



Smoothies for Health

By

Jane A. Thomas

Mango Productions



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This book is dedicated to the best person I know – my husband, Dan Thomas, my love, my inspiration, best friend, and the most honest taste tester anyone could ask for.

“Here’s what I like about smoothies: #1 they are completely healthy and most are low in calories; #2 they completely satisfy my daily breakfast meal.”

-Dan Thomas

Other comments from smoothie enthusiasts:

“Smooth”

-Karl K., Fortune 1000 Executive, Burlington, WI

In appreciation:

Thank you to our staff, Lyndsey Dotson and Tara Pilz, the goddesses of Microsoft Office®, for all of your technical wizardry! You two are amazing.

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Disclaimer: The intention of this author is to provide educational information for the reader on the covered subject. It is not in any way meant to replace personalized medical counseling, diagnosis, treatment, or prescribing from a trained health professional. If you have a medical condition, it is always best to consult with your health care practitioner of choice.

About My Recipes

Making smoothies is fun, quick, and easy. My recipes are designed with functional nutrition in mind. Functionally nutritious foods both nourish the body and are aesthetically pleasing. I have formulated and written the recipes in a simple fashion for anyone to enjoy.

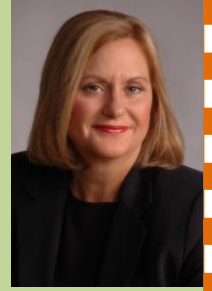
The functional ingredients that can be magically whirled into healthy smoothies are nearly unlimited. So as not to cloud the fun with too many choices, I have employed many but not all. Some ingredients are readily available at JB's Health Mart (www.jbshealthmart.com), the popular health food store I own and operate in West Plains, Missouri. Many ingredients are available through your local grocery store. Choose the best that you can find and/or afford.

I use a Vitamix high speed blender to prepare my smoothies. If you do not have one, use a regular blender with a few modifications. You will need to do more prep work with your ingredients before the blending begins.

The Vitamix is capable of pulverizing nuts, seeds, rinds, grains, frozen fruits and more and is USA born and made. In your blender, you will need to use crushed nuts and seeds or butters rather than the whole nut. Use smaller quantities and smaller pieces.

If you have questions on how to use your blender, please email me at jane@jbshealthmart.com and I will be happy to help you. If you are interested in acquiring a Vitamix, click on the following link:

http://www.jbshealthmart.com/retailer/store_templates/am_custom_page.asp?pageID=2909&storeId=7A6C41ECBDD04C0487E4374D336BD85D



About Jane A, Thomas

I have been an avid natural health enthusiast for most of my adult life. My untiring interest in reading, researching, learning, and practicing natural health has now spanned into its fourth decade.

As a young mother, I began preparing handmade baby foods for my little boy who eagerly devoured my healthy creations...and the evolution began.

Some years ago, the term sitology¹ came across my desk when I was reading a book about making homemade nut and seed milks – Not Milks, Nut Milks by Candia Lea Cole. More and more research is revealing that there definitely is a correlation between your diet and the state of your health. And so it is that I have evolved in my natural health path over the years. At age thirty, I experienced a 30 day distilled water fast at the acclaimed Dr. Scott's Natural Health Institute in Strongsville, Ohio, and have lived salubriously under the principles of Natural Hygiene, raw foodism & vegetarianism.

While all of these disciplines have their value, I have found that to live in the world as I desire and enjoy, a diet based mostly on plants with the addition of high quality fish, lean chicken, and occasional lamb and beef meet my needs best at this time. Studying these various persuasions has enhanced my ability to coach clients in their pursuit of holistic health.

I am a culinary herbalist, an herbal medicine maker, an aromatherapist, natural gourmet cook, and recipe formulator. In my day job, I own a health food store in the enchanting Missouri Ozarks where I teach people about health, nutrition, herbology, sitology, and fitness.

In 2009, I became a certified Ingham® Reflexologist through the International Institute of Reflexology in St. Petersburg, Florida. I practice the Ingham

¹ si·tol·o·gy (s-t l-j) n. [Greek s tos, food, grain + -logy.] sitology [sai'tələdʒi] n (Cookery) the scientific study of food, diet, and nutrition. www.freedictionary.com accessed 8.21.11

Method® of foot/hand reflexology in an office within my store and help others discover, regain, or maintain their health holistically.

At the time of this writing, I am working toward an Applied Associates of Science Degree in Medical Herbalism through the American College of Healthcare Sciences in Portland, Oregon² which is fully accredited by the US Department of Education. My course studies include holistic nutrition, anatomy and physiology, medical terminology, homeopathy, aromatherapy, herbal medicine making and herbal materia medica, et al.

