



# SMOOTHIE MAKERS' HANDBOOK

PALEO SMOOTHIE RECIPES  
FOR ALKALIZING, DETOXING, WEIGHT LOSS  
& OPTIMAL HEALTH

**120**  
DELICIOUS RECIPES  
•  
NUTRITIONAL  
INFORMATION  
•  
PHOTOS

KRISTINE CAMPBELL

# **Smoothie Makers' Handbook**

**120 Paleo Smoothie Recipes for Alkalizing, Detoxing, Weight Loss and Optimal Health**

# Kristine Campbell



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# Preface

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”

- GAUTAMA BUDDHA

Through the years I have been on a search for the perfect health food. Something quick, nourishing, and above all, tasty! I feel proud and excited to let you in on my little secret - Paleolithic (Paloe) smoothies. In this book you will find all my tricks to make your very own smoothies and what makes Paleo smoothies so special. You will be blending your way to better health in no time!

I'll share with you how these smoothies have changed my life with their life-sustaining nutrients and what they can do for you. Ingredients that provide you with the maximum results will be revealed to you as well. I will even fill you in on blender choices and how to find one that's right for you.

I can't wait to share with you my number one secret on how I make smoothies even easier and quicker than they already are! Every part of this book is broken down step by step. You will also see how simple it is to make smoothies a part of your everyday life.

Next comes the best part- the smoothies themselves. I will share with you all of my favorite fruit and vegetable smoothie recipes. Each and every recipe features specific benefits and nutrition information, which you can adopt to fit your unique lifestyle. You will see recipes designed for everything from weight loss to detoxing, and even recipes for kids. I have also included full color images of smoothie, made from these recipes and photographed in my own kitchen. These will whet your appetite and spur you along. I can't wait to show you how satisfying it can be to make smoothies a part of your life!



# Introduction

“My health and my family are the core of my being.”

- JON BON JOVI

Let me share a little bit about my story and how Paleo smoothies came into my life. I have always been inspired by a more natural, healthy lifestyle. My mother instilled this in me by offering well balanced meals as I grew up. As a mother, I have taken her ideas and run with them. I strive to provide wholesome meals for my own two children every day.

I am a huge fan of the very famous quote by Hippocrates, “Let food be thy medicine and medicine be thy food.” I live by the idea that, many ailments can be treated using wholesome food, exercise, and a healthy dose of fresh air.

It's not unusual for me to spend hours plowing through natural health books. I just love soaking up as much information as I can on natural healing. It has become more than a hobby; it is now a way of life.

It was in my search for better health that I first learned about the Paleo lifestyle from Mark Sisson's *The Primal Blueprint*. I am thankful to him and the other modern advocates of the Paleo lifestyle for making the information easily available to the public.

It was only after adopting these diet and lifestyle changes that my family's health really took off. I got over a chronic digestive issue, which was classified by numerous physicians as Irritable Bowel Syndrome (IBS). The kids overcame several nagging allergies. My husband got rid of a bulging belly which had seemingly crept up on him. Our energy levels increased and we began to feel wonderful; just as nature intended.

Most people regard the Paleo way of eating as a modified Atkins Diet. This is not true. Yes, eating animal protein is an important part of the Paleo diet. Eating specific fruit, vegetables, seeds and nuts are, however, also essential and must not be ignored. This is the reason that I started having a Smoothie a day, as they are a chock-full of nutrition, that is easy to make, easy to consume and easily digested and absorbed.

I now spend much of the warmer months in our family garden, tending to nutrient-packed fruits and vegetables. They always seem to somehow find their way into a delicious satisfying smoothie.

Another facet of my good health is the deep love I have for yoga. I began this practice in college to work on my figure, but since then, have developed a much deeper relationship with the exercise. It has helped me to not only stay in shape, but dissipate the stresses that come with everyday life as a mother. Staying centered through yoga has truly been a godsend to both me and my children.

While being a mother is one of the most difficult challenges I have faced in life, its rewards are truly endless. Nothing brings me more joy than sharing my natural philosophy with my children. It is equally rewarding for all of us. My sweet and mellow daughter loves watching me in the garden and will often even read a book by my side. She doesn't get too involved saying that "dirt is too dirty." One thing we can both agree on, however, is yoga. It connects us on a spiritual level, which I feel so lucky to be able to achieve with a usually illusive preteen daughter.

My son, a feisty teenager, has shown an interest in cooking and is my sidekick in the kitchen. He even sometimes does the cooking on his own. He says that he would like to be a chef one day and after watching many restaurant reality shows, I think he might just fit into that chaotic environment. He's my inspiration for many of the recipes that are in this book.

# Getting the Most Out of Paleo Smoothies

“A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.”

- TOM STOPPARD

This book, like many new healthy habits (and exercise equipment for that matter), can help a lot or a little depending on how you apply yourself to it. Here are a couple of hints on how to get the best bang for your buck out of the material I share with you:

## **Skim Through the Entire Book**

The first portion of this book is packed with tons of useful information and perhaps even a thing or two that you didn't already know about smoothies. And even though you may not read every recipe in its entirety, I highly recommend reading the titles and benefits to see which recipes you will reap the most benefits from, and then give them a try.

## **Put It Into Action**

Although there are many pages of handy tips and health-improving material in this book, it is of absolutely no use to you if you don't use them. Grab your grocery list right now, pick a smoothie, write down the ingredients, and make a smoothie. It's as easy as that. Try making Paleo smoothies an everyday thing if you can. See the chapter labeled **The New You: Paleo Smoothies as a New Part of Your Everyday Life** for how to make smoothies a daily habit.

## **Sharing is Caring**

While sharing this book with other people may seem like a funny way to get you to use it, it really works. I find that I am much more likely to be interested in something that I can share with my loved ones. They will bring up conversations about smoothies and even check on my progress. Not to mention that warm feeling you get from sharing something rewarding with someone you care for.

So don't wait, whip up a smoothie from this book and sip it with a family member. Tell a

coworker about your new efforts to renew your health with Paleo smoothies. It's a great way to bond with others while also setting your new healthy ways in stone.

## **Pamper Yourself**

Instead of looking at this book as a dose of medicine you have to reluctantly stomach, look at it more like a relaxing massage. Cuddle up with this book after a long day and treat yourself to a delicious restoring smoothie. There is no better way to take care of yourself than with a tasty treat that is good for you.

# Squeezing the Most Out of Your Health

“Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.”

- DENIS WAITLEY

Ask yourself a very important question; why do you want to improve your health? It may seem like a simple question, but many times there may be a deeper answer beneath the surface. Yes you want to feel and look better, but are you trying to prove to yourself so that you can be a healthier person than you've ever been before? Or maybe you are trying to set a good, healthy foundation for your children.

No matter how you go about improving your health, I recommend writing down what increased health means to you. Don't hesitate, do it now. Grab a piece of paper and think deeply about what you want for your health. Write down at least five reasons, and then choose the one that is the most important to you.

Numerous studies have shown that those who write down their goals are more likely to succeed. Make a commitment to achieving your goal. Post it on your mirror, fridge, in your car, or all three! Then do what it takes to make it happen.

Whether it's achieving a longer life, lowering your blood pressure, or eating more fruits and vegetables, Paleo smoothies are sure to get you closer to your goals. They are nutrient rich, with vitamins and minerals, fiber-packed, quick, and easy. Look back at each of your health goals and you will easily see how Paleo smoothies help you achieve them. These simple drinks really do make a healthy life accessible to people of all walks of life. They help you face the challenges that have prevented you from becoming the healthy person you have always wanted to be.

# What is a Paleo Diet All About, Anyway?

“You are what you eat – and perhaps surprisingly, you also are what your ancestors ate.”

- JACK CHALLEM

Paleo is short for Paleolithic, which basically refers to the way that our ancestors ate in the Paleo age. This era ended about 10,000 years ago and existed before the advent of modern agriculture. What does that mean to you? Here is a quick list of things included and excluded from the Paleo way of eating:

## Eaten on a Paleo Diet

- Whole fruits and vegetables (with the exclusion of a few)
- Minimally processed meats
- Fish and shellfish
- Nuts and seeds
- Unprocessed animal and vegetable fats

## Excluded From the Paleo Diet

- Dairy
- Grains
- Dried beans and legumes (except green beans and peas)
- Some starchy vegetables
- Some excessively sweet fruits
- Processed foods
- Sweeteners
- Fruit juices
- Alcohol

It's important to remember that for our ancestors, Paleo was not a diet but rather a way of life. The Paleo era lasted for 2.5 million years and the human race did much of its evolution during this time. Our bodies were specifically designed for this diet and this is why we thrive on it. Which gives us some insight as to why there are so many benefits of eating this way.

So what are some of the more specific benefits of eating Paleo? A study at the University of California San Francisco conducted in 2009 showed that when a group of sedentary, otherwise healthy, adults began a Paleo diet, their blood pressure became more level, their glucose tolerance improved, cholesterol levels decreased, while their insulin sensitivity increased. In other words, their susceptibility to heart disease and diabetes was lowered by only changing their diet. That is simply amazing!

# Translating Paleo into Smoothies

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

- HIPPOCRATES

Understandably, not everyone has the time or energy to turn their eating habits upside down. That is why Paleo smoothies are such a life saver! You can simply throw a few simply prepped ingredients into a blender, whiz it up, and you instantly have a nutritious meal or snack that your body will love you for. You can even take them on the go. The following are a few simple hints on how to get from a meat-eating caveman, to a smoothie sipping pro:

## **Whip up a Paleo shopping list**

Write or print a list of your favorite Paleo-friendly smoothie ingredients and post them on your refrigerator or right next to your shopping list. That way, every time you visit the store you will be stocking up on your smoothie making arsenal.

