



From Chef Linda

## Smoothies Basics

Use a high-power blender to avoid lumps

### Smoothie Components

1. Base liquid- such as water, coconut water, herbal tea, milk, any plant-based milk, fruit juice, vegetable juice, or water thickened with pureed grains, nuts, or seeds.
2. Greens- may not be added all smoothies, especially where red ingredients are used, such as strawberries because the smoothie will have a drab shade of brown when the green and red ingredients mix. The greens can be fresh or frozen. I like to use baby spinach or kale, but you can use whatever type you like. Some greens are more bitter than others, so be careful with your selection.
3. Fruits, these can be fresh, frozen, or dried. If using fresh fruit, it is best to substitute ice cubes in with your liquid to thicken the smoothie. If using dried fruit, you can presoak in warm water to soften before adding to the smoothie, be sure to drain first. Can use multiple fruits in a smoothie.
4. \* optional\* Nutritional and flavor add ins, this is where you can customize your smoothie. If you require sweetener or other items- these may include, spices, herbs, supplements such as \*\*protein powder, Spirulina, wheat grass, or fats- in the form of avocado for example, add them now.
5. Blend on a lower speed for 5 seconds then increase the speed quickly to high. Blend for 1 minute or until smooth.
6. Put your ingredients in the blender in the order listed above.

Smoothies can last a couple of days in the refrigerator but are best on the first day. You will want to shake or possibly re-blend your smoothie if you do not drink it in the first few hours or first day, as the components can separate.

For a creamier smoothie use yogurt, banana's, or thicker coconut milk (from the can not the carton). You can also add a handful of seeds such as flax, or nuts such as cashews or grains such as oats to your smoothie to thicken it.

The possibilities are endless with ingredient combinations!

\*\*If using a protein powder, always check the ingredient list, they are not all created equally!

**Here are 3 basic smoothie recipes to get you started, practice with these and then create your own.**

Remember to

1. Place the ingredients in the blender in the order that they are listed in the recipe
2. Start the blender on low then quickly increase to high.
3. Blend for 1 minute or until you reach your desired consistency.
4. If smoothie is too thick you can add water to thin it.

### ***Detox Smoothie- Louise Clark's Recipe***

*2 cups water (474ml) (I use 1 cup water (237ml), 1 cup coconut water (237ml))*



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*3 handfuls of spinach  
1 green apple, cored  
1 cup (140g) frozen mangos  
1 cup (140g) frozen strawberries  
1 cup (100g) frozen green grapes  
2 tablespoons (16g) flax seeds*

*Optional:*

*protein powder  
1 stevia packet (only if you need it sweeter)*

### **Very Berry Smoothie**

2 cup (474ml) liquid of choice (I used coconut milk from the carton)  
1 cup (140g) strawberries, fresh or frozen  
1 cup (140g) blueberries, fresh or frozen  
1 banana  
1 cup (227g) yogurt of choice  
Optional\* sweetener of choice, Protein powder or nutritional boost

### **Tropical Green Smoothie**

1 cup (237ml) carrot juice  
1 cup (237ml) water  
\*Optional- ¼ cup (60ml) fresh orange juice or apple cider- (I use whatever fresh juice I have on hand)  
2 large handfuls fresh greens, I use spinach or kale  
1 banana, frozen,  
½ cup (70g) mango, frozen  
½ cup (70g) pineapple, frozen  
Optional\* sweetener of choice, Protein powder or nutritional boost