I am a Reiki I and Reiki II practitioner and use Reiki on a daily basis on my clients, family, and pets.

I practice yoga two to three times a week, do circuit training 3 days per week and walk in nature as often as possible with my rescue dog, Ringmaster Ned.

My intention for creating and sharing these wonderful recipes is to demonstrate that eating well doesn't taste bad; in fact it tastes clean, energizing, and so flavorful. It is my hope that you use these recipes for inspiration to create your own anthology of family favorites to be savored and enjoyed by all.

The road to wellness is often paved with many products masquerading as healthy when in fact they are just clever gimmickry aimed at lining the pockets of those more interested in bank balances than the true wealth that a proper healthy lifestyle manifests. I hope that you enjoy your journey to optimal health.

Asante'³

² <http://www.achs.edu>

³ French for "To your health"

Smoothie Finishing School

All of my smoothie recipes were made and test driven using a Vitamix 5200 which is the most superior piece of kitchen artillery I have ever used. My Champion juicer which I have owned for more than 20 years has been retired to the bottom shelf in the pantry. It is a workhorse but the tedium of cleaning it was a huge factor in my loss of interest in juicing. The significant difference between juicing and the Vitamix is that you are using **WHOLE** fruits, vegetables, nuts, seeds and in turn you are literally drinking all of the pulp and fiber. Juicers filter most of the fiber and pulp out of the produce. The Vitamix pulverizes the cell walls making the nutrients easy and quick for our bodies to assimilate; you are consuming whole foods with the fiber intact. And fiber is important. Juice guzzling has become an overstated American pastime that is alarming – it's too refined. Our bodies require the fruits and vegetables in the state closest to the way they came out of the ground or off the tree. With my recipes and the Vitamix you are consuming whole foods which nourish AND satisfy. The best part is cleaning is a snap and off you go to enjoy your day.

Please note: if using a regular household blender, fruits and vegetables must be cut into smaller pieces, more water or liquid will be required; seeds and nuts must be pulverized prior to placing in the blender container. Greens must be shredded, ice crushed and have ingredients prechilled. Fruits and vegetables must be chopped, pared, cored, seeded, diced etc in order to be properly blended. You will not get the same smooth and creamy emulsion that only a Vitamix can create but it will be good and still be healthy.

There are a lot of fattening, sugar laden drinks in the marketplace that are masquerading as smoothies; these are not healthy and will not help you lose



weight or gain optimal health. If beverages are loaded with too much sugar and saturated fat, they can become a health enthusiast's worst nightmare. My short and simple e-book is designed to help you make and create delicious and health giving smoothies for everyone in your family. You will find our nutrient lists of great benefit as you embark upon your smoothie adventure. Try my recipes for at least 2 weeks and as you begin to notice which ingredients you like the best or give you more energy, then try to formulate your own recipes.

Children love smoothies because of their velvety mouth feel and naturally sweet taste plus the fun of sipping their goodness through a straw. Most children do not relish eating toothsome veggies such as kale or spinach so we can sneak them into their smoothies and they will never even know it. The best approach to helping children enjoy smoothies for health is to get them involved in the preparation. I have found that when they help create in the kitchen, they are exuberant about trying what they crafted. Most of a child's eating patterns are developed by age 2 or 3. Help your kids learn the path to good health. You are their leader and best example.

Our health food loving



grandson, Aleksander.

How Food Measures Up

The following nutritional charts I developed are carefully based on many different resources. Most nutritional charts and graphs list the servings in grams and Americans do not use the metric system. Rather than initiate a metric guessing game, I decided to dial in the correct portions in terms we all understand and in the correct portion. The list is as comprehensive as possible and I will continue to refine and update these charts as I develop more e-books.



Use the charts as guidelines in creating your own recipes. Become an expert at portion control and you will feel and look better than you ever have. We all have to work at this very important skill as double dipping and giant servings have become far too commonplace in the American diet. Please take the time to shop for and prepare meals at home. It's the key to your longevity.

If you don't feel that the portions are filling enough, add more water or an extra $\frac{1}{2}$ cup of berries or pineapple. Avoid increasing the calorie dense ingredients such as coconut products, nut butters, or dried fruits.