## **Keep a Paleo smoothie pantry**

It's a great idea to keep two boxes of Paleo smoothie ingredients; one in your refrigerator and one in the pantry. Ingredients included in Paleo smoothies can be cross utilized in many other recipes, so you don't have to worry about not using them. That way you know that the second you come home with a rumble in your tummy, you have something to satiate your gnawing hunger!



# Smoothies or Juices; What is the Better Choice?

"If we are what we eat, and we don't know what we are eating, then do we still know who we are?"

- CLAUDE FISCLER

First of all, what is the difference between a juice and a smoothie? A juice is a drink that contains the liquid from its ingredients, usually fruits and vegetables. It does not contain the fiber of the ingredients. A Smoothie, on the other hand, is simply a mixture of blended ingredients. Check out the pros and cons of both smoothies and juices:

## Juices

### Pros:

- Easy to make and delicious
- Provides a concentrated dose of nutrients
- Some ingredients taste better without fiber

### Cons:

- Juicing machine cleanup can Be messy
- Juices lose their nutrients quickly after preparation
- Juicing machines have limited uses and can be expensive

## Smoothies

### Pros:

- Quick and delicious
- The blender used to make smoothies can Be used for many other kitchen tasks
- Smoothies contain fiber which helps them keep from spoiling or losing nutrients
- They fill you up
- It's easier to add supplements to them like protein powder

### Cons:

- Since vegetables are often avoided in smoothies (although this does not have to be the case), most fruit smoothies contain a lot of sugar
- Excessive fiber may not always be suitable for those suffering from certain digestive issues.

So as you can see there are many benefits of both smoothies and juices, depending on what you are trying to achieve. Juices are a great way to get a quick dose of body-cleansing nutrients to you, while smoothies are more satisfying in the long run. This is why I prefer smoothies the vast majority of the time. In my busy lifestyle I opt for a healthful, quick, and easy solution to satisfying my hunger.

# Tools of the Smoothie Trade

“It's no measure of health to be well adjusted to a profoundly sick society.”

- JIDDU KRISHNAMURTI

One of the great things about making smoothies is that you only need a handful of tools to get started and most of them you probably already have in your kitchen! Let's take a look at each tool.

## Knives

This is an essential tool for cleaning and preparing whatever ends up in your smoothies. They can be used for everything from splitting a watermelon to peeling the tiniest piece of ginger. If you already have a set of knives in your kitchen that you are in love with, feel free to skim past this.

Of all the many knives available today, there are two that I recommend for any cook in the kitchen; a chef's knife (also sometimes called a French knife) and a paring knife. A chef's knife ranges from 6 to 14 inches long and about 1 1/2 inches at the widest point. These are great for just about any chopping task you can think of and can even be used to peel if you are skilled enough.

Santoku knives are great as well. This is a slightly shorter (5 to 8 inches) Japanese knife that features scalloped edges that keep the food from clinging to the knife while cutting.

Last, but certainly not least, is the paring knife. This knife is much smaller at 4 1/2 to 5 inches in length. They are great for getting into smaller places like removing seeds from a bell pepper. Paring knives are also the best knife for peeling. If you prefer a peeler for the job, however, read on.

## Peeler

As with the knives, you have a variety of choices at your disposal when it comes to peelers.

First, let's look at the blade. Some varieties have a blade that doesn't move. Others have a blade that moves with the curvature of what you are peeling and have what is known as a “swivel” blade. Swivel blades do more of the work for you than stationary blades, which is why I highly recommend them.

You have yet one more choice to make when it comes to choosing the right peeler for you. First there is the straight peeler. This peeler features a blade that is parallel to the handle. And then there is the Y peeler. On this model, the blade is perpendicular to the handle, which as you may have guessed is in the shape of the Y. There has been much debate as to which of these two is better. Give each a try and find out what works best for you.

## **Cutting Boards**

When it comes to cutting boards, you have three great choices. Wood cutting boards are made of natural materials and, contrary to popular belief, are safe to use for a variety of foods. In fact, there doesn't seem to be any evidence to show that using wooden cutting boards, even for meat, will make you sick. Just be sure to clean them well with very hot, soapy water with a thorough rinse. It is recommended that you use a separate board for fruit and veges from the one used to cut fish and meats.

Plastic cutting boards are great, too. You can throw them in the dishwasher and they are often less heavy than wood. Looking for a great wood-plastic hybrid? Try a wood composite cutting board. These are made from wood pressed together with durable glue. They have the look of wood, but can put in the dishwasher for easy sanitation.

## **Blenders**

This tool is the big daddy of smoothie making. More than any other tool, this will determine the quality and enjoyment you get you of making your drinks. So here are a few important things to keep in mind when you are in the market for buying a blender.

There are two types of blenders out there; immersion and countertop. Immersion blenders are great for mixing powders into smoothies and pureeing soups, but are not really ideal for chopping ingredients fine enough to make a smooth drink. They generally lack the control and powder to grind up ice, which is an essential feature for a machine that is suitable for making smoothies.

Consider the appearance of the overall machine as well. Will you be storing the blender in a cabinet or will it be displayed on your countertop for easy use? Keep in mind that the more visible the machine is to you, the more likely you are to use it daily. If you select a more attractive blender, you are going to be more likely to have it where you can see it. So by that token, I recommend investing in a blender that matches your kitchen décor and that you really enjoy looking at.

Blenders come with a variety of different container choices. They are available in sizes ranging from 4 to 8 cup. Whether you will be making smoothies for just yourself or the whole family, choose a container size that will fit your needs. If you are not sure, it's always better to get a blender with a container that's just a little too big rather than one that's too small.

Also, think about what material you would like the container to be made of. Generally, blender containers come in plastic, stainless steel, and glass. Plastic containers are durable, but can become scratched overtime. This gives them a foggy appearance and is a great place for bacteria to grow.

Stainless steel is also durable, and doesn't easily scratch, but it is difficult to see how blended your ingredients are without stopping the machine and removing the lid.

While glass is more likely to break, most blender models feature a very strong glass that is more durable than you might think. Glass does not scratch as easily, is translucent so you can see your ingredients as they are blending, and will usually last a lifetime.

The last thing to think about when buying a blender is the motor. This is arguably the most important component of the machine. The more power the better. Unfortunately, manufacturers don't list how powerful the blending power of the machine is. They only share how much the machine consumes, which is not necessarily the same thing. If a blender is powerful, it might also have a very noisy motor. There are, of course, blenders out there that are an excellent mix of beauty, power, and low noise level.

The 'big daddy of blenders' is the vitamix blender, pricey but effective and certainly to be considered by the advanced smoothie drinker. There are other blenders including the ninja, the magic bullet blender and the nutribullet, which are all very popular blenders on the market today. The best way to find these machines is to read consumer reviews. There are many websites that specialize in reviews that are written by people who have owned the product. Simply do an internet search for “best blender reviews” or “top smoothie making blenders.” You will find that you have many choices available to your objectives and circumstances.



# It's All in the Mix: Choosing the Right Ingredients

“But the real secret to lifelong good health is actually the opposite: Let your body take care of you.”

- DEEPAK CHOPRA

Paleo smoothies rely heavily on a great base of delicious fruits and vegetables. Here we'll take a look at what ingredients are Paleo and which are not:

## **Paleo-Friendly Vegetables:**

- Acorn Squash
- Artichoke hearts
- Asparagus
- Avocado
- Beets
- Broccoli
- Brussels sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Eggplant
- Green Beans
- Green Onions
- Peppers (Hot and Sweet)
- Spinach
- Tomatoes
- Zucchini
- Sweet Potato
- Yam

## **Paleo-Friendly Fruits:**

- Apple

- Avocado
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Figs
- Grapes
- Guava
- Lemon
- Lime
- Lychee
- Mango
- Oranges
- Papaya
- Peaches
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerine
- Watermelon

#### **Other Paleo-Friendly Ingredients:**

- All types of Greens and Herbs
- Almonds
- Cashews
- Hazelnuts
- Macadamia Nut
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts



# The Sweet Debate

"Happiness is nothing more than good health and a bad memory."

- ALBERT SCHWEITZER

Sugar is quite a sticky subject when it comes to eating a perfectly Paleo diet. It is generally agreed upon that refined sugar, like table sugar and high fructose corn syrup, should be avoided. That's because of their link to obesity and other health conditions, as shown in several studies. While the results of this research seem to be shaky, for some, it's enough to scare them off from using refined sugars altogether.

Natural sugars and sugar-substitutes, on the other hand, are a different story. Agave nectar is deliciously sweet syrup derived from the aloe-like agave plant. This sweetener is loved by some because it doesn't cause the insulin spike that other sweeteners can, due to its low glycemic index. The catch is that this syrup has its fair share of saponins. This is a poisonous substance found in grains and legumes, which is precisely why the Paleo community avoids them. Likewise, agave nectar is off the market, for the vast majority of Paleo consumers.

Honey is a delectably sweet substance that you'd definitely catch our Paleolithic ancestors eating. The problem is that honey molecules and table sugar molecules don't look that different. So even though honey offers enzymes, vitamins, and minerals, your body still processes it in a similar way to more refined sugar. Yes, that means insulin spikes. Honey is also very high in fructose, which can be a problem for those who suffer from fructose malabsorption.

