac{1}{2}$ c |
| <input type="checkbox"/> Pumpkin seeds—2 T | <input type="checkbox"/> Soy powder—2 T | <input type="checkbox"/> Other _____ |

Flaxseeds

Add 1 to 2 tablespoons of ground flaxseeds (or flaxseed meal) to the blender. Store extra ground flaxseeds or flax meal in the refrigerator for up to 4 weeks.

Ice

Add $\frac{1}{4}$ cup of crushed ice to the blender if you like smoothies cold. Another way to help chill smoothies is to use frozen fruit or vegetables.

Tip

Pairing similarly colored vegetables and fruits (such as cucumber with honeydew melon) makes a pretty smoothie.

Phytonutrient Smoothie Recipes

Brain Smoothie

Makes 1 serving (about 12 ounces)

Ingredients

- 1 cup blueberries
- ½ cup Concord or red (seedless) grapes
- 1 cup dark leafy greens (kale, spinach, Swiss chard, etc.)
- 2 to 3 tablespoons extra-virgin olive oil
- ½ to 1 teaspoon turmeric, ground
- 1 medium orange, peeled (optional)

Directions

Place all ingredients into a high-powered blender. Pulse blender a few times, then blend until desired consistency is reached.

Cardio Smoothie

Makes 1 serving (about 12 ounces)

Ingredients

- 2 tablespoons whey powder
- 1 cup green tea
- ½ cup blueberries
- ½ cup raspberries
- 4 tablespoons pomegranate juice (or ½ cup fresh seeds)
- ½ cup watermelon
- ½ small beet, cubed (or 1 tablespoon beet powder or 2-3 ounces beet juice)
- 1-2 collard green leaves
- Water, for taste and texture
- Optional additions: kale, onion, cranberries, unsweetened cocoa powder, whole fruit powder, or whole vegetable powder (1 tablespoon)

Directions

Place all ingredients into a high-powered blender. Pulse blender a few times, then blend until desired consistency is reached.

Phytonutrient Smoothie Recipes (continued)

Antioxidant Smoothie

Makes 1 serving (about 12 ounces)

Ingredients

- ½ cup berries
- 1-2 tablespoons black raspberry powder
- 1 cup dark, leafy greens (kale, broccoli leaves, etc.)
- 2-3 ounces carrot juice
- 4 ounces green tea
- 1 to 2 tablespoons pomegranate juice
- 3 ounces tomato juice
- Water, for taste and texture

Directions

Place all ingredients into a high-powered blender. Pulse blender a few times, then blend until desired consistency is reached.

Anti-Inflammatory Smoothie

Makes 1 serving (about 12 ounces)

Ingredients

- ½ cup blackberries or black raspberries (or 1 tablespoon black raspberry powder)
- ½ cup citrus or tropical fruit (orange, tangerine, papaya, mango, guava, etc.)
- 1 large collard green leaf
- ½-inch knob fresh ginger root (or ¼ teaspoon ground ginger)
- 1 large kale leaf
- ½ cup pomegranate seeds (or 2 ounces pomegranate juice)
- 1-inch knob fresh turmeric root (or ½ teaspoon ground turmeric)
- Water, for taste and texture

Directions

Place all ingredients into a high-powered blender. Pulse blender a few times, then blend until desired consistency is reached.