Nutrition Charts

Serving Size	Ingredients	Calories	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Sugars
1/2 tsp	Active Energy Elixir, YS	10	0	2	0	0	
1 Tbsp	Agave, Madhava	60	0	16	0	0	
1 Tbsp	Alfalfa Powder	30	2	6		1.5	
1 Tbsp	Almond Butter with Flax, Earth Balance	85	3.5	3	4	2	
2 Tbsp	Almond Butter, MaraNatha	170	7	6	16	4	
1 cup	Almond Milk, Vanilla, Unsweet Tree of Life	40	1	2	3	1	
3 Tbsp	Almonds	180	6	6	15	4	
12 nuts	Almonds, Sprouted	49.5	6	6	5.625	3.5	0
2 oz	Aloe, George's	0	0	0	0	0	0
1 whole	Apple	80	0	22	0	5	
1/3 medium	Avocado	55	1	3	5	3	
1 cup	Banana, 1 medium	110	1	29	0	4	
1 tsp	Bee Pollen, YS	15	1	3	0	1	
1/32 tsp	Better Stevia, NOW®	0	0	0	0	0	
1/2 cup	Blackberry, unsweetened	49	0.9	11.8	0.3	3.8	
1 Tbsp	Blackstrap Molasses	45	0	11	0		8
2 ½ Tbsp	Blanco Salvia	60	3	6	5	5	0
1 cup	Blueberries	90	1	22	0.5	2	
2 Tbsp	Brown Rice Syrup, Organic	150	0	36	0	0	22
1 tsp	Cacao Powder, Raw, Organic World Berries	4	1	1	0	1	
1 c. cubed	Cantaloupe	56	1.4	13.4	0.5	1.3	
2 Tbsp	Carob Powder	40	0	10	0	1	3
2 tsp	Carob Powder, Medium Roast	35	1	13	0	6	
1 whole	Carrot	35	1	8	0	2	
1 Tbsp	Cashew Butter, MaraNatha	95	2.5	5	7.5	1	1
2 stalks	Celery	20	1	2	0	2	
¼ cup	Cherries	100	1	30	0	2	
1 Tbsp	Chia Seed, Nutiva	60	3	5	3	5	
1 tsp	Cinnamon	6	0.1	2.1	0.1	1.4	
1 tsp	Cocoa Powder, Raw	4	0	1		1	
1 Tbsp	Cocoa Powder, NOW®, Organic	13.75	1.25	2.75	0.63	1.63	
2 Tbsp	Cocoa Powder, organic, NOW®	35	2	5	3	3	
1 cup	Coconut Drink, Coconut Dream	60	0	1	5	0	
3 Tbsp	Coconut Macaroon	100	1	4	9	2	2.78
1 Tbsp	Coconut Manna, Nutiva	100	1	3	9	2	
1/3 cup	Coconut Milk, Low Fat, Organic	50	0	1	4.5		
1/3 cup	Coconut Milk, organic, Thai Kitchen, Lite	50	0	1	0	0	0
Serving Size	Ingredients	Calories	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Sugars

Serving Size	Ingredients	Calories	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Sugars
1 tsp	Coconut Palm Sugar Crystals, The Real Food	15	0	4	2	0	
1 bottle	Coconut water, unsweetned, Zico	60	0	13	0	0	
1 tsp	Coffee Powder	NA	NA	NA	NA	NA	NA
1 tsp	Coffee Substitute, Pero	5	0	1	0	0	0
1 tsp	Coffee Substitute, Roma	10	0	2	0	0	0
½ cup	Cottage Cheese, low fat, Organic Valley	100	15	4	2	0	3
2-3 pieces	Dates, Medjool	120	1	31	0	3	
1 scoop	Egg Protein, Chocolate, NOW	110	20	4	0.5	0.5	0
1 tsp	Erythritol	0	0	4	0	0	0
1/2 Tbsp	Fiber-3, NOW®	80	3	8	4	7	0
2 pieces	Figs, Calimyrna	120	1	30	0.5	4	
1 Tbsp	Flax Oil, Barlean's	120	0	0	14	0	
2 Tbsp	Flax Seeds, Bob's Red Mill	70	6	6	2	6	
2 1/2 T	Flax Seeds, Ground, NOW®	100	3	6	7	6	
1 tsp	Ginger Honey Tonic, New Chapter	20	0	5	0	0	
1 Tbsp	Ginger Root	6		1.2			
1 scoop	Glucomannan, PGX Granules	20	0	4	0	4	
1/2 cup	Greek Yogurt, Plain, no fat	65	5	12	0	0	8
1 Tbsp	Green PhytoFoods, NOW	40	2	4	0	1.5	1.5
2 Tbsp	Green Powder,Fruit & Greens PhytoFoods,NOW	60	2	11	0	2	5
4 Tbsp	Hemp Protein, Nutiva	120	15	7	3.5	6	
1 packet	Hemp Seeds,organic shelled, Nutiva	174	11	2	13.5	1	1
1/2 Tbsp	Honey, Manuka, organic, YS Eco Bee Farms	30	0	9	0	0	
1 tsp	Inulin	5	0	2.7	0	2.5	0
1/2 cup	Kale	17	1.1	3.4	0.2	0.7	
1 cup	Kefir, low fat, organic	110	11	12	2	0	
1 medium	Kiwi	46	0.8	11.3	0.3		
2 Tbsp	Lecithin Granules	70	0	1	5.5	0	0
2 leaves	Lettuce	2	0.2	0.4	< .1	0.5	
1 cup	Mango, frozen	107	84	28	0.5	3	
4 Tbsp	Maple Syrup, Grade B, NOW®	200	0	53	0	0	53
1 packet	Matcha	60	1	14	0	< 1	13
1 cup	Milk, 1 %	100	8	13	2.5	0	
1 cup	Milk, 2 %	122	8.05	11.42	4.81	0	12.35
1/4 cup	Oats, rolled, Bob's Red Mill	75	2.5	13	15	2	
1 whole	Orange	70	1	21	0	7	

