

How to *Create* Your Own Smoothies & Recipes



Fruit

+



Super-
foods

+



Seeds



Greens

+



Fats

+



Herbs

<p>FATS & OILS</p> <p>Butter, melted (if you can tolerate dairy) Coconut butter Coconut oil, melted Ghee (clarified butter) Olive oil Macadamia oil Avocado oil Tahini (sesame paste)</p>	<p>FRUIT</p> <p>Apples Avocado Blackberries, fresh or frozen Blueberries, fresh or frozen Cherries, fresh or dry Desiccated coconut Figs Fresh coconut flesh Grapefruit Kiwi Lemon or lime juice Peaches (goiterous) Pears Pomegranate Raspberries, fresh or frozen Strawberries</p>
<p>LIQUID BASE</p> <p>Almond milk Cashew nut milk Coconut milk Coconut water Coconut water kefir Hemp milk Kvass (fermented beet juice) Oat milk Plain filtered water (very underestimated!) Rice milk</p>	<p>NUT & SEEDS</p> <p>Almonds Brazil nuts (highest in selenium) Chia seeds Flax seed, ground (aka flax meal) Hemp seeds Macadamias Pecans Pine nuts Pistachios Pumpkin seeds Sesame seeds Sunflower seeds Walnuts</p>
<p>SWEETENERS</p> <p>1-2 dried fruits Coconut nectar Dates Honey - raw, organic, unfiltered Stevia</p>	<p>GREENS & VEGETABLES</p> <p>Beet root, fermented Beet root, raw, grated Celery Cucumber Dandelion (liver detoxifier) Pumpkin, roasted Zucchini</p>
<p>SUPERFOODS</p> <p>Cacao powder, without added sugar</p>	<p>HERBS, SPICES & CONDIMENTS</p> <p>Allspice</p>

Camu camu (supremely rich in Vit. C) Carob Chlorella Maca (Peruvian superfood) Matcha green tea (powerful antioxidant) Milk thistle (great liver detoxifier) Spirulina	Basil, fresh or dry Chili, dry and ground Cilantro, fresh or dry Cloves, ground Cumin, ground Ginger, fresh or dry Lemon juice Lime juice Mint, fresh or dry Nutmeg, ground Parsley, fresh or dry (liver detoxifier) Pumpkin pie spice Sea salt Vanilla, pod or extract
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COMBINATION IDEAS

Fats & Oils	Fruit	Liquid base	Nuts & Seeds	Sweetener	Vegetable	Superfood	Herbs/Condiment
Spirulina Guacamole							
Olive oil or ghee	Avocado	Water	Pine nuts, flax seed		Tomato, dandelion	Spirulina, milk thistle	Cilantro, cumin, sea salt
Parsley Pear Smoothie							
Coconut butter	Pear	Water	Almonds, chia seeds	Stevia		Maca	Parsley, vanilla
Raspberry Kombucha Smoothie							
Coconut oil	Raspberries	Coconut kefir	Hemp seeds, pecans			Milk thistle, camu camu	Cloves
Cacao Vanilla Smoothie							
Tahini	Avocado	Coconut milk	Sunflower seeds	Honey (1 tsp)		Cacao powder	Chili, vanilla
Lime Cucumber Smoothie							
Coconut oil	Avocado	Water	Flax seed, almonds		Cucumber, dandelion	Camu camu	Fresh coriander, sea salt
Pumpkin Pie Smoothie							
Olive oil or ghee	Pumpkin, lime juice	Almond milk	Flax seed, pecans	Honey (1 tsp)		Maca, camu camu	Allspice, vanilla
Matcha Tea Smoothie							
Olive oil	Avocado	Water	Flax and hemp seed	Honey (1 tsp)		Matcha green tea	Parsley

Ok, now you create your own. There is no right or wrong. Let your imagination and creativity flourish!

What's a good and sustaining smoothie?

One that has a generous amount of:

- FAT
- PROTEIN, and
- FIBER.

