



Wholesome Living
health, wellness, vitality, life.

SUPER Smoothies

The ultimate guide to blending...*holistic* style!

Packed FULL of health boosting recipes!



www.wholesomeliving.ca

A smoothie a day keeps the doctor away!

Making small changes such as adding in a green smoothie each day will naturally move you towards healthier choices and can have a dramatic positive affect on your health.

Once someone starts to drink a smoothie with added greens daily for a month or two, they start to get compliments on how radiant their skin looks etc.



A few of the many benefits of green smoothies:

1 More Energy

Green smoothies are a powerhouse energy source that is noticeable immediately in your day to day. Trust us on this – you will suddenly wonder how you ever functioned without it.

2 Improved Digestion and elimination

Ah, no more need for the bathroom magazine and patiently waiting for the big event! Hands down, having good working bowels is one of the most important things that you can do for your body. Did you know that it is estimated that 80-90% of health conditions can be traced back to poor digestion and elimination? The fiber, fatty acids, and good bacteria in smoothies are crucial to your health. Ideally you should have a bowel movement 2-3 times per day but sadly from my experience with clients, as low as 20% of you are accomplishing this feat. Smoothie power!

3 Experience fewer cravings for sugary and salty processed food

This is part of the natural gravitation towards a healthier lifestyle with just a small change.

Your body likes it when you feed it the nutrients it needs and it will begin functioning better, blood sugar becomes more stabilized and cravings fall to the wayside.

4 Lose weight!

Your body will be getting the nutrients that it needs so it won't be constantly signalling you to eat. When you fill your body full of processed junk food, you are getting the calories but your body is starving for nutrients.

5 Radiant youthful skin!

Glowing skin comes from the inside. Period. You can slather your face with the best and most expensive fancy creams, or inject copious amounts of botox and filler, but it will not even come close to what eating wholesome foods can do for your skin.

When was the last time you sat down and enjoyed eating 2 cups of raw kale? Green smoothies make eating cups of kale, or any other leafy green an absolute breeze. Not only do they taste really good, but they are so good for you. Adding large amounts of leafy greens, and other vegetables into your diet will transform your body from the inside out.

Just like anything, these wonderful, healthy side effects won't happen overnight, but make a smoothie a part of your daily routine and you will be amazed by the transformation! A word of warning – if your diet is hugely lacking in nutrients you may feel a slight detoxification effect when adding in green foods. This is your body's way of clearing out the toxins you have been loading it up with.



TIPS:

1 If your green smoothie is bitter, sweeten it up naturally

Sometimes, green smoothies can taste a little bitter from all the healthy leafy greens. To fix this, just add a natural sweetener like orange, banana, mango, apple, pear or pitted dates.

Medjool dates are our favorite - just be sure to soak them first until they are soft enough to blend with ease.

2 Switch Up Your liquid base

Water is a great base for green smoothies, but it's nice to switch it up occasionally. Some other plant-based choices are coconut water, coconut milk, almond milk, hemp milk, and fresh squeezed juices like lemon juice. You can also add organic kefir for a probiotic boost.

3 Fresh is best, but proper storage is runner up

For optimal nutritional value, drink your smoothie right after blending. There may be times you will have leftovers or have to take it to go. The best solution: store excess in an airtight container, like a mason jar with lid.

Mason jars are awesome! They limit oxidation, which breaks down nutrients and changes the color of your green smoothie. You can store a smoothie in a mason jar in the fridge for 12-24 hours. Be sure to shake well before drinking. If you are using fiber in your smoothie, you will most likely have to add water to it prior to drinking as it will thicken right up.

3 Chill down your smoothie fast and easy

Freeze your favorite fruits like ripe bananas, grapes, pineapple or berries. This is also a great way to avoid wasting ripe fruits and veggies around the house.



Rotate Your Greens:

Adding a variety of leafy greens to your diet allows for nutritional diversity. Different foods provide different nutrients giving you a more balanced ratio of vitamins and minerals.