Serving Size	Ingredients	Calories	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Sugars
2/3 cup	Peaches	50	1	13	0	2	
2 Tbsp	Peanut Butter Powder, Bell Plantation	45	5	5	1.5	2	
2 Tbsp	Peanut Butter, Organic, Arrowhead Mills	190	8	6	17	2	1
1 packet	PGX Daily, Natural Factors	10	0	2.5	0	2.5	0
1/2 cup	Pineapple	38	0.3	9.6	0.3	0.9	
1/2 cup	Pineapple, canned	60	0	15	0	1	13
1 Tbsp	Psyllium Husk Powder, NOW®	34		8		6.7	
1/2 cup	Pumpkin Organic, Farmer's Market	50	1	10	0	4	
2/3 cup	Raspberries, frozen	50	0	12	0	2	
1 cup	Soymilk, unsweet, Westsoy	90	9	5	4.5	4	
1/2 cup	Spinach, raw	5	0.5	0.75	0	0.5	0
1 packet	Spirutein, Simply Natural Chocolate	80	14	5	0	1	
1 scoop	Spirutein, Vanilla	99	14	11	0	1	
1 packet	Spirutein, Vanilla Gold, Nature's Plus	94	14	5	0	1	0
5 drops	Stevia, Hazelnut Cream Stevia, NOW®	0	0	0	0	0	
4 drops	Stevia, NOW®	0	0	0	0	0	
1 packet	Stevia, Stevita Spoonable	0		0			
1 cup	Strawberries, whole	50	1	13	0	2	
2 Tbsp	Tahini, Tree of Life	180	6	4	17	4	
1 slice	Tofu, extra firm, Silken	45	6	2	2		
1 tsp	Turbinado Sugar, NOW®	15	0	4	0	0	
1 Tbsp	Vanilla Extract	31	0	0.3	0	0	
1 Tbsp	Virgin Coconut Oil, NOW®	120	0	0	14	0	
1 scoop	Whey Protein, Designer Whey	100	19	2	2	0.5	
1 scoop	Whey to Health, Source Naturals	40	8	1	0.5	0	
2 Tbsp	Whole Psyllium Husk, NOW®	35	0	8	0	7	0
1 tsp	Xylitol, NOW®	10	0	4	0	0	
1 cup	Yogurt, Organic Plain, Stonyfield	90	8	8	0.5	0	

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Healthy Pyramid

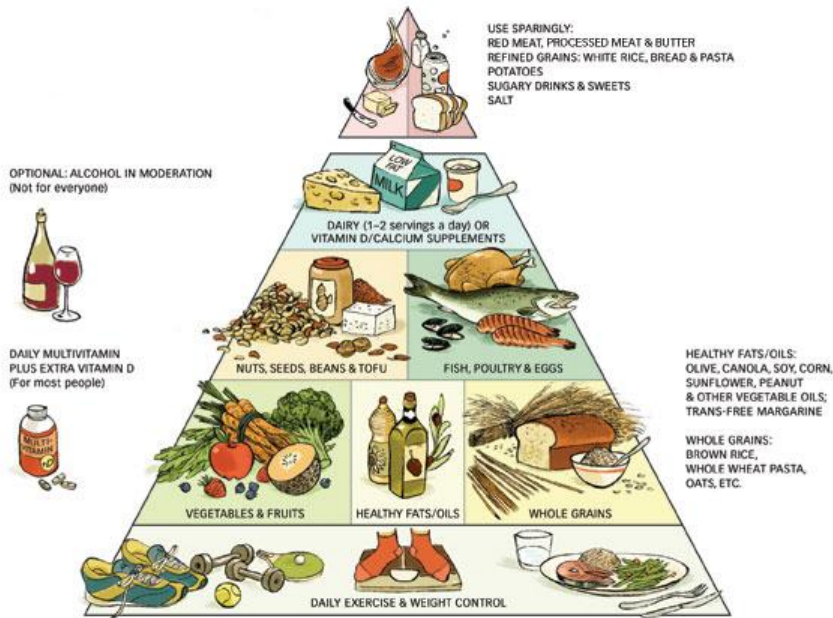
Building a Better Pyramid

If the only goal of the USDA's food icons is to give us the best possible advice for healthy eating, then they should be grounded in the evidence and be independent of business.