You're probably thinking to yourself, "What about stevia? It's natural, while still being sugar and calorie free. This must be the perfect sweetener." Unfortunately, that's not quite the case. While stevia in its virgin form is natural, the stevia that we find in our local grocery stores is, in fact, refined from the stevia leaf. Also, non-calorie sweeteners have a strange effect on the body. When you eat something sweet, your insulin spikes in an attempt to help digest the sugar that it thinks is on the way. This even happens with calorie-free sweeteners. Insulin spikes ultimately lead to insulin resistance, which could, in the long run lead to weight gain, hypertension, diabetes and a host of other diseases.

Even though there is no perfect sweetener, whole fruits are as close as you can get. While they do contain a good amount of fructose, fruits also have fiber which helps your body to slow the absorption of those sugars. This translates to less of an insulin spike. Of course, raw fruits

are teeming with vitamins, minerals, enzymes, and antioxidants. That is why I do not add any sweeteners to my smoothies other than ripe fruit. The natural sugars with just the right mix of fiber and other nutrients make fruit a sweet winner in my book.

# A Word on Vegetable Smoothies

"In the midst of these hard times it is our good health and good sleep that are enjoyable."

- KNUTE NELSON

When one is on a search for Paleo smoothie recipes, or any type of smoothie recipe for that matter, it is rare that you will come across one that is made of only vegetables. The vegetable smoothies you will find are generally mixed with fruit of some kind. In this book you will find several smoothies that contain only fresh and delicious veggie combinations. So give them a try!

Not only should you try the veggie smoothies in this book, I suggest making some of your own as well. Herbs, tomatoes, cucumbers, dark leafy greens, onions, spicy peppers, and so much more make for a tasty concoction. Not to mention that some vegetables offer nutrients that fruit simply can't compete with.

If you do wish to have fruit with your vegetable smoothies, that is more than welcome, too! I recommend taking one of the smoothie recipes in this book that is fruit only and add a vegetable to it. Whether it is a lot or a little, adding vegetables is an important part of achieving a well-balanced diet, so don't forget them!

# From Farm to Blender

“And I believe that the best buy in public health today must be a combination of regular physical exercise and a healthy diet.”

- JULIE BISHOP

It is very important that you choose the tastiest and most fresh produce you can get your hands on. A good rule of thumb when it comes to picking out fresh fruits and vegetables is to look for vibrant colors and little or no bruising on the produce.

When fruits and vegetables are in season, they are much more likely to be fresh and shipped short distance. This means less handling and, yes, less bruising. If you get a chance, also check out your local farmer's market. This is a great place to find high-quality produce that is almost always seasonal by default. They are often organic, as well. I highly suggest investing in organic produce if your budget allows, but it's not 100% necessary. Here is a seasonal guide to your favorite Paleo fruits and vegetables.

## Spring

- Asparagus
- Blackberries
- Green Onions
- Leeks
- Lettuce
- Radishes
- Rhubarb
- Spinach
- Strawberries

## Summer

- Apricots
- Blueberries
- Cherries
- Eggplant
- Green Beans

- Herbs
- Peppers (Hot and Sweet)
- Melons
- Peaches
- Plums
- Tomatoes
- Zucchini

## **Fall**

- Apples
- Broccoli
- Brussels sprouts
- Cauliflower
- Collards
- Grapes
- Kale
- Pears
- Persimmons
- Pumpkins
- Winter Squash
- Yams

## **Winter**

- Beets
- Cabbage
- Carrots
- Daikon Radish
- Lemons
- Oranges
- Limes
- Grapefruit
- Mature Onions
- Rutabagas
- Turnips
- Winter Squash

Can't get your hands on seasonal produce? Then, try good quality canned or frozen products. Many of these are processed when the produce is at the peak of perfection. Fresh is best, so try

to limit frozen or canned products if you can.

# Produce of the Rainbow

“It's bizarre that the produce manager is more important to my children's health than the pediatrician.”

- MERYL STREEP

Edible plants are colorful for a reason. They look beautiful, which entices you to eat them. Depending on the color of the ingredients you put in your smoothies, you will reap different nutrients and benefits. Here is a guide to a variety of delicious Paleo smoothie ingredients and the nutrients they offer:

## **Yellow**

These fruits and vegetables contain potassium, lycopene, beta-carotene, and vitamin C. This means that they may help lower blood pressure, reduce the likelihood of prostate cancer, lower cholesterol, fight cancer, help build bone mass, and promote joint health.

## **Red**

Produce with this color also contains lycopene along with other nutrients like ellagic acid, hesperidin, and quercetin. These substances have been thought to decrease cholesterol levels, fight arthritis, decrease the chances of getting cancer, and lower blood pressure.

## **Purple and Blue**

These fruits and vegetables are a rich source of lutein, vitamin C, flavanoids, zeaxanthin, ellagic acid, and quercetin. That means that blue and purple produce may help to increase the quality of eye health, promote good digestion, support healthy bone maintenance, fight inflammation, and reduce cancer risk.

## **Green**

This produce is a chock-full of lutein, chlorophyll, calcium folate, vitamin C, zeaxanthin,

and beta-carotene. Together these nutrients may help to prevent cancer, promote healthy digestion and vision, support a healthy immune system, and lower blood pressure.

## **White**

Even fruits and vegetables without color contain beneficial compounds such as EGCG, lignans, SDG, and beta-glucans. These nutrients are thought to boost the immune system, reduce the risk of certain types of cancers, and balance hormones.

So as you can see, no matter what color the ingredient, as long as it grows on a plant you can be sure it's benefiting your health. Because Paleo smoothies are so rich in fruits, vegetables, nuts, and seeds each one is full of vitamins, minerals, and other life-sustaining nutrients.



# Tips and Tricks

“Health is the thing that makes you feel that now is the best time of the year.”

- FRANKLIN P. ADAMS

There are a lot of little things you can do to make your smoothie experience easier and more rewarding. Planning ahead and getting organized makes smoothie preparation so easy you could do it in your sleep. So check out these simple hints that will help streamline your smoothie making.

## **Keeping it Clean**

A clean blender is a happy one. Starting out with a clean blender means that there is one less step between you and a tasty smoothie. With this in mind, clean your blender right after using it if you can. Simply scrub it out with hot soapy water and then give it a good rinse like you would with any other dish.

Occasionally, it's a great idea to give your blender a nice deep clean. To do this, simply bring some water to a boil. Fill the blender halfway (no more), with the boiling water and add a drop of concentrated dish soap and 1 tablespoon of vinegar. Turn your blender on a low setting and run for about 3 minutes. Rinse the blender. Fill a clean sink with cold water. Disassemble the container of the blender, if needed, and submerge in the bleach water. Let it sit for 10 minutes, rinse thoroughly, and allow to air dry. And there you have it, a pristinely clean blender ready for action!

## **Wash Produce Ahead of Time**

It's a great idea, if you have the chance, to wash produce as soon as it arrives to your kitchen from the store. To do this quickly and easily, simply fill a clean empty sink with fresh cold water. Add 1/4 cup vinegar followed by your produce and allow to sit for 10 minutes. Drain the water and rinse each piece individually with fresh cold water, rubbing the produce as you rinse it.

Next, dry the produce as much as possible any extra moisture can promote the growth of

bacteria. Use a salad spinner for leafy greens, lettuces, and herbs. These items can then be wrapped in a dry paper towel and stored in a zip lock bag.

## **Store it Right**

Produce such as tomatoes, apples, avocados, peaches, plums, and more can be stored for a short time at room temperature. Some root vegetables like onions, garlic, potatoes, and more can also be stored in a cool dark place outside of refrigeration. Nuts and seeds can be stored in the same fashion. This is a great idea because these items dry well if they are stored in a well-ventilated area. Not to mention, it frees up a lot of refrigerator space.

Not all produce can be left out at room temperature. Here are a few smoothie items that should always be stored in the refrigerator:

- Citrus
- Celery
- Carrots
- Bell Peppers
- Herbs
- Lettuce
- Mushrooms
- Prepared Smoothies

## **Storing Already Made Smoothies**

How you go about storing a smoothie is an important consideration. Drinking your smoothie right away is best but if you need to store them, here's what to do.

If you plan to store a prepared smoothie for 3 days or less, it can be placed in the refrigerator. When storing smoothies in the refrigerator, simply pour them into an airtight container and pop them in the fridge. The less air that comes in contact with the smoothie, the better, so fill up the containers as much as possible. Zip lock bags are great for this as well. This is because the oxygen is what allows oxidation to happen which makes the smoothies change strange colors and eventually spoil.

For more long term storage, freeze your smoothies. This is a great idea for those of you who

are super busy. You can simply make a few smoothies on the weekend and then thaw them when you are ready for a quick meal or snack during the week. This works better for fruit smoothies than vegetable. To freeze smoothies, follow the same guidelines as you would if you were going to refrigerate them, then simply place them in the freezer. It's that simple!

To thaw the smoothies, simply place them in the refrigerator the night before and then they will be ready the next day. It may take more than one day if you are attempting to thaw several servings of smoothies.

If you'd like to try something a little different, you can place a semi-frozen smoothie in the blender and puree until smooth. These frozen treats are a life saver when the weather is hot.

# Making it Your Own

“Give a man health and a course to steer, and he'll never stop to trouble about whether he's happy or not.”