And is **low in**:

- SUGAR
- High GI FRUIT

Proportions and Amounts to Use

You can't really mess up a smoothie unless you make some weird combos like seaweed and figs... ☺

The serving size depends on you – it's best to eat until you feel 70-80% full.

How much of ingredients to use in making a smoothie?

- **Fats & Oils** - 1-2 tablespoons
- **Fruit** - a handful or a cup
- **Greens & Veggies** - a handful or a cup when chopped up
- **Liquid base** - until all ingredients are nearly fully submerged. Use more if you want it more liquid and less if you want it thicker.
- **Nuts & Seeds** - 1-2 tablespoons of each nut or seed you choose to add.
- **Superfoods** - follow recommended serving size on the product label.
- **Herbs & Condiments** - depends on your preference of how much spice and flavor do you like as well as which herb/spice you use. It can vary from 1/8 teaspoon (like clove powder) to 1/2 cup (like fresh cilantro or parsley)
- **Sweeteners** - none, as little as possible, or maximum 1 teaspoon.

If you do not feel satisfied with your smoothie, add more fats, nuts and seeds to it. They will sustain you till your next meal.

Equipment needed

A blender - that simple. No need for any fuss here. We recommend Vitamix.

Practical Notes and Recommendations

- Always pick organic food.
- Focus on low GI/GL (Glycemic Index/Load) fruit and avoid high GI/GL fruit like all tropical fruit and dry fruit (we tend to put more of them into our food).
- All recipes are free of dairy, soy, gluten, corn and eggs, as many people are intolerant to them.
- All ingredients listed are safe for the thyroid. Some foods (marked) are slightly goiterous and should be used in moderation. If you do *not* suffer from a thyroid condition, you can add vegetables like kale.
- Give it a go with savoury smoothies. We are addicted to sugary breakfast in the Western world. Interestingly, the rest of the world eats savoury breakfasts. Did you notice this?
- I personally do not use any sweeteners at all apart from real fruit in the smoothie and focus on getting the flavor from herbs and spices to make the smoothie more flavourful and delicious.
- Do NOT add ice – it slows down the release of enzymes to break down the food in your digestive tract. Learn to drink your smoothies at room temperature, or warm.
- In winter, warm up the liquid base you plan to use so the smoothie becomes warm and pleasing to your cold body.
- Do not use more than 1 teaspoon of sweeteners, if any at all.
- Try to always drink your smoothie right after making it as they get oxidized very quickly. If you must make it beforehand (travel, work, etc), make sure you keep it in a closed container so no oxygen can reach the food.
- Ghee is a great alternative for people who don't tolerate dairy very well, instructions on how to make it: <http://www.anorganicwife.com/2012/10/how-to-make-ghee.html>
- How to make your own kvass: <http://www.hormonesbalance.com/cfb/ferments-cfb/>
- My favorite matcha tea: <http://www.domatcha.com>

- Coconut milk is mostly sold in cans, as it's highly perishable. It's best that you make it yourself but if you must buy it, get it from <http://www.tropicaltraditions.com> - it's BPA-free. Avoid using SoDelicious brand, as it's full of preservatives.
- Many nut milks have preservatives and additives. It's best that you make your own OR just throw a handful of, for example, almonds and water in your smoothie and you will get the same result as almond milk sans the chemicals.
- Limit the amount of dried fruit, as they are high in sugar. If you do use them, soak them first and use no more than 1-2 per smoothie.
- Avoid using any form of protein powders, no matter what the marketing message is. They are NOT real food. Give real food a chance.
- Don't count calories. Remember? We want quality fat, fiber and protein in the morning to manage our sugar levels.

Want more?

If you are interested in food and how it will help your hormonal health, join us for the free "How to Use Food to Rebalance Your Hormones" workshop.

www.cookingforbalance.com

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BALANCING
WORKSHOP**

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Thyroid
Hashimoto's
Adrenals
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Estrogen