Instead of waiting for this to happen, nutrition experts from the Harvard School of Public Health created the Healthy Eating Pyramid, and updated it in 2008. The Healthy Eating Pyramid is based on the best available scientific evidence about the links between diet and health. This new pyramid fixes fundamental flaws in the USDA pyramid and offers sound information to help people make better choices about what to eat.

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE .ORG

Eat, Drink, and Be Healthy:
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
Free Press/Simon & Schuster Inc.

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<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid-full-story/index.html> accessed 8-27-11

The Healthy Eating Pyramid sits on a foundation of daily exercise and weight control. Why? These two related elements strongly influence your chances of staying healthy. They also affect what you eat and how your food affects you.

Ingredients Primer

Choosing ingredients for your smoothies can be fun and even daunting due to so many choices.

If you are adventurous, you can create specific herbal teas to use as the base instead of the waters suggested in my recipes. Use your favorite milk alternatives or dairy milk if you prefer. I suggest you avoid sweetened milk alternatives and only purchase low fat organic dairy products. I often use half milk alternative and half water. My two favorite non-dairy milks are unsweetened organic soy and unsweetened almond milk.

Natural sweetness is achieved through the use of fresh and frozen fruits especially pineapple, mangoes, and strawberries. For added sweetness you can use a pitted Medjool date, raw honey, agave nectar, Stevia, xylitol, erythritol, maple syrup, and the list continues to grow. My first suggestion is for you try to enjoy the true flavor of the fruits themselves and then add small amounts of sweetener to achieve your desired taste. As your body becomes cleaner and detoxified, your cravings for overly sweet foods will diminish and you will savor the natural smack derived from succulent fruits and vegetables. Calories quickly mount if you begin overloading with sweeteners.

Fruits such as mangoes and bananas both frozen and fresh lend a velvety mouth feel to smoothies. Use them moderately keeping in mind that more is not better and adds additional calories. Nuts, seeds, coconut products, and dried fruits are higher in caloric density and should also be used judiciously as flavor and texture enhancers.



My recipes are packed with flavor but you can add additional flavoring extracts to taste to punch it up even more. For example, almond extract boosts the almond essence of my Almond Joy smoothie. And vanilla extract seems to do wonders for most smoothies. There are a wide variety of flavoring extracts to consider; my favorites are vanilla, almond, maple, and coconut but there are many more.



Other additions that I use on a regular (often daily) basis include golden flax seeds, bee pollen, lecithin granules, and organic raw cacao or cocoa powder. The bee pollen gives me an energy boost and I always use flax seeds for their fiber and high nutritional content. See the page on “how foods measure up” for specific nutritional disclosures.

If waist management is your goal, use water instead of nut milks as the base and leave out added coconut oil or reduce the quantities. Weight loss is directly related to calories in and calories burned so if you are not exercising, you cannot escalate the amount of calories you consume. Even though it is liquid, a smoothie does contain calories.

Fiber

According to Brenda Watson, ND CNC, author of The Detox Strategy and founder of the wildly popular Renew Life products company

(<http://www.renewlife.com>), everybody should

get 35 grams of fiber every day, compared to the 10 to 13 grams consumed

by the average American. *For every gram of fiber you consume you **don't** absorb approximately seven calories*".

When you start losing weight, you release toxins into the bloodstream and the extra fiber helps soak it up. The difference between consuming 15 grams (105 calories) of fiber and 35 grams (245 calories) of fiber daily is noteworthy but when you add up the total deferred calories in one week- $7 \times 245 = 1715$, this is definitely something to pay attention to.

Look at the numbers again:

Average person consumes 15g of fiber daily = 105 calories deferred daily
105 calories x 7 days in one week = 735 calories deferred weekly
Up your fiber to 35g daily x 7 = 245 calories deferred daily
245 x 7 days in one week = 1,715 calories deferred weekly

Nutritional/weight loss data tells us that to lose one pound per week, we need to eliminate 3,500 calories in one week. By increasing your fiber in accordance with the above information, you are nearly halfway there! Cut out sodas, sweet teas, late night snacking, moderate your portions and the weight will come off.



