**Plant-Based Recipes**

**(Smoothies)**

The American Institute for Cancer Research recommends a plant-based diet, incorporating a minimum of 5 servings of fruits/vegetables daily. This can be challenging to accomplish; hopefully, these recipes will help!

Always wash fruits and vegetables thoroughly. Many of these recipes are not cooked; there are good reasons to incorporate into your diet foods that are closer to their natural state, as cooking can decrease the nutritional value.

Some of these recipes call for soaked nuts or seeds. Soaking nuts and seeds increases their nutritional value, as it begins the germination process. You can add 1 T of food-grade hydrogen peroxide to the soak water to make sure they are extra clean. The recipes should be refrigerated and eaten within 3 days.

**Dietary needs vary; always follow the guidance provided by a registered dietician and/or your physician to include recipes that are suited to your particular needs.**

All recipes are used with permission from the authors. They are coded as follows, to help with your meal planning:

**= low glycemic**

**= fairly low glycemic**

**= higher glycemic**

**= high protein/high calorie**

***SMOOTHIES***

**Apple Spice Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

1 cup water

7 oz spinach, spring mix, or 50/50 blend

1 green apple, quartered

1 lime, juice of

1 t pumpkin pie spice

3 T hemp seeds

2 dropperfuls orange stevia

Add ingredients to the blender in the order listed and blend until smooth.

** Banana Nut Smoothie**

Suzy Edmonson, LOT, SNC

Equipment needed: high-speed blender

2 cups water
2 frozen bananas
4 Tbsp raw nut butter
1 dropperful vanilla stevia, or to taste
1/2 tsp cinnamon

1-2 scoops vanilla or chocolate raw, vegan protein powder

Sprinkle with nutmeg or cinnamon (optional)

Blend the water, nut butter, and protein powder; then add the other ingredients and blend.

**Berry Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

1.5 cups water

2 scoops Rejuv raw, vegan vanilla protein powder (Rejuvjuice.com)

1 cup berries, any type

½ banana

2 c spinach or other greens

Add ingredients to the blender in the order listed and blend until smooth.

**Blueberry Arugula Smoothie**

(adapted from original recipe by Ritamarie Loscalzo, MS, DC, CCN, DACBN, drritamarie.com)

Equipment needed: high-speed blender

5-oz container arugula
3⁄4 c water
1 c frozen blueberries

1 T cinnamon

¼ t cardamom

juice of 1 lemon
1 squirt vanilla stevia
3 T hemp seeds

Fill the blender, beginning with the water and the arugula, and blend until smooth.

Per recipe:

Calories: 283

Protein: 16 g

**Cherry Ginger Kale Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

3⁄4 c water
1 bunch green kale, torn into big pieces

1 c frozen cherries
1 squirt plain stevia
1⁄2” fresh ginger root

3 T hemp seeds

Fill the blender, beginning with the water and the kale, and blend until smooth.

Per recipe:

Calories: 178

Protein: 15 g

***Cherry Vanilla Kale Smoothie***

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

3⁄4 c water
1 bunch red kale, torn into big pieces

1 c frozen cherries
1 squirt vanilla stevia

3 T hemp seeds

Fill the blender, beginning with the water and the kale, and blend until smooth.

Per recipe:

Calories: 333

Protein: 17 g

** Rainbow Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

1.5 cups water

1 mandarin orange, peeled

1 cup mixed berries

1/2 banana, frozen, if you’d like

1 T almond butter

1 cup kale or spinach

2 scoops raw, vegan vanilla protein powder

Directions: Add ingredients to the blender in the order listed and blend until smooth.

**Raspberry Lemon Smoothie**

Suzy Edmonson, LOT, SNC

Equipment needed: high-speed blender

7 oz spring mix

3⁄4 c water
1 c frozen raspberries
juice of 1 lemon

1 squirt plain or orange stevia

3 T hemp seeds

Fill the blender, beginning with the water and the greens, and blend until smooth.

Per recipe:

Calories: 307

Protein: 14 g

**Strawberry Basil Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

7 oz spring mix

3⁄4 c water
1 c frozen strawberries
juice of 1 lemon

1 squirt plain or orange stevia
1 sprig fresh basil, or substitute with 1 t dried basil

3 T hemp seeds

Fill the blender, beginning with the water and the greens, and blend until smooth.

Per recipe:

Calories: 320

Protein: 13 g

**Strawberry Lime Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

3⁄4 c water
7 oz 50/50 spinach and spring mix blend

1 c frozen strawberries
juice of 2 limes
1 squirt plain or orange stevia
3 T hemp seeds

Fill the blender, beginning with the water and the greens, and blend until smooth.

Per recipe:

Calories: 287

Protein: 15 g

**Strawberry Mint Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

7 oz 50/50 spinach and spring mix

3⁄4 c water
1 c frozen strawberries

juice of 1 lemon
1 squirt plain, orange, or peppermint stevia
1 sprig fresh mint (or substitute peppermint stevia)

3 T hemp seeds

Fill the blender, beginning with the water and the greens, and blend until smooth.

Per recipe:

Calories: 281

Protein: 15

** Tropical Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

1.5 c water

1 T shredded coconut

2 scoops raw, vegan vanilla protein powder

1/4 c macadamia nuts

½ c frozen pineapple

½ c frozen mango

1 banana, frozen, if you’d like

Blend the water, coconut, protein and nuts. Add the fruit and blend again.

** Walnut Smoothie**

Suzy Edmonson, LOT, SNC, CHC

Equipment needed: high-speed blender

2 c water

1/2 c walnuts, preferably soaked 1-2 hours

1.5 scoops Rejuv raw, vegan vanilla protein powder (Rejuvjuice.com)

2 c spinach

1 banana, frozen, if you’d like

1/2 avocado

1/2 green apple

1 t coconut oil

1 t pumpkin spice

Directions: Blend the water, protein powder and nuts and then add additional ingredients and blend.