



SUPER SMOOTHIES: The Secret to Your Raw Food Success

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Smoothies, schmoothies. So, what's the big secret?

Actually, smoothies are no secret! Many popular smoothie and juice bar franchises have popped up around the globe touting smoothies as a healthy way to get your fruits and veggies. Today, there are hundreds of smoothie recipe books out there on market. Most people have a blender in their kitchen and have had or made smoothies before.

But did you know that smoothies—and superfoods—are one of the easiest ways to incorporate more raw foods into your life and catapult you on your raw food journey? In this eBook we'll show you how to combine the power of superfoods with the simplicity of smoothies to supercharge your life for radiant health, energy and the next phase of your spiritual evolution!

Smoothies play a deliciously essential role in raw living. they're so delicious, you'll want to have one everyday! Once you get the hang of it, making a tasty smoothie packed with anti-oxidants, nutrients, minerals, vitamins and enzymes is quick and easy to make. They are super-powered, super-charged, delicious meals in a glass!

Smoothies are easy to carry with you in a jar or flash when you're on the go. In addition, liquid food is more bio-available and easier to digest, giving you more energy to go on with whatever you need to do. Drink one and carry on!

Drink the benefits – Why are smoothies good for you?

Smoothies and juices are:

- Concentrated nutrition in a glass! Complete with anti-oxidants, minerals, vitamins, enzymes, good fats, protein, amino acids, electrolytes, and fiber!
- Alkalising, nourishing, healing, and cleansing for the body!
- Fun, quick and easy to make! It takes just a few minutes to make a complete meal!
- Raw, natural, and delicious
- A favourite with kids

Blending up a delicious smoothie everyday can:

- Reverse the aging process
- Prevent lifestyle diseases like cancer and heart disease
- Give you more energy to get through your day
- Strengthen your immune system
- Eliminate the need for vitamin and mineral supplements
- Satisfy your cravings for other not-so-healthy foods
- Boost your metabolism
- And more! You can address you unique nutritional needs with every smoothie you make.

Blender Alchemy – The Makings of a Great Smoothie

Once you get used to blending up smoothies and adding the right proportions to your own liking, you won't even need recipes. Here are some basic guidelines to get you started making smoothie magick and some of our favourite recipes to get your creative juices flowing!

What to put in your blender jug:

- fresh and organic ingredients whenever possible – Shop at your local farmer's market to find the best local and seasonal organic produce.
- your love, your gratitude, and your intentions – While you're waiting for the smoothie to blend up, why not think of things you're grateful for, put your love energy into the drink, and say thanks for the blessings and healing this amazing smoothie will give you?
- your creativity – have fun! experiment with flavours, check out smoothie menus at organic restaurants, juice bars, and health shops to get inspiration.
- The basic ingredients (see next page)
- whatever yummy things you have in your kitchen...experiment and play!

Basic Ingredients

Something smooshy: Bananas are our favourite smoothie base, but other soft fruits like papayas, mangoes, and berries are great too.

Something fruity: You'll be amazed at the wonderful combinations you can come up with just by experimenting with Mother Nature's palette of colours. Try pineapple, kiwi, melon, mulberries, gooseberries, many different varieties of apples, pears, citrus, and whatever's in season in your area. Try a fruit you've never tried before! Lychees, passion fruit/granadilla, custard apple, jackfruit, durian, dragonfruit, rambutan, and prickly pear are some to look out for.

Something sweet: Depending on how sweet the fruit you're using, you can add additional sweetness with dates, dried figs, yacon syrup, xylitol, or stevia.

Something creamy: These ingredients will give your smoothie a lush, creamy, thick, and satisfying texture and give you a healthy dosage of good fats without adding dairy. Try avocado, coconut oil, young coconut meat, raw nuts/nut butters, and seeds/seed butters.

Something super: *Superfoods* are revered by ancient indigenous cultures for their concentrated nutritive, healing, and even *magickal* powers! See the Superfoods section for a list of ingredients to take your smoothie to the next level.