- GEORGE BERNARD SHAW

Recipes, as they say, are simply a guideline as to how to make a dish. It's no different with the smoothie recipes you will find in this book. You may find yourself wanting to tweak things here and there. I highly recommend this! The recipes here are by no means strict guidelines, so get creative.

The best road to your perfect smoothies is to start a smoothie journal. This simply means that you make notes about what you like and don't like about the recipes and what you would change. Perhaps you would add some cayenne pepper to one recipe or omit the spinach from the next. Entries can be as little or as much as you'd like. The recipes in this book may even inspire you to make your very own recipe from scratch. This is an amazing idea and your smoothie journal is the perfect place to jot it all down.

# **The New You: Paleo Smoothies as a New Part of Your Everyday Life**

“Effective health care depends on self-care; this fact is currently heralded as if it were a discovery.”

- IVAN ILLICH

So maybe you are already well versed in the art of smoothie making and you'd like to take it to the next level. Or perhaps you are new to smoothie making, but very serious about it. It sounds like you are ready to make Paleo smoothies an integral part of your life. Here's how to make smoothies more than just a hobby.

To do this, I highly recommend having a smoothie once a day at the same time every day. For example, a lot of people find it very rewarding to have a smoothie first thing in the morning for breakfast. They are definitely on the right track. Picking a time every day to have a smoothie ensures that you make time for it. In hectic everyday life, it might be difficult to squeeze in time for even the simplest things. So plan to have a date with yourself every day and celebrate life with a smoothie.

Let's not waste another minute, on to the recipes!

# Smoothie Recipes

"Healthy citizens are the greatest asset any country can have."

- WINSTON CHURCHILL

Now it's time to get to the good stuff- the smoothies! Each smoothie is placed under a subcategory to help you decide how best to use each tasty drink. There are smoothies that fall into the following classifications:

- Alkalizing Smoothies
- Detoxing Smoothies
- Smoothies with Antioxidants for Anti-Aging
- Low Fructose Smoothies
- Green Smoothies
- Energizing Smoothies
- Weight Loss Smoothies
- Smoothies for Kids
- Advanced Smoothies

There are no limits to the ways that you can benefit from Paleo smoothies, so use your imagination. I use them as snacks, drinks, meal replacements, post workout fuel, early morning pick-me-ups, and even a treat for visiting guests. Taking advantage of these quick and simple recipes will fortify your health and leave you with more time for the things that need your attention on a daily basis. But let's not delay a moment longer, on to the recipes!

# Alkalizing Smoothies

You've probably heard all the buzz about alkaline food, but what's the deal? Natural Health experts believe that when the body's pH is acidic, it leads to a variety of ailments including cancer. A balanced body pH means that your system works at optimal performance and anything less can possibly make you sick. The best way to alkalize the body is to eat a good amount of fresh fruits and vegetables. This gets the body back on track and, wards off illness.

The recipes in this section are specifically designed to contain ingredients that alkalize the body's pH to achieve these body-balancing affects. They include ingredients like avocados and cucumbers, which have an especially powerful alkalizing effect. The drinks here are wonderful to drink as a preventative measure if you are genetically predisposed to cancer or if you just want to feel better. These smoothies really can be for anyone, but you can feel good knowing that they contain some of the most potent alkalizing fruits and vegetables known to man.

# 1

## Pink Grapefruit and Cashew Smoothie



*Creamy and smooth with a punch of protein, this bright smoothie is the perfect way to start any day. You may never think to pair grapefruit and cashews, but let me tell you, it is a winning combination! And even though this recipe is hearty, it's refreshing acidity will make your senses tingle. That's why I highly recommend it as an eye-opening, yet filling breakfast.*

### **Ingredients:**

Pink grapefruit, peeled and seeded - 2 each

Fresh strawberries, cored - 2 cups

Raw, unsalted cashews - 1/4 cup

Oranges, peeled and seeded - 2 medium

Ice - 2 cups OR filtered water - 1 cup

Garnish: Strawberry and grapefruit slices

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.



**Garnish:**

Place a strawberry and grapefruit slice on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 359, Carbohydrates 38g, Protein 8g, Fat 8g, Fiber 13g, Sodium 4mg

**Try this variation!**

**2**

## **Triple Berry Cashew Smoothie**

Substitute an equal amount of fresh mixed berries for the grapefruit.

---

### 3

## Cucumber, Orange, and Chia Frappe



*More of a juice than a smoothie (because of the ingredient's low fiber content), this invigorating frappe alkalizes and hydrates the body. That is why this drink is perfect for right after a strenuous workout or when it's hot outside. In fact, I highly recommend you add this to the menu for all of your midsummer picnics and sporting events. It's tasty, light, and refreshing.*

#### **Ingredients:**

Large cucumber, peeled - 1 each  
Medium oranges, peeled - 2 each  
Fresh juice of lemon - 1 each  
Filtered water - 1 cup  
Ice - 2 cups OR filtered water - 1 cup  
Chia seeds - 2 teaspoons  
Garnish: Cucumber slices

#### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until frothy. Add the chia and pulse to combine.

**Garnish:**

Place a cucumber slice on the edge of each glass and serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 178, Carbohydrates 33g, Protein 5g, Fat 5g, Fiber 10g, Sodium 6mg

**Try this variation!**

## Minty Cucumber, Orange, and Chia Frappe

Add 1 tablespoon of fresh mint to this recipe for an even more invigorating boost.

---

## 5

# Basil-Mint Melon Smoothie



*Cantaloupe is the most popular variety of melon in the United States and it's easy to see why. Succulently sweet and a great source of beta-carotene, a powerful antioxidant, this fruit is nothing less than a big ball of joy. Here I've dressed it up with a handful of herbs and a touch of extra sweetness. You really can't go wrong!*

### **Ingredients:**

Cantaloupe, peeled and cut into 1-inch chunks - 4 cups

Large banana - 2 each

Fresh basil leaves - 1 tablespoon

Fresh Mint Leaves - 1 tablespoon

Ice - 2 cups OR filtered water - 1 cup

Garnish: small slices of cantaloupe

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a slice of cantaloupe on the edge of each glass, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 197, Carbohydrates 51g, Protein 3g, Fat 1g, Fiber 6g, Sodium 37mg

**Try this variation!**

## Herbed Mixed Melon Smoothie

Substitute the cantaloupe with equal parts, by weight, with any melon or mix of melons. Try canary melon, honeydew, watermelon, and much more!

---



## Peach, Flax, and Raspberry Smoothie



*Nothing says luxury to me like the decadent combination of peaches and raspberries. Amazing on their own, when these two ingredients team up it is pure magic. I added an added dose of healthy by sprinkling in some flax meal, an Omega-3 powerhouse. This drink is an all-around winner!*

### **Ingredients:**

Medium peaches - 4 each  
Medium banana - 2 each  
Ground flax meal - 1 tablespoon  
Fresh raspberries - 1 cup  
Unsweetened almond milk - 1 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Peach slices and flax meal

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each serving off with a pinch of flax meal and a peach slice, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 237, Carbohydrates 54g, Protein 5g, Fat 3g, Fiber 11g, Sodium 63mg

**Try this variation!**

## Peach, Blackberry, and Flax Smoothie

Substitute the raspberries in this recipe with equal parts, by weight, of blackberries. Strain out the seeds, if desired.

---

## Creamy Watercress and Avocado Smoothie



*Watercress is such a delicate and beautiful little green. It adds a peppery flavor to this smooth drink that is very reminiscent of horseradish. I love everything about this smoothie and with the little watercress leaves for garnish, it's as gorgeous as it is tasty.*

**Ingredients:**

Large avocado, peeled and pitted - 1 each

Watercress - 1 cup, loosely packed

Juice of lime - 1 each

Medium cucumber, peeled - 1 each

Filtered water - 1 cup

Ice - 1 cup OR filtered water - 1/2 cup

Sea salt - to taste

Garnish: watercress leaves

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with 3 watercress leaves, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 187, Carbohydrates 15g, Protein 3g, Fat 15g, Fiber 8g, Sodium 308mg

**Try this variation!**

10

## **Creamy Avocado and Arugula Smoothie**

Substitute the watercress in this recipe with equal parts, by weight, of baby arugula.

---

# 11

## Super Alkalizing Smoothie



*Adding fruits and vegetables that alkalize the body help you to stay balanced and nip illnesses in the bud. This smoothie includes some of the most powerful alkalizing vegetables like cucumber and avocado, which is exactly how this drink got its alkalizing super hero identity.*

### **Ingredients:**

Medium green apple - 2 each  
Large avocado, peeled and pitted - 1/2 each  
Large cucumber, peeled - 1/2 each  
1-inch honeydew chunks - 1 cup  
Juice of lime - 1/2 each  
Chia - 1 teaspoon  
Filtered water - 3 cups  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: green apple slices

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low,

and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with a slice of apple, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 266, Carbohydrates 41g, Protein 2g, Fat 8g, Fiber 10g, Sodium 42mg

**Try this variation!**



**12**

## **Super Alkalizing Smoothie Sidekick**

Add in 1/2 cup broccoli florets to give this smoothie another identity.

---

# Detoxing Smoothies

I hate to say it, but our modern day world can be a scary place. There are toxins at every turn that can weigh down and poison the body. Pesticides, car exhaust, and plastic leeching out into our food are just a few toxins that many of us face on a daily basis.

