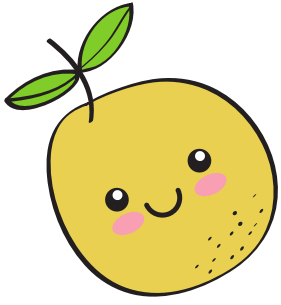


Creating Smoothies



Smoothies are a great way to increase nutrients into our daily diet. They can also be used to 'hide' ingredients such as veggies and supplements. They make a perfect breakfast and a substantial snack.

Basic Elements (to make one serve)

I find measuring ingredients gives a reliable consistency and avoids waste.

- 1 cup of liquid - choose from milk substitutes such as, almond, macadamia, oat or rice. You may also use water or coconut water.
- 1/2 cup fruit (fresh or frozen)
- 1-2 tablespoons of extras (nuts, seeds, supplements, powders)
- 1 teaspoon honey, maple syrup or dates (optional)

Fruit

Fruits add sweetness, fibre, vitamins and minerals as well as phyto (plant) nutrients that supply us with anti oxidants, prebiotics and support general health.

Most supermarkets have a good range of frozen fruit available year round. **Choose organic** where possible, especially for berries as they can be heavily sprayed with pesticides. Or, buy fresh fruit and freeze it yourself.

- Berries - raspberries and blueberries are high in polyphenols which are powerful anti oxidants and supply food for the microbiome.
- Bananas - provide sweetness as well as a creamy texture - use fresh or frozen.
- Mango - a great source of fibre, beta carotene and a great creamy texture with sweetness. Perfect for summer and mixed with coconut water.
- Pineapple - a great source of fibre and enzymes, such as bromelain.

Vegetables

'Hiding' some veggies in a smoothie is a good way to increase daily intake.

- Spinach - a handful of spinach is easy to hide (flavour wise) and contains fibre and magnesium. If your kids are just starting out with green smoothies, try adding some extra sweetness (such as a date) to make them more enjoyable
- Other vegetables you can try are carrots, cauliflower and beetroot.





Protein

- Protein powder - adding your favourite protein powder to a smoothie is a great way to increase your daily protein intake.
- Activated nuts - adding a handful of activated nuts is a great source of plant protein. Soak nuts overnight, drain and rinse. Store in a sealed container in the fridge. They will keep for 1 week. *Activating nuts releases the nutrients stored within the nut, so your body can absorb them.*
- Seeds - Ground linseed (flaxseed), chia and hemp seeds are a good source of plant protein, pre biotics and Omega 3 oils.
- Eggs - add in a raw egg or boil an egg and have it with your smoothie.

Prebiotic and Probiotic supplementation

Probiotics (generally) don't have a taste and adding them to smoothies is a great way to include them in your daily diet.

- Add a powdered probiotic straight into a smoothie or open a probiotic capsule and empty the contents into the smoothie.
- Try adding fermented liquids such as coconut or milk kefir for probiotic goodness.

Pre biotics feed and support the growth of good bacteria in the gut (microbiome). We can get pre biotics through our diet or in supplement form.

- Pre biotic foods: blueberries, raspberries, cacao, almonds and ground linseeds.
- Pre biotic supplements: PHGG and green banana starch.

Blenders

A good, high speed blender will ensure your smoothie is smooth! Vitamix is a great domestic option but there are also cheaper ones available like Nutribullet.



Smoothie Recipes

Move:

- 1 cup of milk (or your choice of liquid)
- ½ cup blueberries
- 1 tablespoon of ground linseed
- 1 teaspoon pre biotic fibre (PHGG or green banana starch)
- 10 activated almonds

Get up and Go! (For Mums and Dads)

- 1 cup milk (your choice of liquid)
- ½ cup raspberries
- ½ teaspoon matcha green tea
- 1 teaspoon cacao
- 1 teaspoon chia seeds
- 10 activated almonds or your choice of protein powder or 1 egg

Worm buster:

- 1 cup of non-dairy liquid
- ½ cup blueberries or raspberries
- ½ teaspoon chondroitin sulphate
- 1 capsule SB (*Saccromyces Boulardii*) or LGG probiotic (emptied into smoothie)
- 1 tablespoon ground pumpkin seeds
- 1 teaspoon chia seeds
- 1/4 cup of grated carrot
- 1/4 teaspoon cinnamon
- 1 teaspoon maple syrup (optional)