Certain greens have unique phytonutrients that you might not get at all, or in smaller amounts, by eating only one or two types of leafy green.

Leafy greens contain small amounts of anti-nutrients as a defense mechanism against predators.

Goitrogens in kale and other brassicas can interfere with thyroid hormone function in susceptible individuals or those with thyroid issues. Oxalic acid in spinach can be problematic for people who are prone to kidney stone formation.

Consuming a few handfuls of spinach or kale in a green smoothie every day is generally accepted as perfectly safe and super beneficial for most otherwise healthy people who do not have a pre-existing health condition that could be aggravated by large quantities of leafy greens. Most people can drink daily green smoothies for years with nothing but phenomenal health benefits. It is important to rotate among different classifications of greens, so if you use a green from the brassicaceae family for a couple of weeks, switch to greens from the apaicea or amaranthacea family the weeks following and so on.

Classifications of Greens:

PLANT FAMILY	VEGETABLE GREENS
Crucifers	Kale, collards, arugula, turnip, cabbage, bokchoy, radish greens, mustard greens, broccoli
Amaranth	Spinach, beet, chard
Asteraceae	Dandelion, romaine
Apiaceae	Parsley, cilantro, celery



Green Smoothie Formula No More Than 50% Fruit

Liquid Base

- Water
- Keifer
- Coconut Milk
- Almond Milk
- Hemp Milk
- Coconut Water

+

Fruit

- Banana
- Strawberries
- Pineapple
- Orange
- Blueberries
- Raspberries
- Apple
- Mango
- Avocado

+

Leafy Greens

- Dandelion Greens
- Bok Choy
- Kale
- Spinach
- Swiss Chard
- Collard Greens
- Beet Greens
- Romaine
- Cilantro

Add Veggies!

- Carrot
- Celery
- Beet
- Cucumber
- Broccoli
- Broccolislaw
- Sprouts

Fiber/Omega 3 Boosters

(Choose 1)

- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Fish Oil

+

Superfood Boosters

(Choose 1 - 2)

- Raw Cacao Powder
- Maca Powder
- Goji Berries
- Barley Grass
- Wheat Grass
- Spirulina
- Chlorella
- Unpasteurized Sauerkraut
- Fresh Ginger

+

Protein Boosters

(Choose 1)

- Organic Whey
- Rice
- Hemp
- Vegan Mix

Detox Smoothie - for the hard core smoothie fans!

- 1/4 Cup kefir
- 2 Organic Celery Stalks
- 1 Apple (cored)
- 1/2 Cup Organic Kale
- 1/2 Cup dandelion greens
- 1 Beet
- handful of cilantro
- 1 Tsp Chlorella
- Juice of 1 lime
- 3/4 Cup Chopped Pineapple
- 1 Tablespoon Coconut Oil
- Add water & ice (to desired texture)

Chlorella binds to metals, chemicals and some pesticides, helping remove them from the body



Cilantro binds to heavy metals removing them from your body. Beets food for cleansing and supporting liver function.

Mood & Immunity Booster

- 2 tbsp chia seeds
 - 1 tsp coconut oil
 - 1 banana
 - 1/2 cup frozen organic berries
 - 1 orange (peeled & sectioned)
 - 1 cup spinach
 - 1 carrot
 - 1/2 cucumber
 - 1 serving protein powder
 - 1/2 cup kefir
 - 4 tbsp unpasteurized sauerkraut
 - 1/2 cup greek yogurt
 - 1 serving organic fermented barley grass
- * add water and/or ice if needed to desired texture



Busting with probiotics for immunity, digestion, and a good mood! Add in the omega 3's, 100% of your vitamin A, & C, and a calcium boost, this smoothie is awesome!