But do not fear! There is an easy way to tackle all of these harmful substances. Some believe that getting a good dose of whole fruits and vegetables every day helps to wash away the poison. The nutrients contained in raw produce help the body to process the toxins, while the insoluble fiber flushes it out. That is exactly why Paleo smoothies are such a potent antidote to our toxic lives. They are teaming with beneficial antioxidants, vitamins, and minerals. Not to mention, that unlike juices, they are a very rich source of fiber.

Kids and adults, alike, can benefit from the detoxifying properties of the following smoothies. I recommend having one of these smoothies at least 3 times a week. For best results, have one every day!

## 13

# Royal Grape and Beet Smoothie



*Purple has said to be the color of royalty. You will definitely feel like a dignitary while drinking this smoothie. It's absolutely teeming with antioxidants! It's also an amazing way to get veggies into your diet. The rich purple color lures in smoothie lovers of all ages. Also, since this smoothie is sweet, it's difficult to taste the detoxifying beets that are hidden inside.*

### **Ingredients:**

Small fresh beets, peeled and stemmed - 3 each

Red grapes - 4 cups

Freshly squeezed lemon juice - 1/4 cup

Finely grated lemon zest - 1 teaspoon

Ice - 2 cups OR filtered water - 1 cup

Garnish: clusters of 3 grapes

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with a cluster of grapes, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 183, Carbohydrates 44g, Protein 3g, Fat 1g, Fiber 5g, Sodium 106mg

**Try this variation!**

## Frozen Royal Grape and Beet Smoothie

Freeze the grapes before adding them to the smoothie or pour this smoothie into popsicle molds for a delicious and healthy treat.

---

## 15

# Cucumber, Chile, and Lime Smoothie



*One of my favorite summertime treats for my family is sliced fresh cucumbers with a squeeze of lime and a sprinkling of salt and cayenne. I'm happy to share this spicy treat with you in the form of a smoothie. It's satisfying at the same time light and refreshing.*

### **Ingredients:**

Medium cucumbers, peeled - 2 each  
Freshly squeezed lime juice - 2 tablespoons  
Ground cayenne - 1/8 teaspoon  
Small green bell pepper, seeded - 1/2 each  
Filtered water - 1/2 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Sea salt - to taste  
Garnish: green bell pepper slices

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each serving off with a slice of green bell pepper, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 58, Carbohydrates 14g, Protein 2g, Fat 0g, Fiber 2g, Sodium 298mg

**Try this variation!**

**16**

## **Fiery Cucumber, Chile, and Lime Smoothie**

For some extra heat, toss in 1 stemmed small jalapeno.

---



## Cilantro-Lime Pineapple Smoothie



*When you think cilantro, you may think of salsa, but this smoothie is anything but. This zesty herb adds a tantalizing freshness that tickles your taste buds while purifying your body. Cilantro has been used to cleanse the blood of heavy metals like mercury and lead. You can feel great unwinding with this smoothie because it fills you up with healthy fats and fiber while taking a bit of toxic weight off of your shoulders.*

**Ingredients:**

Fresh pineapple chunks - 2 cups  
Large collard green leaf - 1 each  
Small avocado, pitted - 1 each  
Loosely packed cilantro leaves - 3/4 cup  
Water - 1/3 cup  
Freshly squeezed lime juice - 2 tablespoons  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Fresh pineapple chunks

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low,

and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a few pineapple chunks onto 2 toothpicks. Garnish each glass with the pineapple chunks and serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 165, Carbohydrates 26g, Protein 2g, Fat 8g, Fiber 6g, Sodium 7mg

**Try this variation!**

**18**

## **Cilantro-Lime Pineapple Smoothie**

Try substituting the pineapple in this recipe with mango.

---

## Beet, Cucumber, and Dill Frappe



*Our modern day lives expose us to a myriad of toxins. Whether it is car exhaust or pesticides, it all adds to our toxic load. Beets are thought to have the amazing ability to cleanse poisons like these from the body. This simple frappe will refresh you, while alkalizing and purifying your body of the toxins we accumulate on a daily basis.*

**Ingredients:**

Small fresh beets, peeled - 1 each  
Large cucumbers, peeled - 2 each  
Chopped fresh dill - 2 tablespoons  
Fresh lemon juice - 1 tablespoon  
Ice - 3 cups OR filtered water - 1 1/2 cups  
Garnish: fresh dill sprigs and lemon slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until frothy.

**Garnish:**

Place a lemon slice on the edge of each glass, top it off with a sprig of fresh dill, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 67, Carbohydrates 16g, Protein 3g, Fat 0g, Fiber 3g, Sodium 45mg

**Try this variation!**

**20**

## **Refreshing Beet Smoothie**

Substitute the dill in this recipe with equal parts, by weight, of fresh mint leaves.

---

## 21

# Refreshing Red Berry Smoothie



*To our ancient hunter-gatherer ancestors, berries were the ultimate treat. From branch to belly, these little bundles of joy provided a powerful dose of energy along with antioxidants and their fair share of fiber. Today you can reap the same benefits! This smoothie is homage to our Paleo friends' favorite snack with a combination of tasty berries freshened up with some delicious herbs.*

### **Ingredients:**

Fresh raspberries - 1/2 cup  
Fresh strawberries, cored - 1 1/3 cups  
Fresh cranberries - 1/2 cup  
Large banana - 1/2 each  
Fresh parsley leaves - 1/4 cup, loosely packed  
Fresh mint leaves - 1/4 cup, loosely packed  
Garnish: fresh mint sprigs

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a fresh mint sprig into each glass and serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 116, Carbohydrates 29g, Protein 6g, Fat 1g, Fiber 2g, Sodium 10mg

**Try this variation!**



## Very Berry Smoothie

All kinds of berries can be used in this recipe, so use your imagination. Try blackberries, strawberries, and blueberries!

---

## 23

# Ginger-Veg Smoothie



*Why settle for just getting a serving of fruits or vegetables? Get both with this smoothie. It is a perfectly balanced taste combination of sweet fruits and green veggies. The addition of ginger adds freshness for an addictive fruit and vegetable marriage.*

### **Ingredients:**

Small carrots, peeled - 2 each  
Grated fresh ginger - 1/4 teaspoon  
Small broccoli florets - 1 cup  
Medium oranges, peeled - 2 each  
Chopped kale, stems removed - 2 cups, loosely packed  
Medium green apple, cored - 2 each  
Filtered water - 1 1/2 cups  
Ice - 1 cup OR filtered water - 1/2 cup  
Sea salt - to taste  
Garnish: small broccoli florets

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low,

and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with a small broccoli floret, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 255, Carbohydrates 62g, Protein 6g, Fat 1g, Fiber 13g, Sodium 235mg

**Try this variation!**

24

## Tangy Ginger-Veg Smoothie

Add 1 tablespoon of freshly squeezed lime juice for an extra zing.

---

# Antioxidant-Rich Smoothies for Anti-Aging

Let's face it; unfortunately there is no fountain of youth like the one in the fairy tales. Paleo smoothies, however, are the next best thing. Anti-aging experts believe that the aging process is accelerated by charged molecules called free radicals. They bump into cells in the body, robbing them of their electrons, which ultimately wreaks havoc and causing accelerated aging.

We've got the secret weapon for these free radicals and it's called antioxidants. They offer an extra electron to the free radicals, neutralizing them. The great thing about antioxidants is that they are easy to come by, especially if you are a Paleo smoothie drinker.

Any fruit or vegetable that is brightly colored is likely to have an antioxidant. The antioxidant vitamin C can be found in many citrus fruits and peppers. Beta-carotene, another antioxidant, is contained in orange fruits and veggies. Nut and seeds are bursting with vitamin E, yet another powerful antioxidant. Sip the next set of smoothies and you will be tapping into your personal fountain of youth.

## Spinach, Raisin, and Pear Smoothie



*This smoothie is inspired by a mouthwatering salad that you would find at a high-end restaurant. It's so deliciously sweet, though, that you'd never guess there is a leafy green in the mix. It's a great fix for those times when you are craving something sweet. With the fiber, iron, and vitamin C that this drink offers, you will never have to feel guilty about giving in.*

**Ingredients:**

Small pears - 6 each  
Raisins - 1 tablespoon  
Baby spinach - 4 cups, loosely packed  
Fresh lemon juice - 2 tablespoons  
Filtered water - 1 cup  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: Fresh pear slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a fresh pear slice on the edge of each glass, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 286, Carbohydrates 75g, Protein 4g, Fat 1g, Fiber 15g, Sodium 53mg

**Try this variation!**

**26**

## **Sunflower, Spinach, and Pear Smoothie**

Add in 1 tablespoon of raw sunflower seeds to this recipe.

---



## Coconut-Cherry Smoothie



*Fresh cherries are such an amazing treat. If you are lucky enough to get your hands on some sweet dark cherries, you will be delighted to know that you are fortifying your body with a ton of antioxidants. Regardless of the variety, the nutrients in cherries have also been thought to strengthen the walls of blood veins, preventing ugly varicose and spider veins. Not a bad perk for this mouth-watering smoothie.*

**Ingredients:**

Pitted sweet cherries - 3 cups  
Shredded unsweetened coconut - 2 tablespoons  
Unsweetened almond milk - 1 1/2 cups  
Unsalted raw almonds - 2/3 cup  
Medium bananas - 1 1/2  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: halved pitted cherries

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place 2 cherry halves on the top of each glass, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 412, Carbohydrates 57g, Protein 11g, Fat 20g, Fiber 11g, Sodium 137mg

**Try this variation!**

## Chocolate Coconut-Cherry Smoothie

Add 1 tablespoon of cocoa nibs to this recipe for a more luxurious flavor.