Something liquid: Spring water is the best liquid to get your blades moving! If you can't get spring water, use the best water possible. Young coconut water is delicious in smoothies and rich in electrolytes. You can also use home-made nut milks and experiment with herbal teas.

What NOT to put in your blender jug:

Dairy: This includes milk, yogurt, kefir and all products that come from the udders of cows, goats, sheep, and other farm animals. Dairy products inhibit the absorption of calcium, iron, and many antioxidants that you are putting into the smoothies! A regular intake of dairy is like being on a low dose of antibiotics and growth hormones. You can get more calcium from a cup of sesame seeds than you get from milk! Smoothies don't require yoghurt or milk to be smoothies!

Sugar: White sugar in all its guises is an unnatural and addictive substance which the human body is not able to handle, at least not in anywhere near the quantities that are now ingested in today's accepted lifestyle.

Processed foods, artificial ingredients, artificial sweeteners: Aspartame and sucralose are dangerous neurotoxins. Processed foods have low or negative nutrient value, they are not natural, thus the body does not recognize them and treats them as toxins.

Boxed or bottled juices from concentrate: The whole thing we're trying to do here is give your body fresh, living nutrients and natural ingredients. Juices from concentrate are no longer alive and are equivalent to consuming refined sugars. Even "freshly squeezed" juices from a bottle have added sugars, corn syrups, additives, and preservatives and have nowhere near the life-force and enzymes you would get from making your own smoothie and juices at home!

Superfoods –Super charge your smoothies!

Smoothies are an excellent and easy way to increase your intake of superfoods. Most of the superfoods available come in powder forms so they're easy to toss in with fruits, green leaves, nuts, and oils like coconut oil and flax oil, for a well balanced liquid meal that has everything your body and mind needs to stay nourished and energized. Adding superfoods gives your potions an extra boosted infusion of protein, good fats, fibre, enzymes, minerals and all the rest of the good stuff!

What makes a food a "superfood?" A certain class of foods with unique properties and powerful health benefits has risen to the attention of health conscious people all across the globe. These foods have been revered by traditional indigenous cultures and we're only catching on now to the ultra-potency and magick of these plants, which are not quite foods, and not quite medicines. Superfoods are the foods of the future!

Some superfoods that are widely available for you to try and enjoy:

goji berries - they have 50 times more vitamin C and 2000% more antioxidants than oranges, are packed with minerals, omega fatty acids (good fats) and 18 amino acids (the building blocks of protein).

cacao - "chocolate" in its raw and natural state is extremely GOOD for you and has the highest antioxidants of any superfood! it is high in magnesium and has many mood enhancing phytochemicals!

maca - an extremely potent adaptogenic, immune supporting root, used for strength, endurance, hormone-balancing, and libido-enhancing properties

hemp protein - made from hemp seeds, high in omega fatty acids, a complete protein

hemp seed oil - has the best ratio of omega fatty acids, anti-inflammatory, rich in antioxidants

spirulina - one of the most complete sources of nutrition available on the planet! it has more protein than any other food and is also dense with vitamins, minerals, essential fatty acids, phytonutrients and antioxidants.

baobab - African superfood, made from the fruit of the baobab tree, creamy yoghurt-like taste, high in calcium, minerals, antioxidants

acai – pronounced ah-SAH'ee. Brazilian super-berry with a tangy cocoa berry flavour, rich dark violet colour, and extremely high anti-oxidant quotient and rich in omega essential fatty acids

camu camu - superfruit from the amazon, highest vitamin C content of any other plant, high in antioxidants and phytochemicals

young coconuts - coconut water is pure and clear, one of the highest sources of electrolytes known to man, identical to human blood plasma

coconut oil - amazing superfood with a multitude of benefits, gives you lots of energy, antimicrobial, antioxidant, antifungal, antibacterial

aloe vera & aloe ferox - antioxidant, anti-inflammatory, anti-parasitic, anti-fungal. detoxifies the liver and blood, heals the digestive system, and promotes beautiful skin.

green supplements & powders - boost the green quotient with these popular powders, which come by themselves like chlorella, blue-green algae, barley grass, and wheat grass. Or get a super blend of wild-crafted organic green power. Our favourites are Vitamineral green, Pure Synergy and The Real Thing's Green Power.

