

Power for you, kids, and everyone—
served in a glass, jar, or bowl!

SMOOTHIE

power

**80 POWER
PACKED**
Smoothie Recipes
for Every Day and Everyone

yummy



mmmh

Irina Pawassar & Tanja Dusy

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Tanja Dusy





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BASICS



POWER IN 10 MINUTES

They're fun, powerful, keep you healthy, and provide a refreshing boost of energy. Smoothies are conquering the world, and once you develop a taste for them, you won't want to go without.

DONE IN A JIFFY

Smoothies are ideal for people who want to eat healthier but don't want to dramatically change their whole diet. With smoothies, you simply add what you like to the blender jar and blend it up! Then, pour your elixir into your favorite bottle or to-go cup, rinse out the blender, and you're all set to go! It can be done in as little as 10 minutes, which is ideal for busy mornings. It's the perfect breakfast, snack for the office, or simply a cool refreshment for a hot summer day.

WE ARE WHAT WE EAT!

Regularly consuming smoothies, especially greens, has sort of an "awakening" effect on the body. Your mind becomes clearer and your taste buds more sensitive. You will notice that you don't need as much sugar or salt as you previously did. This is the first step towards a conscious diet.

HEALTH AND VITALITY

Greens are essential! Chlorophyll is the pigment in green plants that absorbs light and gives them their green color. It has extremely positive effects on our health! Raw vegetables also provide us with important enzymes, which can promote cell building and renewal. The more of these enzymes we have in our bodies, the more resilient our immune systems become. Smoothies can help make us fit and provide us with increased energy and vitality.



THE EQUIPMENT

A standard household blender will suffice for most recipes. A heavy-duty immersion blender gets great results as well. The better your appliance, the finer the ingredients can be blended. For chopping kale, pumpkin, pomegranate seeds, and certain types of nuts, a high performance blender will be necessary. Experiment and find out what texture you prefer: nice and smooth or with little fruit chunks; thick and creamy or thin like juice. It's all a matter of taste.

THE BASIC RULES

Using seasonal and locally sourced ingredients is the key. The focus doesn't always have to be on exotic superfoods. This book includes recipes using readily available ingredients, but also features some more tropical recipes for those seasons when the local fruit and vegetable selections are a little slim. For variety and a little

something extra, you can always add the powerful superfoods listed in the Ingredients section.

All the recipes are vegan, except if you're using honey as sweetener. If you prefer cow's milk or yogurt, those can be substituted instead of almond or rice milk or coconut yogurt. Ingredients like cane sugar, gluten, and soy are left out.

Organic origin for all the produce is preferable, but not necessary. Serving sizes for all recipes yield enough for one to two people but can be adjusted as needed.

The smoothie label Super Danke contributed some of the recipes. These are acknowledged by their logo.

STRAIGHT TALK

There are no more excuses not to do a little something for your health and have fun along the way!

INGREDIENTS



VEGETABLES: Fresh, local, and seasonal is the name of the game. Organic vegetables or ones from your garden are perfect. Vitamins, minerals, dietary fibers, and low calorie counts make vegetables the perfect slimming agent.

FRUITS: Fruits taste great, are healthy, and give the smoothies their sweetness. Besides important vitamins, minerals, and dietary fibers, fruits contain a large number of beneficial secondary plant substances. It is best if you buy ripe, local, and seasonal fruits. The riper the fruit, the less you will have to sweeten the smoothie.

HERBS: Plants contain chlorophyll, especially leafy greens and fresh herbs. It helps detoxify the body, protects the immune system, and is rich in antioxidants. The darker the green of the ingredient, the more chlorophyll it contains.

LIQUIDS: Water is the ideal liquid to use to thin out smoothies because it doesn't contribute any additional calories. Natural spring water and regular filtered water are the best choices. But other healthy and tasty alternatives are coconut water or almond or rice milk.

SWEETENER: Say goodbye to cane sugar! Sweeten your smoothies with coconut sugar, honey, maple syrup, xylitol, or a little stevia.

SPICES: Using spices, such as cardamom and vanilla, will give your smoothies an additional punch of flavor.

NUTS AND SEEDS: When shopping, buy whole nuts that you can grind yourself when needed. Nuts and seeds are rich in fat, dietary fibers, and protein. They're an important energy and nutrient source.

REALLY COOL: Frozen fruits (especially berries) have not only the advantage of always being available, but they also provide a smoothie with a delicious, ice cream-like consistency. You can also put fresh fruits in the freezer shortly before blending or freeze any leftover fruit to use the next time you make a smoothie.

THE CRUNCH FACTOR: Purists simply get a spoon and eat a smoothie bowl just as it is. But for a tasty and healthy treat, add additional toppings such as grains, nuts (hazelnuts, almonds), seeds (sunflower), or dried fruits. You can also try some of the trendy superfoods such as chia seeds, goji berries, or cacao nibs. If you can't decide, just use homemade granola (recipe follows), which always works and tastes great.

