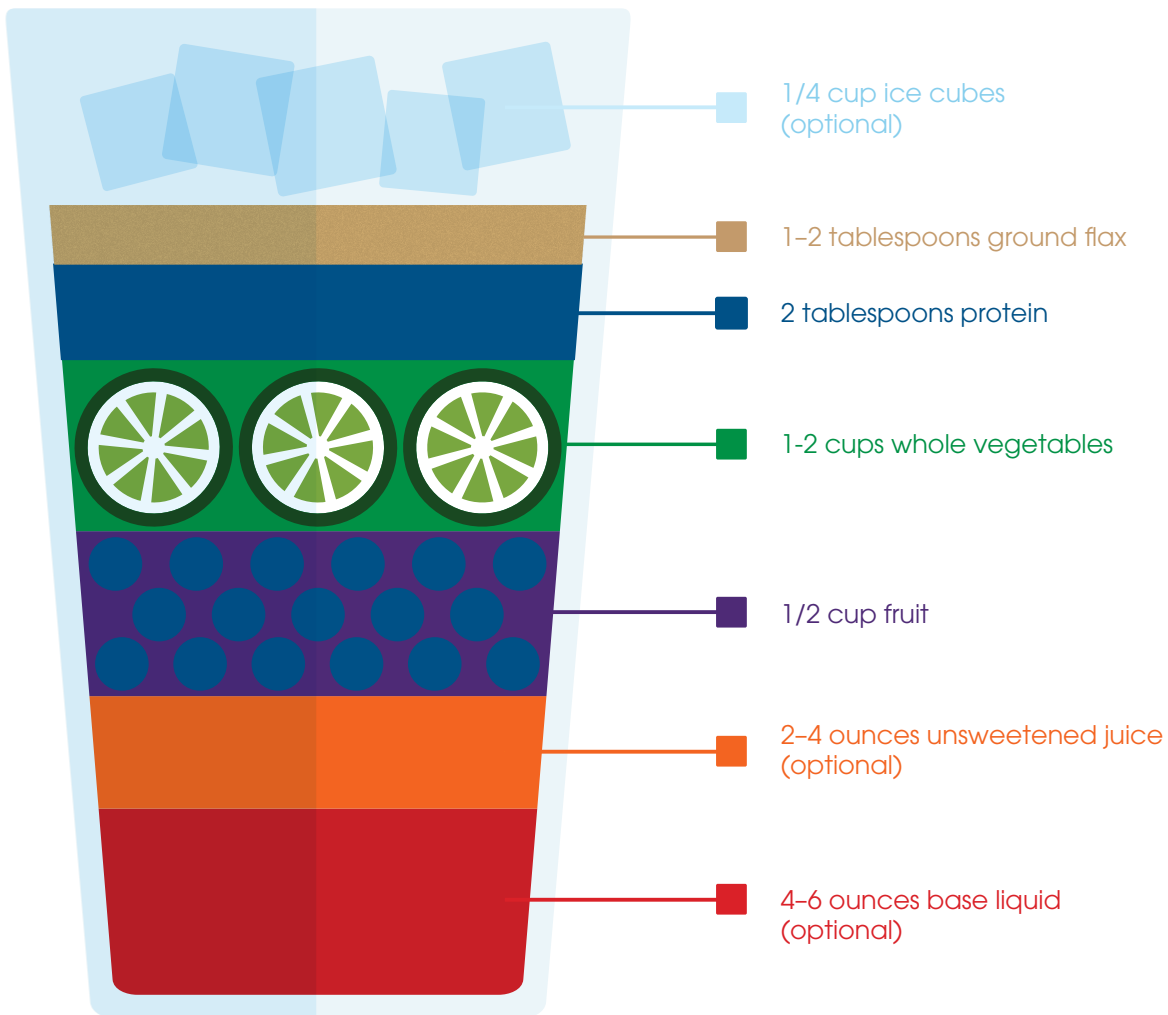




## Building a Better Smoothie

Smoothies can be a great complement to your food plan and can help to make 'food as medicine' delicious and nutritious. Basic guidelines for building smoothies are below. You will find examples from each category from which to choose when building your smoothie. Your healthcare provider may also indicate specific recommendations for you, or may direct you to one of the condition-specific recipes included in this handout. Add the ingredients in the order suggested below, and blend all ingredients until your smoothie is the right consistency for you.



### Base Liquids

Brew one quart of strong tea to use as a base for your smoothies. Base liquids can be made from different herb combinations, either from commercially-available tea bags or home-brewed from bulk herbs.

When using bulk teas and herbs, simmer herbs in two quarts of hot water for 10-15 minutes, then cover and turn off the stove. Allow to cool for 20 minutes before straining and discarding the loose tea. Use the herb tea mixes indicated below.