Green smoothies

Believe it or not, smoothies are a great way to get more greens. Green smoothies are made from fresh fruits blended with fresh greens such as spinach, lettuce, kale, chard, parsley, or even wild greens like dandelion. Despite their frighteningly green colour, they are delightfully delicious.

If you choose to only drink one kind of smoothie, green smoothies would be a perfect choice! They are a category all unto themselves! Many raw foodists swear by them and you will find many books available solely about green smoothies!

Green smoothies:

- are loaded with amino acids, minerals, vitamins, fibre & chlorophyll
- contain concentrated chlorophyll – green pigments that are biochemically almost identical to human blood!
- are an easy way to get more greens! Greens are the primary food group that most matches human nutritional needs
- are better to incorporate as meals than green juice because they contain the antioxidant rich fibre that green juices lack
- are alkalizing and will help you regain health and pH balance quickly!
- are pre-digested - You would have to chew mass amounts of greens to get as this much nutrition, but the blender “chews” it up for you and releases the nutrients in the cell walls of the leaves

Tips for making green smoothies:

- Don't be put off by the green colour! Despite being so GREEN they can be very tasty because the fruit balances the flavour of the greens
- use 40% greens and 60% fruit, for best taste & maximum nutritional value
- rotate your greens, to get a full spectrum of nutrients
- use organic greens whenever possible

Green Smoothie Basic Recipe

1 banana
1 apple
1 handful of green leaves (try kale or baby spinach)
250ml water and a few ice cubes, if you prefer a cold smoothie

If you are using a standard blender, chop/slice the fruit and greens into medium sized chunks. Toss all ingredients in the blender and blend until smooth. Enjoy with a smile on your face!

Try adding and interchanging other fruits like pineapple, papaya, mango, berries, oranges, grapes, and whatever is in season.

Also try different greens like romaine lettuce, different of kale, chard, bright lights, dandelion, purslane, parsley, cilantro/coriander, mint, as long as they aren't too bitter, the fruit will combine well with the greens.

Tangy Kale Green Smoothie

4 leaves of kale (spinach or chard will also be fine!)
1 banana
1 apple
1 orange
1 tsp spirulina or any green powder
Juice of ½ lemon or 1 lime
500ml water or ice

More Recipes!

Here are a few recipes to get you blending, whizzing, and shaking! There is no right or wrong, and you can't mess up even if you don't follow the recipe exactly. Just have fun and go easy on the superfood powders at first until you get used to the taste and how much you can handle!

If you are using a standard blender or stick blender, be sure to cut up your fruit and ingredients into chunks before tossing them in. If you're making lots of smoothies, invest in a fancy blender like a Vita-Mix, Blendtec, or other high speed machine. You can throw in whole pieces of fruit and handfuls of greens and watch them spin into smoothie-licious in seconds.

Chocolate Mint Smoothie

1 heaped tbsp raw cacao powder
1 handful raw brazil nuts, almonds, or cashews
1/3 cup dates
1 tbsp hemp protein powder
1 tsp vanilla (ground raw vanilla pods, or ½ vanilla pod)
1 tbsp coconut oil
Handful fresh mint leaves OR 2 drops organic peppermint essential oil
Pinch Himalayan rock salt
500ml water and ice

Blend all ingredients together and enjoy! If you're not into minty things, just nix the mint and you'll have a raw chocolate smoothie fit for a king... or queen, or cacao-aholic!

Try adding these to your Chocolate smoothie for increased magickal potency:

Some papaya – goes amazingly well with raw cacao
Some passion fruit – also called granadilla
Some fresh aloe vera or aloe ferox – makes it smooth and creamy!
Fresh cherries or unsulphured dried cherries
A few drops of organic orange essential oil!
A dash of cayenne pepper, cinnamon, and/or nutmeg powder
A handful of goji berries
A teaspoon or 2 of your favourite superfood!

