

Smoothie Recipes

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Introduction

This compilation of recipes contains a variety of delicious smoothie recipes for you to make at home. Use these recipes to help nourish your body on a regular basis, as well as during times when you need to gain weight, boost your energy, and/or during times when chewing, swallowing, or digesting solid foods is difficult.

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The Scoop on Making a Great Smoothie!

Smoothies are an excellent way to start your day or replenish your energy as a mid-afternoon snack. When using fresh, whole ingredients, they can help provide important proteins, nutrients, minerals, and fibre to get you going and keep you full of energy until your next meal. And best of all, they're portable!

Method: It is best to use a **Vitamix**, **NUTRiBULLET**, or other high-powered blender with sharp blades, as these blenders will break down plant cellulose and make very smooth textured smoothies, especially when using leafy green vegetables, nuts, and/or seeds.

Ingredients:

- If possible, use fresh, local, organic, or unsprayed produce to reduce exposure to pesticide and herbicide residues. If this is not possible, you may wish to peel the produce.
- Use a variety of ingredients on a regular basis to maximize your nutrient intake. Please refer to the [Smoothie Ingredient List](#) for ideas, as well as the recipes in this booklet.
- Try to use ingredients that have a low and/or medium Glycemic Index listing. Please refer to the [Glycemic Index Chart handout](#).
- ****You may add any of your liquid or powdered supplements to your smoothies, such as: multivitamin mineral, vitamin C, probiotics, plant and/or fish oils, powdered greens, fiber, hydrolyzed whey protein powder, or any dried or liquid herbs that can be taken with food.****

Blending Tips:

- Ensure that you use enough of a base liquid (e.g. water, fruit juice, dairy-free milk) to liquefy your other ingredients. The amount of liquid used in proportion to the amount of whole ingredients will determine the thickness and texture of the drink.
- You can add 2-3 ice cubes along with cold fruit if you desire a frosty smoothie. Use no more than 1 cup of ice per serving as too much ice will create a thick slush and it is very hard on the blender motor.
- When blending, always start on the lowest setting and switch to a higher setting once the ingredients have been puréed. This will help to extend the life of your blender blade and motor.
- Add extra water or milk to create a thinner consistency.
- Add powdered supplements last to prevent them from sticking to the side of the blender.

Smoothie Ingredient List

Fruit (fresh)

- *Apples
- Apricot
- Asian pear
- Banana
- Berries** (*blackberry, *blueberry, boysenberry, *cranberry, currants, gooseberry, loganberry, *raspberry, *strawberry)
- *Cherries (pitted)
- Citrus fruits** (*clementine's, **grapefruit, *lemon, lime, mandarin, *orange, pomelo)
- Grapes (*red)
- Kiwi
- *Mango
- Melons** (cantaloupe, honeydew, watermelon)
- *Nectarine
- *Papaya
- *Peach
- Pears
- *Pineapple

Vegetables (fresh)

- *Avocados
- *Beet
- *Broccoli
- ***Cabbage** (red, green, savoy)
- *Carrots
- Herbs (*cilantro, *garlic, *ginger, *parsley, mint, etc.)
- Leafy greens** (beet greens, *bok choy, *collard greens, dandelion greens, *kale, *mustard greens, turnip greens, *swiss chard)
- Leafy salad greens** (arugula, *endive, chicory, escarole, frisee, radicchio)
- Lettuce** (butterhead, green/red leafy, iceberg, mixed, romaine)
- Nightshade family** (goji berries, *peppers, *tomatoes)
- *Onions (globe, green/*scallions, knob, pearl, *red, *shallot, spanish, sweet)
- ***Radishes** (black, red, white, Daikon)
- Rapini (broccoli raab)
- * Spinach
- Sprouts** (alfalfa, bean, broccoli, sunflower)
- *Watercress

Dairy & Dairy-Free Alternatives (organic, unsweetened)

- *Almond milk (**Breeze, Dream, Pacific**)
- Coconut milk (**SO Delicious**)
- Cow milk (raw, non-homogenized, fermented – Buttermilk, Kefir)
- Goat milk (raw, non-homogenized – **Goat's Pride, Happy Day's Goat Dairy**)
- Hemp milk (**Pure, Bliss**)
- Oat milk (**Oat Dream**)
- Potato milk
- Rice milk (**Rice Dream**)
- Almond yogurt
- Coconut yogurt (**SO Delicious**)
- Cow yogurt (>=2% MF – **Liberte, Nancy, Olympic**)
- Goat yogurt (>=2% MF – **Goat's Pride, Happy Day's Goat Dairy, Liberte**)

Grains

- Buckwheat groats
- *Oats, Spelt or Kamut (large flakes)
- *Rice bran
- *Wheat germ

Nuts & Seeds (raw)

- *Almonds
- *Cashews
- Chia seeds
- *Flaxseeds
- Hemp seeds
- Almond butter
- Cashew butter
- Almond + Cashew butter blend
- Hazelnut butter
- Almond + Hazelnut butter blend
- Macadamia nut butter
- Peanut butter (organic)
- Pumpkin seed butter
- Sunflower seed butter
- *Tahini (ground sesame seeds)