“Fiber can be classified into two types: soluble (dissolves in water and may form a gel) and insoluble (does not dissolve in water). Soluble fiber can help to lower cholesterol and regulate glucose levels as well as regularity. Examples of soluble fiber include oats, many fruits and vegetables, beans, barley, and psyllium. Insoluble fiber adds bulk to the stool and contributes to bowel regularity. Examples are whole-wheat flour, wheat bran and some vegetables. Virtually all plant foods contain soluble and insoluble fiber.”⁴

Soluble Fiber

- Oatmeal, oat bran
- Nuts and seeds
- Legumes
- Beans
- Dried peas
- Lentils
- Apples
- Pears
- Strawberries
- Blueberries

Insoluble Fiber

- Whole wheat bread
- Barley
- Couscous
- Brown rice
- Bulgur
- Whole grain breakfast cereals
- Wheat bran
- Seeds
- Carrots
- Cucumbers
- Zucchini
- Celery
- Tomatoes

http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fiber-full-story/index.html#Bottom_line accessed 9-2-11

⁴ (www.naturalfiberCouncil.org accessed 9-2-11)

The Recipes



The Dirty Dozen/ Clean 15

Use this chart as a wise shopping guide. Choose organic produce that is on the dirty dozen list.

Clean 15	Dirty Dozen
• Onions	• Apples
• Avocado	• Celery
• Sweet Corn	• Strawberries
• Pineapple	• Peaches
• Mango	• Spinach
• Asparagus	• Nectarines (imported)
• Sweet Peas	• Grapes
• Kiwi	• Sweet Bell Peppers
• Cabbage	• Potatoes
• Eggplant	• Blueberries (domestic)
• Papaya	• Lettuce
• Watermelon	• Kale
• Broccoli	
• Tomatoes	
• Sweet Potatoes	

Jarod's Favorite

Serves 1

I developed this recipe for my son, Jarod, who experienced some health challenges in the past year. It is intended for those who want to gain or maintain their weight and can be used as a before or between-meal snack.

- 1 cup unsweetened almond milk
- 1 T Manuka honey or raw honey of choice
- 1-2 T Raw almond butter
- 1 frozen banana
- 1 T organic coconut oil
- 1 T unflavored high quality protein powder



Jarod, circa 1977

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and if desired sprinkle with freshly grated nutmeg.

Per serving: 250 Calories, 13.5 g Protein, 14 g Carbohydrates, 18.75 g Fat, 2.25 g Fiber, 0 g Sugars.

Monday Morning Wake Up

Serves 2

2 c. purified water

1 heaping handful Romaine lettuce
(chopped)

1 carrot, trimmed and cut in thirds

2 stalks celery

1 cup frozen or fresh pineapple chunks (unsweetened)

1 apple, cored and quartered

2 T golden flax seeds (grind first if using a regular blender)

1 t bee pollen

½ c cabbage leaves

1 c ice, if using fresh fruit



If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately.

Per serving: 158.5 Calories, 3.9 g Protein, 26.25 g Carbohydrates, 3.95 g Fat, 9.35 g Fiber, 1 g Sugars

Peanut Butter Chocolatein

Serves 2

Designed as a protein and nutrient rich breakfast that will keep you going strong until lunch time.

- 1 cup almond milk, unsweet
- 1 cup purified water
- 2 packets unsweetened Chocolate Spirutein by Nature's Plus
- 2 T Bell Plantation Peanut Butter Powder
- 1 Banana, frozen or fresh
- 2 T flax seeds (grind first if using a regular blender)
- Handful of fresh spinach leaves or other raw greens
- 1 t bee pollen
- 1 T lecithin
- ½ t vanilla ½ cup ice



If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and savor the taste of health.

Per serving: 256 Calories, 12.75 g Protein, 28.52 g Carbohydrates, 8.25 g Fat, 7.25 g Fiber, 3.5 g Sugars.

Allyn's Daily Grind

Serves 1



My niece Allyn, who resides in Nixa, Missouri, drank this smoothie nearly every day during her first pregnancy in 2011. She said it was very satisfying and kept her motored up for her active lifestyle.

1 c 1% Milk or dairy alternative

1 serving of your favorite protein powder

2 T ground flax seed (grind first if using regular blender)

1 c frozen blueberries or favorite fruit

1 banana

Additional purified water as needed to attain thick and creamy consistency.

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.
-

Serve immediately and savor the taste of health.

Per serving: 251 Calories, 16.11 g Protein, 35.59 g Carbohydrates, 5.93 g Fat, 6.25g Fiber, 6.345 g Sugars.

Almond Joy

Serves 2

Can there be anything better than coconut and chocolate together in one sip?