ALWAYS-WORKS-SUPER-CRUNCHY-GRANOLA

½ cup (80 g) almonds
3 cups (150 g) grains (i.e. 3-grain-, oat-, or spelt flakes)
3 tablespoons (25 g) sunflower seeds
3 tablespoons (25 g) sesame seeds
1½ tablespoons (25 g) hemp seeds
2 tablespoons (25 g) flax seeds
½ cup (30 g) coconut flakes
¼ teaspoon cinnamon
¼ teaspoon ground ginger
¼ teaspoon cardamom
4 tablespoons (85 g) honey or (80 g) maple syrup
3 tablespoons (45 g) sunflower oil
½ cup (50 g) dried cranberries or goji berries to taste

This recipe is not only super crunchy, but it is also super easy:

Preheat the oven to 350°F (180°C, or gas mark 4).

Using a knife, chop the almonds into rough pieces (halved or thirds is enough).

Mix the chopped almonds together with the grains, sunflower, hemp, and flax seeds, coconut flakes, and spices in a bowl. Add the honey or maple syrup and sunflower oil; mix well using a spoon or your hands until the mixture is all well coated.

Move the mixture to a parchment-lined baking sheet and use a spoon to evenly spread it out across the entire baking sheet. Bake for 20 to 25 minutes (on the middle rack), stirring occasionally, until everything is nicely browned.

Remove the baking sheet from oven and let the roasted granola cool completely. If needed, stir again so that it doesn't clump together (or just let it set if you like bigger pieces). Once cooled, stir in the dried fruit to taste and transfer to an airtight container.

SUPERFOODS



ACAI POWDER: The acai berry is packed with antioxidants and is an unbeatable anti-aging weapon.

CHIA SEEDS: This special energy source is rich in omega-3-fatty acids and plenty of other valuable nutrients.

HEMP SEEDS/HEMP POWDER: Hemp is one of the best protein sources in the world. When used as a smoothie ingredient, it's best if the hemp seeds are peeled. Hemp powder is a good alternative.

GINGER: Ginger is known for its many positive effects on health. It energizes, strengthens the body's defenses, and warms the body and soul from the inside.

CACAO (RAW): Raw, natural cacao is rich in antioxidants. This energy booster is also a natural antidepressant and can help support weight loss.

CARDAMOM: One of the main spices used in Ayurvedic Medicine, cardamom helps digestion, reduces bloating, detoxifies the body from caffeine, and can improve lung function.

MACA POWDER: Used by the ancient Incan civilization, this legendary powder provides enhanced energy and increased stamina for starting and finishing every day.

SPIRULINA: This dark green algae is nearly pure chlorophyll and nicknamed the "Queen of Proteins." It is especially favored because of its detoxifying properties. You can also use chlorella powder.

STEVIA: This plant can replace sugar and honey as a sweetener. Due to its unique strong taste, you should use it only in small quantities.



STINGING NETTLES: If you have access to and are able to pick stinging nettles (make sure to use gloves or use a really tight grip), it is a great source of protein. The seeds are also very healthy.

GROUND ELDER: This wild spinach is full of vitamins and minerals.

KALE: Kale is among the healthiest of foods. Full of vitamins, minerals, and dietary fibers, it enriches any smoothie. Savoy cabbage makes a good kale replacement.

FLAXSEEDS: Flaxseeds are full of omega-3 fatty acids and dietary fibers and help with digestion.

DANDELION: Dandelion is a real miracle herb that stimulates the metabolism and is good for the liver.

BLOSSOMS: As a garnish, they're the icing on the cake. And it is really amazing how many blossoms are edible. The list includes daisies, violets, fuchsias, and rose petals. Just make sure to buy organic (no pesticide spray) or pick them in the wild (or from Grandma's yard when she is not looking...).

GOJI BERRIES: These are small miracle berries with a delicate, light, and sweet flavor. They're full of vitamin C and add a great color. Soak the berries for about half an hour before using.

COCONUT FLAKES AND COCONUT WATER: Coconut is a marvelous superfood with immune-boosting properties and provides much needed electrolytes.



SMOOTHIES

for you





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PAR & SLEW

Here comes a great, healthy smoothie with apple, veggies, and the namesake parsley. The intense green color of the drink is invigorating and awakens the vital spirits.

TIP

For an extra helping of protein, add 1 teaspoon of spirulina or chlorella powder.

SOME FRESH MINT

1 cup (60 g)
fresh parsley

SWEETEN AS NEEDED
WITH HONEY OR
STEVIA

$\frac{2}{3}$ CUP (50 G)
RAW BROCCOLI

1 STALK OF
CELERY

$\frac{2}{3}$ cup (80 g) cucumber

ONE
APPLE

$1\frac{1}{4}$ cup (300 ml)
WATER

MANGO TO TANGO



Mangoes are full of vitamins, are energizing, and are known in India as the "the fruit of the gods." In combination with fennel and orange, it makes for an unusual, revitalizing fruit experience.





1/2 CUP (100ML) ORANGE JUICE,

1 ORGANIC ORANGE

PREFERABLY FRESHLY SQUEEZED

WITH SOME PEEL

1 medium ripe mango
(or dried, soaked
mango pieces [8-10])

About 1 cup
(80 g)
fresh fennel

TIP

Mango to Tango is a great smoothie for kids. Because of the sweetness, it is easy to sneak in a lot of healthy vegetables.

JONNY KALE

This smoothie can be described as being refreshing, vibrantly green, and delicious. Using readily available oranges and bananas, it can be enjoyed in the summer as well as the winter, and it simply puts you in a good mood!