Oils & Fats (cold-pressed & extra-virgin)

- Coconut oil
- Flaxseed oil
- Fish oil
- Hempseed oil

Natural Sweeteners

- Carob powder (unsweetened)
- *Cocoa powder (raw, unsweetened)
- *Dark chocolate (70-100%, raw chocolate nibs)
- Dates (pitted)
- Dried fruit (unsulphured)
- Fruit
- Fruit puree (unsweetened - *Applesauce)
- Pure, fresh unsweetened fruit & vegetable juices (*Apple cider)
- Spices (*cayenne, *cinnamon, *cloves, *garlic, ginger, *nutmeg, *turmeric)
- Stevia

***Note:**

1. Bolded text in **(brackets)** represents a food brand (ex. Liberte, SO Delicious).
2. An asterisk (*) indicates foods that contain anti-cancer properties.

Smoothie Recipes

Ashley's Famous Smoothie

Ingredients:

- 1 frozen banana
- ½ cup of berries
- 3 Tbsp of plain, organic yogurt (almond, coconut, cow, goat)
- pinch of cinnamon
- 1 Tbsp nut butter (almond, cashew, hazelnut)
- 2 pitted dates

Instructions: Blend all ingredients. Drink immediately after mixing.

Basic Smoothie

Ingredients:

- 1 cup of unsweetened milk (almond, coconut, cow, goat, hemp, rice)
- 1 banana
- ½ cup of fruit (berries, mango, or pear)
- 1-2 Tbsp of plant oils (coconut, flax, hemp) or *1-2 tsp of fish oil (optional)*
- 1 scoop (2 Tbsp) of protein powder (hemp, pea, pumpkin, rice, hydrolyzed whey, any combinations)
- *¼-½ tsp of stevia powder (optional)*

Instructions: Blend all ingredients. Drink immediately after mixing.

Breakfast Smoothie

Ingredients:

- 2 Tbsp buckwheat groats or large oatmeal flakes, soaked in ¼ cup water or milk for 15 minutes
- 4 Tbsp hemp hearts
- 1 medium banana
- 1 cup frozen berries
- ½ cup of plain, organic yogurt (almond, coconut, cow, goat) or kefir
- 1 Tbsp almond butter
- ¼-½ cup unsweetened milk (almond, coconut, cow, goat, hemp, rice)

Instructions: Blend all ingredients including soaking water. Drink immediately after mixing.

**This recipe is borrowed from Thirteen Moons, Seasonal Recipes to Nourish & Inspire, Louise Racine.*

Cherry Almond Smoothie

Ingredients:

- ½ cup raw almonds, soaked
- ½ cup water
- 1 ripe pear, cored and cut into wedges
- 1 cup organic fresh or frozen cherries

Instructions:

- 1) The night before you plan to make this smoothie, soak the almonds by placing them in a small dish or jar. Cover them with purified water and set them on the counter to soak overnight or up to 8 hours.
- 2) In the morning drain off the soaking water and rinse the almonds. Place them in the blender with the cup of water. Blend in a high-powered blender (i.e. **Vitamix**) until thick and creamy.
- 3) Add the fruit and blend until very creamy.

**This recipe is borrowed from The Whole Life Nutrition Cookbook 2nd Ed., Alissa Segersten & Tom Malterre.*

Chocolate Monkey

Ingredients:

- 1 cup of unsweetened chocolate milk (almond, coconut, cow, hemp, rice)
- 1 banana
- 1 scoop (2 Tbsp) of protein powder (hemp, pea, pumpkin, rice, hydrolyzed whey, any combinations)

Instructions: Blend all ingredients. Drink immediately after mixing.

Cultured Milk Smoothie

Ingredients:

- 1 ¼ cup of organic whole-milk buttermilk, kefir, or plain yogurt (cow, goat)
- 1 banana or 1 cup of berries
- 2 Tbsp of coconut oil
- 2 organic or free-range egg yolks
- ¼ tsp of stevia powder
- 1 tsp of pure vanilla extract (omit if you use berries)
- pinch of nutmeg (omit if you use berries)

Instructions: Blend all ingredients. Drink immediately after mixing.

This recipe is borrowed from **Nourishing Traditions, Sally Fallon. 2001.*

Decadent Date Smoothie

Ingredients:

- 5-6 dates, pitted and chopped
- 2 Tbsp boiled water (enough to cover dates)
- 1 medium-large banana, frozen
- ¾ cup unsweetened milk (almond, coconut, cow, goat, hemp, rice)
- 2 Tbsp almond butter (or other nut or seed butter)
- ½ tsp cinnamon
- Raw almonds, finely crushed (for garnish)

Instructions:

- 1) Place the dates in a small dish and pour boiled water over them. Let them sit for a few minutes until they soften.
- 2) Add softened dates and their water, along with the banana, milk, almond butter, and cinnamon into a food processor or blender and blend until smooth. Add additional milk or water if needed to thin.