- 1-14 ounce bottle Zico coconut water, unflavored
- 1 ½ T macaroon coconut (macaroon is the finest shred)
- 1 T unflavored high quality protein powder
- 1 t almond extract
- ½ t vanilla extract
- 1 T cocoa powder
- 1 cup ice or 1 frozen banana
- 12 sprouted almonds
- 1 T Manuka honey

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and savor the taste of health.

Per serving: 242.25 Calories, 13.5 g Protein, 32.15 g Carbohydrates, 8.31 g Fat, 5.5 g Fiber, 1.39 g Sugars.

Pineapple Cottage

Serves 2

You will adore this combination of cottage cheese blended with fresh pineapple!

- 1 cup purified water
- ½ cup organic low fat cottage cheese, Organic Valley or Nancy's are best
- 2 T golden flax seeds
- 1 stalk celery cut in half
- 1 handful lettuce
- 1 c fresh pineapple

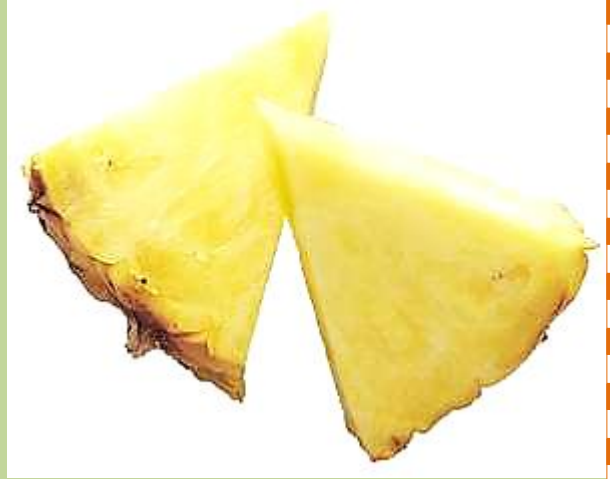
If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and savor the taste of health.



Per serving: 130 Calories, 9.75 g Protein, 11 g Carbohydrates, 4.65 g Fat, 4.95 g Fiber, 1.5 g Sugars.

Pineappocado

Serves 2

Pairing pineapple with avocado is sheer culinary genius!



1 cup purified water

1 cup frozen pineapple chunks

½ peeled ripe Haas avocado

1 stalk celery

1 T unflavored high quality protein powder of choice

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and savor the taste of health.

Per serving: 106 Calories, 10.65 g Protein, 8.3 g Carbohydrates, 3.65 g Fat, 3.2 g Fiber, 0 g Sugars.

Kale the Conqueror

Serves 2

Kale is the most super of all super foods and should be a regular contender in our weekly smoothie menu planning. I prefer adding it several times a week to a healthy smoothie.



1-14 ounce unsweetened Zico coconut water

1 kiwi, shaved or peeled

1 Banana

1 generous handful of kale

1 T fresh ginger root or 1 ginger kiss⁵

1 T golden flax

1 t bee pollen

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.
-

Serve immediately and savor the taste of health.

Per serving: 177 Calories, 3.45 g Protein, 33.45 g Carbohydrates, 3.75 g Fat, 5.85 g Fiber, 0 g Sugars.

⁵ Ginger kisses are made in the vitamix using unpeeled fresh ginger root. You'll find the recipe in your Vitamix cookbook under Ginger Paste. I use it in my smoothies, cooking, teas, dressings, and marinades

Dandy Dan's Can Can

Serves 2

This is one of my husband Dan's favorites. It looks like a lot of ingredients but comes together really fast. You'll love it!



- ½ a cantaloupe, peeled, not seeded
- 1 kiwi, peeled
- Zico unflavored coconut water
- 1 T fresh ginger or 1 Ginger kiss⁶
- 1 T Manuka honey or Agave Nectar
- 3 kale leaves
- 6 Green Food tabs such as Chlorella or alfalfa
- 1 T golden flax seeds
- 1 t bee pollen
- 1 c crushed ice

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and savor the taste of health.

Per serving: 180 Calories, 4.65 g Protein, 33.15 g Carbohydrates, 4 g Fat, 5.25g Fiber, 0 g Sugars.

⁶ Ginger kisses are made in the vitamix using unpeeled fresh ginger root. You'll find the recipe in your Vitamix cookbook under Ginger Paste. I use it in my smoothies, cooking, teas, dressings, and marinades

Matcha Dew

Serves 2

When at the World Tea Expo in Las Vegas we discovered Aiya matcha green tea powder. They are the world's leading producers of Japanese matcha. In fact, I was so enamored with it, I now carry their Zen Café Blend and Ceremonial Matcha in my store.