---

## Green Tea, Grape, and Spinach Frappe



*This frappe is one of my all-time favorite drinks. If you are a green tea lover, you will go nuts for it. The grassy flavor of the spinach accentuates the tea perfectly and grapes add a subtle sweetness. The antioxidants, vitamins, and minerals in this tasty concoction are just icing on the cake.*

**Ingredients:**

Cooled strong green tea - 1 1/2 cups

Green grapes - 3 cups

Baby spinach - 2 cups, loosely packed

Ice - 2 cups OR filtered water - 1 cup

Garnish: clusters of 3 grapes

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until frothy.

**Garnish:**

Place a cluster of grapes on the edge of each glass, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 99, Carbohydrates 25g, Protein 2g, Fat 0g, Fiber 2g, Sodium 26mg

**Try this variation!**

**30**

## **Green Tea, Apple, and Spinach Frappe**

Substitute the grapes with equal parts, by weight, of cored green apple for a less sweet frappe.

---

## Coconut, Mango, and Carrot Smoothie



*The flavor profile of a mango is decadent and complex. Some have said that they detect notes of peach, orange, and even carrot when tasting a ripe mango. This smoothie accentuates that delicious carrot flavor by adding in a little bit more of this slightly sweet vegetable. Because mango and carrot are such a perfect marriage, you'd never guess that you are reaping the benefits of extra fiber and Beta Carotene that carrot has to offer.*

**Ingredients:**

Medium mangoes, peeled and pitted - 2 each  
Small carrot, peeled - 1 each  
Unsweetened shredded coconut - 2 tablespoons  
Freshly squeezed lime juice - 2 tablespoons  
Filtered water - 1 cup  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: lime wedges

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a lime wedge on the edge of each glass, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 167, Carbohydrates 40g, Protein 2g, Fat 3g, Fiber 5g, Sodium 23mg

**Try this variation!**



**32**

## **Tropical Bell Pepper Smoothie**

Add 1/2 of a seeded orange bell pepper to this smoothie for an added veggie twist.

---

## Lemon-Blueberry Smoothie



*Sneaking vegetables into sweet smoothies, I have to say, is a hobby of mine. I've done it yet again, by throwing a bit of red cabbage into this smoothie that you will never taste. Put a glass of this blueberry concoction in the hand of your pickiest eaters, and you may find the ticket to getting ant-aging antioxidants into their diet.*

**Ingredients:**

Fresh blueberries -2 cups

Unsweetened almond milk -1 1/2 cups

Medium banana - 1 each

Freshly squeezed lemon juice - 2 teaspoons

Finely grated lemon zest - 1 teaspoon

Medium red cabbage leaves, stem removed - 2 each

Ice - 1 cup OR filtered water - 1/2 cup

Garnish: blueberries

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a few blueberries on the top of each glass, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 163, Carbohydrates 36g, Protein 3g, Fat 3g, Fiber 6g, Sodium 141mg

**Try this variation!**

## Kale, Lemon, and Blueberry Smoothie

Toss in 1/2 cup chopped, stemmed kale to get in even more nutritious vegetables in this delicious smoothie.

---

## 35

# Rosemary-Grape Smoothie



*Don't let this smoothie fool you. It only has a few ingredients, but has an invigoratingly complex flavor. The subtle rosemary taste adds something special to candy-sweet apples and grapes. Try this one frozen, too!*

### **Ingredients:**

Red grapes - 4 cups

Fresh rosemary leaves - 1 teaspoon

Red apples - 2 each

Ice - 1 cup OR filtered water - 1/2 cup

Garnish: Fresh rosemary sprigs

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

### **Garnish:**

Place a fresh rosemary sprig onto each glass, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 220, Carbohydrates 57g, Protein 1g, Fat 1g, Fiber 6g, Sodium 6mg

**Try this variation!**

**36**

## **Thyme-Grape Smoothie**

Substitute the rosemary with equal parts, by weight, of fresh thyme leaves.

---

## Turmeric-Mango Smoothie



*I am a huge fan of Indian cuisine. With the combination of warm spices and decadent fruits, chutneys are definitely included in my Indian favorites. That is exactly what inspired me to make this smoothie. Turmeric is a spice that is an Indian favorite and it pairs perfectly with the succulently sweet flavor that mango has to offer. The best part is that turmeric offers tons of antioxidants.*

**Ingredients:**

Medium mango, peeled and pitted - 2 each

Ground turmeric - 1/2 teaspoon

Juice of lime - 2 each

Dates - 8 each

Unsweetened almond milk - 2 cup

Ice - 2 cup OR filtered water - 1 cup

Garnish: lime wedges

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.



**Garnish:**

Top each glass off with a lime wedge, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 264, Carbohydrates 63g, Protein 3g, Fat 4g, Fiber 8g, Sodium 145mg

**Try this variation!**

**38**

## **Curried Mango Smoothie**

For an even spicier smoothie, substitute the turmeric with an equal amount of yellow curry powder.

---

## Low Fructose Smoothies

If you are one of the many people out there who need to cut back on your fructose consumption, this section is for you! These recipes include vegetable-based smoothies and also fruit smoothies that are a little lower in fructose than the other smoothies in this book.

These smoothies are great even if you aren't restricted by a low-fructose diet. That's because they are lower in calories than other smoothies and thus great for a lighter drink and even for weight loss. But of course, because they are delicious, they are great for everyone!

## Spicy Broccoli Bloody Mary



*Forget the cocktail! Renew yourself after a long day with this delicious smoothie. Relax knowing that you will be bolstering up your immune system with vitamin C and tons of antioxidants. Better yet, invite friends over and share this mock-tail with them. They'll be shocked and delighted when they learn that they just drank a boat load of healthy vegetables!*

### **Ingredients:**

Large roma tomatoes, cored - 6 each  
Grated fresh horseradish - 1/2 teaspoon  
Juice of lemon - 2 each  
Small broccoli florets - 1/2 cup  
Paleo-friendly hot sauce - 2 tablespoons  
Ice - 2 cups OR filtered water - 1 cup  
Sea salt and freshly ground pepper - to taste  
Garnish: Lemon wedges and celery stalks

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low,

and then increase the speed to high. Blend until smooth.

**Garnish:**

Garnish each glass with a lemon wedge and a celery stalk, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 79, Carbohydrates 17g, Protein 4g, Fat 1g, Fiber 5g, Sodium 702mg

**Try this variation!**

**40**

## **Leafy Green Bloody Mary**

Substitute the broccoli florets for 1 cup loosely packed sliced kale, collard, or other dark leafy greens.

---

## Zesty Guacamole Smoothie



*Ever had a batch of guacamole that was so tasty you wish you could just drink it up with a straw? Here's your chance. Even if you don't fall into that category, you will love this smoothie. It's light and refreshing, yet at the same time smooth and satisfying. All of your favorite guacamole ingredients are teamed up in just the right amounts to make for a delicious spicy treat.*

**Ingredients:**

Large avocados - 2 each  
Small serrano chiles, seeded - 2 each  
Onion slice (1/8-inch thick) - 1 each  
Juice of lime - 2 each  
Fresh cilantro leaves - 1/2 cup, loosely packed  
Filtered water - 2 cups  
Large roma tomatoes, cored - 1/2 each  
Ice - 1 cup OR filtered water - 1/2 cup  
Sea salt - to taste  
Garnish: tomato slices and cilantro sprigs

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a slice of tomato on each glass, then top the smoothie off with a cilantro sprig. Serve immediately.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 189, Carbohydrates 15g, Protein 4g, Fat 15g, Fiber 9g, Sodium 154mg

**Try this variation!**



## Slightly Sweet Guacamole Smoothie

To make this smoothie a little sweet instead of savory, omit the tomato and substitute half of the avocado, by weight, with mango. Garnish the glass with mango and avocado slices, then enjoy.

---

## Tangy Green Apple and Sprout Smoothie



*When you think about sprouts, you may think of them as one of those ingredients only health nuts are into. Even though sprouts sometimes have up to twice the amount of nutrients as their seed counterparts, these sprouts taste nothing like rabbit food. They add a fresh taste to the lip-puckering sour apple flavor of this smoothie that health nuts, and everyone else, can appreciate.*

**Ingredients:**

Tart green apples, cored - 4 each

Freshly squeezed lemon juice - 1/4 cup

Alfalfa sprouts - 1/2 cup

Ice - 2 cups OR filtered water - 1 cup

Garnish: alfalfa sprouts

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with a small nest of alfalfa sprouts, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 197, Carbohydrates 25g, Protein 1g, Fat 0g, Fiber 8g, Sodium 11mg

**Try this variation!**

## Pucker-Up Sprout Smoothie

For an even more sour taste, add 1 peeled kiwi and 1 tablespoon of lime juice.

---

## Grapefruit-Fresesee Frappe



*Forget that tired old grapefruit for breakfast. Try this zippy smoothie instead. It's got a complex flavor and the eye opening brightness that only a grapefruit can offer. Start your day the right way with this nutritious smoothie.*

**Ingredients:**

Medium grapefruit, peeled - 1 each  
Frisee, chopped - 1/4 cup  
Medium cucumbers, peeled - 2 each  
Freshly squeezed lemon juice - 2 teaspoons  
Filtered water - 1/2 cup  
Sea salt - to taste  
Ice - 1/2 cup OR filtered water - 1/4 cup  
Garnish: grapefruit zest

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until frothy.