- |   |  |
|---|--|
| <input type="checkbox"/> Ashwaganda root, powdered – 1 T  | <input type="checkbox"/> Lemon balm leaf – 2 T             |
| <input type="checkbox"/> Cinnamon (fresh), ground – 1/2 t | <input type="checkbox"/> Rosemary (fresh), chopped – 1 T   |
| <input type="checkbox"/> Elder berries, dried – 2 T       | <input type="checkbox"/> Slippery elm bark, powdered – 1 T |
| <input type="checkbox"/> Green tea, loose – 4 T           | <input type="checkbox"/> Turmeric (fresh), ground – 1 t    |
| <input type="checkbox"/> Hawthorne, dried – 2 T           | <input type="checkbox"/> White willow bark – 2 T           |

## Base Liquids (cont.)

When using commercially-available teas, brew as directed and let the tea steep 10–15 minutes. Let cool for 20 minutes, before discarding the bag. Examples of brands you might choose include Good Earth, Mighty Leaf, Numi, Pukka, Traditional Medicinals, Tulsi, and Yogi. Use the type of teas indicated below.

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Green tea    | <input type="checkbox"/> Nettle tea  |
| <input type="checkbox"/> Licorice tea | <input type="checkbox"/> Other _____ |

Once your tea and herb mixture is brewed, place 4 to 6 ounces of the mixture in a blender. Store the remaining liquid in the refrigerator for 7 to 10 days.

## Juices

Choose an unsweetened, pure 100% fruit juice. Place 2 to 4 ounces of the chilled juice in the blender. Examples of juices to use are:

- |  |   |
|--|---|
| <input type="checkbox"/> Cranberry juice   | <input type="checkbox"/> Pomegranate juice  |
| <input type="checkbox"/> Dark cherry juice | <input type="checkbox"/> Purple grape juice |
| <input type="checkbox"/> Orange juice      | <input type="checkbox"/> Other _____        |

## Fruit

Add ½ cup of unsweetened fruit (preferably organic) to the blender. Avoid processed fruits containing added sugars, sweeteners, or syrups. Types of fruits to include are:

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Apple (or unsweetened applesauce)                                    | <input type="checkbox"/> Peach       |
| <input type="checkbox"/> Banana   | <input type="checkbox"/> Pear        |
| <input type="checkbox"/> Berries (blackberries, blueberries, raspberries, strawberries, etc.) | <input type="checkbox"/> Pineapple   |
| <input type="checkbox"/> Mango  | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Melon  |                                      |

## Vegetables

Next, add a cup of any seasonal leafy greens or other whole vegetables of your choice. Types of vegetables to include are:

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Avocado  | <input type="checkbox"/> Mint leaves |
| <input type="checkbox"/> Beet   | <input type="checkbox"/> Zucchini    |
| <input type="checkbox"/> Cucumber                                       | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Dark leafy greens (chard, kale, spinach, etc.) |                                      |

## Protein

Add to the blender one of the following sources of protein:

- |   |  |
|---|--|
| <input type="checkbox"/> Protein powder (e.g., Pro-greens, UltraClear Plus, UltraInflamX, MediClear, UltraMeal, etc.) – 1 scoop | <input type="checkbox"/> Whey powder – 2 T   |
| <input type="checkbox"/> Nut butter (almond, cashew, etc.) – 1 T  | <input type="checkbox"/> Whole oats, soaked overnight in milk (almond, dairy, soy, etc.) – ½ c |
| <input type="checkbox"/> Soy powder – 2 T   | <input type="checkbox"/> Yogurt or kefir (soy or dairy) – ½ c                                  |
|   | <input type="checkbox"/> Other _____   |

## Flax Seeds

Add 1 to 2 tablespoons of ground flax seeds (or flax meal) to the blender. Store extra ground flax seed or flax meal in fridge for up to 3 to 4 weeks.

## Ice

Add ¼ cup of crushed ice to the blender if you like your smoothie cold.

## Phytonutrient Smoothie Recipes

### Brain Smoothie

*Makes 1 serving (about 12 ounces)*

#### Ingredients

- 1 cup blueberries
- ½ cup Concord grapes
- 1 cup dark leafy greens (e.g., arugula, collard, kale, spinach, etc.)
- 2 to 3 tablespoons extra-virgin olive oil (varieties such as pique, coratina, koroneiki, etc.)
- ½ to 1 teaspoon turmeric, ground
- 1 medium orange, peeled (optional)

#### Directions

1. 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 2-3 ounces beet juice, or 1 tablespoon beet nutritional powder)
- 1-2 collard green leaves
- Water, for taste and texture
- Optional additions: kale, onion, cranberry, unsweetened cocoa powder, or grape seed powder (1 tablespoon)



#### Directions

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

## Detox (Anti-Cancer) Smoothie

Makes 1 serving (about 12 ounces)

### Ingredients

- ½ cup berries
- 1-2 tablespoon black raspberry nutritional powder (e.g., Botanic Innovations and other brands)
- 1 cup dark, leafy greens (e.g., arugula, broccoli leaves, collard greens, kale, watercress, 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

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

## Inflammation Control Smoothie

Makes 1 serving (about 12 ounces)

### Ingredients

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

### Directions

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