- 2 cups plain organic soymilk (I use Westsoy unsweetened)
- 1 cup ice cubes (made from purified water)
- 1 Banana
- 2 T unflavored high quality protein powder
- 2 t Aiya Ceremonial matcha powder or 2 packets Zen Café blend
- 2 t Manuka or other raw unfiltered honey (add honey only if using ceremonial powder – zen café blend is presweetened)⁷
- 1 T macaroon coconut (macaroon means finely shredded)

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and savor the taste of health.

Per serving: 245 Calories, 15.5 g Protein, 31.5 g Carbohydrates, 7.75 g Fat, 5.25 g Fiber, 7.89 g Sugars.

⁷ Note: you could use 1 cup of freshly brewed and cooled green tea but you will not get the same benefits or beautiful green color. Invest in some matcha and learn a soul quenching new way to savor tea drinking!

Tropicanana

Serves 2

This is so refreshing and delicious especially on a hot summer day or after a circuit training workout.



- 2 cups Imagine Coconut Dream Milk or 1/14 ounce bottle Zico coconut water
- ½ frozen banana
- 1 T macaroon coconut (macaroon means fine shred)
- ½ c organic strawberries, fresh or frozen
- 1 generous handful of fresh spinach leaves
- ½ cup fresh pineapple

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and savor the taste of health.

Per serving: 181.5 Calories, 1.9 g Protein, 34.675 g Carbohydrates, 4.65 g Fat, 4.7 g Fiber, 1.39 g Sugars.

Pumpkissed

Serves 2

Pumpkin is high in fiber, vitamin A and potassium and beautiful. Pepitas or pumpkin seeds are paramount in male prostate health due to high levels of zinc, which boosts human immune function. Enjoy this luscious elixir on crisp autumn mornings.



- 1 14 oz bottle unflavored Zico coconut water
- 1 c ice cubes (or crushed if using a regular blender)
- ½ cup cooked pumpkin (I use organic canned pumpkin)
- 1/3 cup light or regular coconut milk
- ½ frozen banana
- 1 t erythritol or 1 packet stevia
- 1 T maple syrup or ½ t maple flavoring
- 1 T flax seeds (pre-grind if using a regular blender)
- 1 t bee pollen
- ½ t cinnamon or pumpkin pie spice

If using the Vitamix:

- Place all ingredients into the Vitamix container in the order listed and secure lid.
- Select Variable 1.
- Turn machine on, slowly increase speed to Variable 10, then to High.
- Blend for 60 seconds or until desired consistency is reached.

If using a blender:

- Prep ingredients accordingly; then place in blender container in order listed.
- Blend and pulse on high until smooth.

Serve immediately and savor the taste of health.

Per serving: 245.5 Calories, 3.05 g Protein, 47.05 g Carbohydrates, 5.8 g Fat, 8.2 g Fiber, 13 g Sugars.

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Netzer, Corrine T., The Complete Book of Food Counts. 6th Edition. New York: Dell, 2003.

Petersen, Dorene. Holistic Nutrition.Portland:ACHS.2009

Resourceful Websites

<http://www.jbshealthmart.com>

<http://www.vitamix.com> – the best kitchen artillery I have ever seen (if you want to order a Vitamix, go to my website and click on Vitamix – when you place an order you will receive the shipping for free (\$25 savings)

<http://www.nutiva.com> - my favorite coconut oil

<http://aiya-america.com> - leading world producers of green tea

Thank you for taking your priceless time to read my first e-book. If you like what I have created, please tell your friends. If you have creative suggestions, questions, or would like assistance with recipe revisions, please email me at jane@jbshealthmart.com

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If you would like to receive my free e-newsletter, you may sign up at my store's website at <http://www.ibshealthmart.com> . Our interactive website is an invaluable free tool to help you in your quest for excellent health. You have free access to the Natural Standard Database.⁸

I will be offering short, informative demonstrations at the store on a variety of topics including smoothies, soups, sauces, product making, and gluten free recipes. All of these workshops are free and will include downloadable e-books that will inspire you or motivate you to get back on the path to wellness. Watch the front counter for workshop dates, times, and registration.

Asante'

⁸ **Natural Standard** was founded by clinicians and researchers to provide high quality, evidence-based information about complementary and alternative therapies. This international multidisciplinary collaboration now includes contributors from more than 100 eminent academic institutions. For each therapy covered by **Natural Standard**, a research team systematically gathers scientific data and expert opinions. Validated rating scales are used to evaluate the quality of available evidence. Information is incorporated into comprehensive monographs which are designed to facilitate clinical decision making. All monographs undergo blinded editorial and peer review prior to inclusion in **Natural Standard** databases. **Natural Standard** is impartial; not supported by any interest group, professional organization, product manufacturer.