Chai Walla Smoothie

1 banana
Handful of dates
½ cup almonds – soaked
2 cardamom pods – ground
¼ tsp cinnamon powder
¼ tsp ground cloves
¼ tsp dried ginger
¼ tsp nutmeg
2 tbsp hemp protein powder
Pinch black pepper
Pinch Himalayan rock salt
500ml water or ice

Ditch your Iced Chai Latte from Starbucks, which is full of sugar, dairy and junk, and get some real spicy nutrition with this fragrant, omega-rich delight. Blend all ingredients together and enjoy!

Super Berry-licious Smoothie

½ cup mixed frozen berries or ¾ cup fresh berries (strawberries, blueberries, raspberries, mulberries!)
1 banana
Handful goji berries
1 handful raw brazil nuts, almonds, or cashews
1 tbsp coconut oil
500ml water (add ice if you are using fresh berries)

Berries of all kinds are super packed with anti-oxidants, thus they're also considered superfoods! This one has a tangy creamy yogurt texture from the nuts and coconut oil. Blend all ingredients together and enjoy!

Maca Mango Cream Smoothie

1 Banana
1 Mango
Handful of raw cashews
1 tsp Maca powder
1 tsp vanilla (ground raw vanilla pods, or ½ vanilla pod)
Fresh aloe or aloe juice (optional)
500ml water and ice

Blend all ingredients together and enjoy!

Brazilian Bliss Smoothie

1 mango
1 banana
1 young coconut – flesh and water
1 or more tbsp acai powder or frozen acai berry pulp
Juice of 1 lime
1 cup of brewed and cooled yerba mate tea (optional)
500ml water and ice

Blend all ingredients together and enjoy!

Strawberry Orange Papaya Ginger

1 medium papaya, scooped from the skin, include about 1 tsp of seeds
1 or 2 oranges
1 cup strawberries
A few slices of fresh ginger, to your taste
500ml water and ice

This one is simple, light, tangy, and sweet! No superfoods necessary for an amazing smoothie. Fruit in its simple glory is good enough sometimes. Blend all ingredients together and enjoy!

Afro-loha Smoothie

Flesh and seeds of 2-3 passion fruits/granadillas
1 or 2 oranges
1 or 2 guavas, peeled
1 banana
1 tbsp coconut oil or ¼ cup dried coconut flakes
1 tbsp baobab fruit powder
Handful of dates if you want it sweeter
500ml water and ice (also interchangeable with young coconut water)

This one's inspired by the Hawaiian classic POG, passion, orange, guava juice, but we've added a creamy tangy twist with the African super-fruit baobab. Enjoy and if you're feeling festive, why not sip this out of a coconut shell and garnish with a cocktail umbrella!

Resources

Books

[Superfoods: The Food and Medicine of the Future](#)

by David Wolfe

[Naked Chocolate: The Astonishing Truth About the World's Greatest Food](#)

by David Wolfe and Shazzie

[Green Smoothie Revolution: The Radical Leap Towards Natural Health](#)

by Victoria Boutenko

[500 Smoothies & Juices: The Only Smoothie & Juice Compendium You'll Ever Need](#)

Websites

[Raw Magick](#) – Online raw lifestyle course, blog, recipes, music, art and shop!

[Goneraw.com](#) – Raw food community forum with user posted recipes

[Gliving.com](#) – A hip green living website and blog with smoothie and raw food recipes

[Raw Living](#) – UK based shop with books, superfoods, supplies, and all you'll need!

[Raw Food World](#) – US based shop with books, superfoods, supplies, and all you'll need!

[Soaring Free Superfoods](#) – South Africa based shop with superfoods, supplies, books, and all you'll need!

Where to get supplies and Ingredients

To buy superfoods or ingredients online, click on the link provided [HERE!](#)

Also:

Your local health food shop

US: Whole Foods, Trader Joes

UK: Whole Foods

South Africa: [Soaring Free Superfoods](#), [Earthshine](#)

Australia: [Raw Pleasure](#)