**Garnish:**

Top each glass off with grapefruit zest, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 71, Carbohydrates 17g, Protein 3g, Fat 1g, Fiber 3g, Sodium 307mg

**Try this variation!**

**46**

## **Grapefruit-Romaine Frappe**

For a milder smoothie, substitute the frisee with equal parts, by weight, of romaine lettuce.

---

## Collard, Cucumber, and Dill Frappe



*For me, the heavy green flavor of dark leafy vegetables has been an acquired taste. That doesn't apply to this smoothie. Because of the addition of fresh flavors like dill, cucumber, and citrus this smoothie is light and refreshing. It's a tasty combination that, if you are not a greens person, you will be glad you tried.*

**Ingredients:**

Small collard green leaves, stems removed - 2 each  
Freshly squeezed lemon juice - 2 teaspoons  
Large cucumber - 1 each  
Small onion - 1/8 each  
Large sprigs of dill - 2 each  
Filtered water - 1/2 cup  
Sea salt - to taste  
Ice - 1 cup OR filtered water - 1/2 cup

**Method:**

Place all of the ingredients, in a high powered blender. Start on low, and then increase the speed to high. Blend until frothy, and then serve.



**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 31, Carbohydrates 7g, Protein 1g, Fat 0g, Fiber 2g, Sodium 298mg

**Try this variation!**

## Dark Leafy Green, Cucumber, and Dill Frappe

Substitute the collards in this recipe with equal parts, by weight, of any type of dark leafy green. Some great ideas are kale, mustard greens, spinach, and more!

---

# Green Smoothies

Green smoothies are super popular right now and it's really easy to see why. Green vegetables offer a wide variety of vitamins, mineral, antioxidants, and phytonutrients. All of these things add up to all around better health for those who drink them.

The great thing about green smoothies is that they don't have to taste green. With the addition of sweet and nutritious fruits like bananas, apples, and oranges, green smoothies can even taste like dessert. That means that they are perfect for your little ones that won't touch green vegetables. Drinking these smoothies is also an excellent way to eat green veggies raw, which means that you will power up with even more enzymes and nutrients than if you ate them cooked.

So don't wait. Dive into this section and try something you've never tried before and possibly drink a smoothie with a green ingredient you don't even like. You will be pleasantly surprised!

## Creamy Lime and Spinach Smoothie



*Dreamy and creamy, this smoothie is like a melted popsicle in a cup. And even though it's green, you'd never guess by its bright and fresh flavor that spinach has worked its way into the mix. Don't let the sweet, light flavor fool you either. This smoothie is packed with iron, protein, and fiber which make for a substantial drink.*

**Ingredients:**

Juice of limes - 6 each  
Finely grated lime zest - 2 teaspoons  
Unsweetened almond milk - 1 cup  
Medium bananas - 2 each  
Dates - 4 each  
Raw, whole almonds - 1/4 cup  
Baby spinach - 2 cups, packed  
Garnish: Lime slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a lime slice on the edge of each glass, then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 378, Carbohydrates 72g, Protein 7g, Fat 11g, Fiber 9g, Sodium 23mg

**Try this variation!**

**50**

## **Zesty Citrus Smoothie**

Substitute an equal amount of juice and zest for any other citrus fruit, or a combination!  
Lemons, grapefruit, and oranges are all great candidates.

---

# 51

## Super Green Zucchini Smoothie



*This smoothie is dedicated to all of the die-hard green smoothie addicts out there. This is the most hard core leafy green smoothie in this book. Please don't let that scare you off, though. The fresh lime lightens up the flavor quite a bit. There's even a bit of neutral zucchini thrown in the mix for a balanced, yet unmistakably green, drink.*

### **Ingredients:**

Chopped kale, stems removed - 2 cups, loosely packed  
Baby spinach - 2 cups  
Small zucchini, stem removed - 1 each  
Medium cucumber - 1 each  
Finely grated lime zest - 2 teaspoons  
Freshly squeezed lime juice - 1 tablespoon  
Filtered water - 1 1/2 cups  
Sea salt - to taste  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Cucumber slices and chopped kale leaves

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a cucumber slice on the edge of each glass, top it off with a small kale leaf, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 81, Carbohydrates 17g, Protein 5g, Fat 1g, Fiber 4g, Sodium 356mg

**Try this variation!**



**52**

## **Unstoppable Super Green Smoothie**

For extreme green power, throw in 1 cup of shredded collard leaves.

---

## Fresh Pea and Mint Smoothie



*We've all heard of the timeless combination of peas and mint, but have you ever considered it smoothie worthy? After one sip of this creative concoction, you will be a believer. Not to mention that peas are an excellent source of iron and vitamin C. What a spectacular way to get your daily dose of veggies!*

**Ingredients:**

Fresh sweet peas - 1 1/2 cups  
Fresh mint - 1/4 cup, loosely packed  
Iceberg lettuce, cored - 2/3 head  
Fresh parsley leaves - 1/2 cup, loosely packed  
Freshly squeezed lemon juice - 1 1/2 tablespoons  
Large cucumber, peeled - 1 each  
Filtered water - 1 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Peas and mint sprigs

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low,

and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with 3 peas and a sprig of fresh mint, and then serve.

**Yield:**

2 servings

{RLb}

**Nutritional information:** (per serving)

Calories 131, Carbohydrates 25g, Protein 9g, Fat 1g, Fiber 6g, Sodium 151mg

**Try this variation!**

## Fresh Pea, Carrot, and Mint Smoothie

For a little twist substitute half of the peas, by weight, with carrots.

---

## Green Kiwi-Asparagus Smoothie



*What? Asparagus? That's what you will be saying after a few sips of this tangy-sweet drink. With all of the fruity ingredients, this secret vegetable is virtually undetectable. And besides, how many opportunities will you get to add raw asparagus to your diet? Take the chance; you will be so glad you did!*

**Ingredients:**

Medium kiwis, peeled - 4 each  
Asparagus spears, tough ends removed - 4 each  
1-inch honeydew chunks - 2 cups  
Filtered water - 1/2 cup  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: Asparagus spears

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place an asparagus spear into each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 164, Carbohydrates 40g, Protein 4g, Fat 1g, Fiber 7g, Sodium 36mg

**Try this variation!**

**56**

## **Green Bean-Kiwi Smoothie**

Substitute the asparagus with equal parts, by weight, of green beans.

---

## Get Your Greens Smoothie



*When you think of a powerhouse of nutrition, dark leafy greens always come to mind. They are a great source of vitamins like B, K, C, and E along with many essential minerals. This smoothie is a great one for those of you who are trying to become more accustomed to the flavor of greens. That's because I paired them up with tangy green apple and sweet bananas for a smoothie that is green, but with a hint of sweetness.*

**Ingredients:**

Chopped fresh kale, stems removed - 1 cup, loosely packed  
Chopped fresh collard greens, stems removed - 1 cup, loosely packed  
Chopped fresh mustard greens, stems removed - 1 cup, loosely packed  
Green apple, cored - 2 each  
Medium banana - 1 each  
Unsweetened almond milk - 1 1/2 cups  
Freshly squeezed lemon juice - 2 tablespoons  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Small pieces of kale

**Method:**



Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a piece of kale on top of each serving, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 200, Carbohydrates 45g, Protein 4g, Fat 3g, Fiber 9g, Sodium 163mg

**Try this variation!**

**58**

## **Savory Greens Smoothie**

For you hard core green smoothie fans, try this smoothie without banana or apple and substitute them with 1/2 an avocado.

---

# Energizing Smoothies

We have many demands on any given day and it's not uncommon to feel drained. These smoothies help to replenish that which was taken from you by fortifying your body with fiber, healthy fats, vitamins, and minerals. These smoothies will fill you up, refuel, and delight you.

Not only are they perfect after a long day, but they are an ideal breakfast as well. Blend these up and send them off with kids before school or take one to work with you. You will feel good knowing that the energy you receive from these smoothies is stimulant free and helps to build a strong body. You will feel the benefits both short and long term as you strengthen your health with these naturally stimulating smoothies.

## Hydrating Coconut-Peach Smoothie



*Believe it or not, coconut water has been administered to dehydrated patients via IV straight into their veins. This is because it is perfectly balanced to restore the body's fluids and is full of electrolytes. After a long day at work or a good workout, it's not uncommon to feel dehydrated. This soothing smoothie is the perfect way to replenish your body's water balance while indulging in a delicious treat.*

**Ingredients:**

Small ripe peaches, pitted - 2 each

Coconut water - 3/4 cup

Medium oranges, peeled - 1 1/2 each

Ice - 1 cup OR filtered water - 1/2 cup

Garnish: peach slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a peach slice on the edge of each glass and serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 170, Carbohydrates 42g, Protein 3g, Fat 0g, Fiber 6g, Sodium 100mg

**Try this variation!**

**60**

## **Rich and Creamy Coconut-Peach Smoothie**

Substitute the coconut water in this recipe with coconut milk to get a dreamy creamy smoothie.

---

## Satisfying Arugula-Pear Smoothie



*Sweet and succulent pears team up with peppery arugula and creamy almond milk for a perfectly balanced smoothie. Forget about the coffee, grab this satisfying smoothie for breakfast instead! It's packed with fiber, protein, and healthy fats that will keep you energized and full until your long awaited lunch break.*

**Ingredients:**

Baby arugula - 2 cups, loosely packed  
Medium pears, cored and peeled - 6 each  
Raw chopped walnuts - 1/4 cup  
Unsweetened almond milk - 1 cup  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: chopped raw walnuts

**Method:**

Place all of the ingredients, except garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with chopped walnuts, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 378, Carbohydrates 72g, Protein 6g, Fat 11g, Fiber 16g, Sodium 94mg

**Try this variation!**



62

## Arugula-Peach Smoothie

Substitute the pear with equal parts, by weight, of peach for a summery twist.