Apple Pie Fiber Smoothie

- 1 cup coconut water
- 9 raw almonds
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 cup organic spinach
- 1/2 english cucumber
- 1 chopped & cored apple
- 1/2 scoop unsweetened protein powder
- 1 tablespoon flaxseed meal (ground flaxseed)



Full of fiber, this smoothie helps burn belly fat and keeps you fuller longer

Mighty Mango & Turmeric Smoothie

- 1 cup frozen mango
- 1/2 banana
- 1 cup fresh spinach
- 1 cup almond milk
- 1 tsp coconut oil
- 1/2 tsp cinnamon
- 1 tsp chia seeds
- 1/2 tsp turmeric powder (or 1 tsp of fresh, finely grated)



* add water and/or ice if needed to desired texture

Turmeric helps improve liver function, fights infection, helps lower cholesterol, while providing anti-depression, & anti-cancer properties

Blueberry Power Smoothie

- 1 cup almond milk
- 1 cup frozen blueberries
- 2 cups fresh spinach
- 1 tablespoon coconut oil
- 2 tablespoons plant-based protein powder
- 1 cup ice

* add water and/or ice if needed to desired texture



Blueberries are rich in antioxidants, and fiber. Spinach is high in niacin, zinc, mood boosting b-vitamins, iron and more!

Love Your Liver Smoothie

- 1 small beet root (peeled & chopped)
- 1/2 cup frozen blueberries
- 1 cup frozen or fresh strawberries
- 1 small orange, peeled (remove seeds)
- 1 cup almond milk

* add water and/or ice if needed to desired texture



Aside from being a fantastic liver detoxifier, beets are also a good source of copper, iron, magnesium, manganese, phosphorus & potassium

Orange Ginger Smoothie

- 2 oranges, peeled (seeds removed)
- 2 large carrots, chopped
- ½ to 1 inch knob fresh ginger
- 1 cup water
- 2 tbsp raw pumpkin seeds
- Ice (optional)

* add water and/or ice if needed to desired texture



Busting with vitamin C for healthy blood vessels, skin, organs, and healthy fats for lowering cholesterol, eye health and blood sugar regulation.

Anti-inflammatory Smoothie

- 2 cups ripe pineapple
- 1 cup ripe mango
- 1/2 inch knob of ginger
- 2 stalks of celery
- 1 cup of coconut water
- 1 tsp. fresh vanilla
- Dash turmeric

* add water and/or ice if needed to desired texture



An enzyme found in pineapples called bromelain helps to reduce pain and inflammation

Choco-Shake Smoothie

- 1 frozen banana
- 1 1/2 tbsp unsweetened cacao powder
- 1 tsp maca powder
- 1 tablespoon almond butter
- 1/2 cup unsweetened vanilla almond milk
- 1 scoop vanilla plant based protein powder

* add water and/or ice if needed to desired texture



Both the chocolate & the maca help boost mood, and will satisfy cravings

Strawberry Dream Smoothie

- 1 cup frozen strawberries
- 2 cups fresh spinach
- 1 cup coconut milk, unsweetened
- 2 medjool dates, pitted
- 1/4 tsp pure vanilla extract
- 1/2 english cucumber

* add water and/or ice if needed to desired texture



Strawberries help boost immunity, fight aging, help balance cholesterol & blood pressure, and provide folate which is critical for prenatal health

Raunchy Raspberry Smoothie

- 1 cup frozen raspberries
- 1 cup spinach
- 1 cup almond milk
- 1 tbsp ground flax seed
- 1/4 cup raw saurkraut
- 2 tbsp hemp seeds

* add water and/or ice if needed to desired texture



Raspberries are high in fiber, and antioxidants, and contain phytochemicals that have anti-cancer properties.

Minty Pineapple Refresher

- 1 cup fresh or frozen pineapple
- 1 banana
- 3/4 cup unsweetened almond milk
- 6 mint leaves
- 1 tsp raw honey
- 1 cup spinach
- 1 cup sunflower sprouts
- 1 serving wheat grass powder

* add water and/or ice if needed to desired texture



Mint helps with digestion, acne, menstrual cramps, oral health, glowing acne free skin and boosts immunity. Bromelain in pineapple has anti-inflammatory, anti-clotting and anti-cancer properties