**This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

Energizing Berry Nut Smoothie

Ingredients:

- 1 cup raw cashews
- 1 cup unsweetened milk (almond, coconut, cow, goat, hemp, rice) or water
- 1 cup frozen banana pieces
- ½ cup frozen blueberries
- ½ cup frozen cherries

Instructions:

- 1) Place raw cashews and water or milk in a high-powered blender (i.e. **Vitamix**) and blend on high until smooth and creamy.
- 2) Add fruit and blend until smooth. Drink immediately after mixing.

**This recipe is borrowed from The Whole Life Nutrition Cookbook 2nd Ed., Alissa Segersten & Tom Malterre.*

Get Up and Go Smoothie

Ingredients:

- 1 cup unsweetened milk (almond, coconut, cow, goat, hemp, rice)
- 1 ripe banana
- 3 Tbsp protein powder (hemp, pea, pumpkin, rice, hydrolyzed whey, any combinations)
- 1 Tbsp flaxseeds, freshly ground
- 1 Tbsp carob powder
- ½ tsp cinnamon
- ¼-½ tsp stevia powder (optional)
- 1/3 - ½ cup water

Instructions: Blend all ingredients, adding the water slowly to desired consistency. Drink immediately after mixing.

**This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

Greens Smoothie

Ingredients:

- 1 ripe banana
- 1 cup fresh or frozen organic fruit (berries, mango, kiwi, peach, pear, cherries), chopped if necessary
- 1 cup packed organic baby spinach
- ½ cup pure fruit juice (pear, mango, berry nectar)
- 1 tsp spirulina and/or 1 Tbsp greens powder (optional)
- ¼-½ cup water

Instructions: Blend all ingredients, adding the water slowly to desired consistency. Drink immediately after mixing.

**This recipe is borrowed from Get It Ripe, Jae Steele. 2008.*

Lemon, Cabbage, and Cranberry Smoothie

Ingredients:

- 2 medium apples, cored and cut into chunks
- 2 ripe pears, cored and cut into chunks
- 1 cup water
- 1-2 lemons, juiced
- ½ cup fresh or frozen cranberries
- 5 cabbage leaves, rinsed and torn
- 1-2 inch piece of fresh ginger, peeled and sliced

Instructions:

- 1) Place the apple and pear chunks, water, and lemon juice into a blender, preferably a Vita-mixer, and blend until smooth and creamy.
- 2) Add the cranberries, cabbage leaves, and sliced ginger and blend again on high until very smooth.

**This recipe is borrowed from The Whole Life Nutrition Cookbook 2nd Ed., Alissa Segersten & Tom Malterre.*

Minty Green Smoothie

Ingredients:

- 1 ripe banana, peeled and broken into pieces
- 1 medium apple, cored and cut into chunks
- 1 ripe pear, cored and cut into chunks
- 1 lemon, juiced
- 2-3 cups water
- 3-4 lettuce or spinach leaves, rinsed
- 3-4 kale leaves, rinsed
- ¼ cup fresh parsley leaves
- 2-4 Tbsp fresh mint leaves

Instructions:

- 1) Remove the tough stems from the kale and break the kale into pieces. Place the fruit, lemon juice, and water into the blender and blend on high.
- 2) Then add the lettuce leaves, kale pieces, parsley, and mint leaves. Blend again until very smooth and brilliant green. Add more water if needed.

**This recipe is borrowed from The Whole Life Nutrition Cookbook 2nd Ed., Alissa Segersten & Tom Malterre.*

Summer Berry Oatmeal Smoothie

Ingredients:

- 1 cup of unsweetened milk (almond, coconut, cow, goat, hemp, rice)
- ½ cup of berries
- 3 pitted dates
- 1 scoop (2 Tbsp) of protein powder (hemp, pea, pumpkin, rice, hydrolyzed whey, any combinations)
- ¼ cup of large flake cooked oatmeal
- 2 tsp of tahini paste
- 1 Tbsp of plant oils (coconut, flax, hemp) or *fish oil (optional)*

Instructions: Blend all ingredients. Drink immediately after mixing.

Tom's Fruity Medicine Chest Smoothie

Ingredients:

- 2 apples, cored and cut into chunks
- 2 ripe pears, cored and cut into chunks
- 1-2 cups water
- 2 lemons juiced
- 1-2 inch piece fresh ginger, peeled and sliced
- 5 kale leaves, rinsed and torn
- 5 romaine lettuce leaves, spinach leaves, or collard greens, rinsed
- *1 cup coarsely chopped green cabbage (optional)*
- 1-2 kiwi fruits
- 1 handful of fresh parsley or mint leaves
- 2-3 Tbsp flaxseeds
- ½ cup soaked goji berries

Instructions:

- 1) Place the apple and pear chunks, water, and lemon juice into a blender, preferably a **Vitamix**, and blend until smooth and creamy.
- 2) Add the ginger, kale, romaine lettuce, and green cabbage and blend again until very smooth. Add more water for a thinner smoothie
- 3) Taste it and if it is too "lettucy" for you then add another pear and blend again.

**This recipe is borrowed from The Whole Life Nutrition Cookbook 2nd Ed., Alissa Segersten & Tom Malterre.*