---

## Decadent Coconut-Fig Smoothie



*I bet you never thought that a smoothie could be sexy. This thick concoction features exotic ingredients like cocoa nibs, fresh figs, and shredded coconut. Cocoa, especially in its raw form, is thought to cause the brain to experience feelings of love. So break the mold and impress the apple of your eye on date night with this seductive smoothie.*

**Ingredients:**

Figs - 12 each

Almond milk - 1 1/2 cups

Cocoa nibs - 2 tablespoons

Banana - 1/2 each

Ground cinnamon - 1/2 teaspoon

Unsweetened shredded Coconut - 1 tablespoon

Ice - 2 cups OR filtered water - 1 cup

Garnish: Cocoa nibs and shredded unsweetened coconut

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each serving with coconut and cocoa nibs, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 398, Carbohydrates 86g, Protein 5g, Fat 9g, Fiber 15g, Sodium 132mg

**Try this variation!**

**64**

## **Tasty Coconut-Cherry Smoothie**

Substitute an equal amount of fresh cherries for the figs.

---

## Cinnamon-Zucchini Smoothie



*Growing up, my mom always treated us to a loaf of moist zucchini bread in midsummer when her garden was bursting with summer squash. This smoothie is a take on this bread, showing zucchini's sweeter side. It's rich and delicious; you'd never be able to guess that there is a healthy vegetable in the mix.*

**Ingredients:**

Medium bananas - 2 each  
Medium zucchini - 1 each  
Ground cinnamon - 1 teaspoon  
Medium oranges - 2 each  
Unsweetened almond milk - 1 cup  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: Orange Wedges

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place one orange wedge on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 197, Carbohydrates 46g, Protein 4g, Fat 2g, Fiber 8g, Sodium 101mg

**Try this variation!**

66

## Winter Squash Smoothie

Try substituting the zucchini with equal parts, by weight, of a winter squash like butternut or acorn.

---

## Sweet Nut and Seed Smoothie



*Holy plant protein! I threw just about every nut and seed I could think of into this smoothie. When you are making your own, feel free to experiment with different additions until you get your perfect mix. When I'm faced with a serious gnawing hunger, this is just what the doctor ordered. The combination of protein, fiber, and satisfying fats is what I'm looking for to stay filled up.*

**Ingredients:**

Raw sesame seeds - 1 tablespoon  
Chia seeds - 2 tablespoons  
Raw, shelled pumpkin seeds - 2 tablespoons  
Raw almonds - 2 tablespoons  
Unsweetened almond milk - 1 1/2 cups  
Raw sunflower seeds - 1 tablespoon  
Unsweetened shredded coconut - 1 tablespoon  
Medium bananas - 2 each  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: shredded unsweetened coconut



**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with shredded coconut, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 317, Carbohydrates 37g, Protein 9g, Fat 17g, Fiber 10g, Sodium 141mg

**Try this variation!**

**68**

## **Sweet Nut and Seed Milk Smoothie**

Try soaking the nuts and seeds in water overnight before adding them for a more smooth concoction.

---

## Watermelon-Basil Frappe



*This frappe is meant to be shared. Watermelons, due to their large size and short shelf life, are not a fruit you can eat all by yourself. For this reason, I highly recommend making this smoothie for a party or get together. You can use the entire watermelon in one shot while delighting guests with a healthy and energizing treat.*

**Ingredients:**

1-inch watermelon cubes - 4 cups  
Fresh basil leaves - 2 tablespoons  
Freshly squeezed lemon juice - 2 teaspoons  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: small fresh basil leaves

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until frothy.

**Garnish:**

Place a few small basil leaves on top of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 93, Carbohydrates 23g, Protein 2g, Fat 1g, Fiber 1g, Sodium 4mg

**Try this variation!**

**70**

## **Watermelon-Mint Frappe**

Substitute the basil with equal parts, by weight, of fresh mint leaves.

---

## Ginger-Date Smoothie



*Ginger is thought to have incredible immune-boosting abilities. For this reason, whenever I feel myself starting to come down with something, this is my go-to drink. There's even a big dose of vitamin C from the oranges to help you ward off what ails you. Because this smoothie is so lusciously sweet, it is also a great way to get kids to take their medicine.*

**Ingredients:**

Grated fresh ginger - 1/2 teaspoon

Dates - 12 each

Medium bananas - 3 each

Unsweetened almond milk - 2 cups

Medium orange, peeled - 1 each

Ice - 2 cups OR filtered water - 1 cup

Garnish: Sliced dates

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a few date slices on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 365, Carbohydrates 90g, Protein 5g, Fat 3g, Fiber 12g, Sodium 138mg

**Try this variation!**

**72**

## **Spiced Date Smoothie**

Add 1 teaspoon of ground cinnamon to this recipe.

---



## Plum-Pecan Smoothie



*My daughter is absolutely crazy about plums. I formulated this smoothie for her and it really hits the spot. I throw in some nutty pecans for extra protein. Now whenever she's in a hurry and in need of something satisfying before school or a sporting event, we just throw this handful of ingredients in the blend and she's good to go.*

**Ingredients:**

Medium plums, pitted - 6 each  
Finely grated orange zest - 1/4 teaspoon  
Medium oranges, peeled - 2 each  
Medium banana - 1 each  
Raw chopped pecans - 2 tablespoons  
Filtered water - 1/4 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Plum slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a slice of plum on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 277, Carbohydrates 59g, Protein 4g, Fat 6g, Fiber 9g, Sodium 1mg

**Try this variation!**

74

## Pecan-Quince Smoothie

For something truly special substitute the plum with equal parts, by weight, of quince, peeled and cored.

---

# Weight Loss Smoothies

If you are you are you are looking for new natural ways to shed a few pounds, look no further. Smoothies are a simple answer to your weight loss concerns that don't jeopardize your health like other more restrictive diets can.

To slim up your waistline, try substituting one meal a day with one of these smoothies. I have also had success losing weight with these smoothies by using them for a detox. This helps the body to let go of old fat that was formerly held in the body due to toxins. To try this, simply sip a smoothie from this section twice a day along with a sensible diet.

# 75

## Eight Vegetable Smoothie



*Your mom always told you to eat your vegetables and this smoothie will definitely do the trick. It's just like the famous juice, but with the added benefit of fiber. And with so many vitamins and minerals, it's like a multivitamin in a glass. Smart and delicious, with every sip of this smoothie, you make your mother proud!*

### **Ingredients:**

Large carrots, peeled and roughly chopped - 1 each  
Small beet, peeled and roughly chopped - 1/2 each  
Large roma tomatoes, cored - 3 each  
Baby spinach - 1 cup, loosely packed  
Medium green bell pepper, seeded - 1/4 each  
Sweet onion slice (1/8-inch thick) - 1 each  
Iceberg lettuce, cored - 1/8 head  
Ground cayenne (optional) - 1/4 teaspoon  
Filtered water - 1/2 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Sea salt and pepper - to taste  
Garnish: parsley sprigs

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with parsley sprigs, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 54, Carbohydrates 13g, Protein 3g, Fat 1g, Fiber 4g, Sodium 157mg

**Try this variation!**

## Ultimate Vegetable Smoothie

Add as many different vegetables as you'd like to this recipe. Try it with different types of greens, too, such as kale, arugula, mustard greens, and more. The options are limitless!

---

## Blackberry-Apple Smoothie



Can you say super fruit? Blackberries are a powerhouse of health-boosting nutrients like phytochemicals and antioxidants, which may help fight cancer. But that's not even why I recommend this smoothie for weight loss. This is the smoothie to grab when you are craving something sweet, but don't want to go overboard. It helps you get your sugar fix without cheating.

**Ingredients:**

Fresh blackberries - 2 cups  
Red Delicious apples, cored - 4 each  
Finely grated lemon zest - 1/2 teaspoon  
Large banana - 1 each  
Filtered water - 1/2 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Lemon wedges

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth. Strain to remove the seeds, if desired.



**Garnish:**

Place a lemon wedge on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 312, Carbohydrates 80g, Protein 3g, Fat 1g, Fiber 18g, Sodium 6mg

**Try this variation!**

**78**

## **Black and Blue Smoothie**

Add 1/4 cup of fresh blueberries to this smoothie.

---

## Zesty Gazpacho Smoothie



*Traditionally a cold soup, gazpacho makes for an amazing smoothie inspiration. This zesty combination of tomatoes, peppers, and cucumber wakes up your senses with sensation of a chilled smoothie on your tongue along with the warm heat that comes from the chilies. Jazz up a boring lunch by adding this to the menu. It's the perfect mid-day pick me up!*

**Ingredients:**

Medium red bell pepper, cored - 1/2 each  
Medium roma tomatoes, cored - 4 each  
Large cucumbers - 1 each  
Large jalapeno, stemmed - 1 each  
1/4-inch thick onion slice - 1 each  
Small garlic clove, peeled - 1 each  
Filtered water - 1/2 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Sea salt and freshly ground pepper - to taste  
Garnish: Cucumber and jalapeno slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a cucumber and jalapeno slice on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 80, Carbohydrates 18g, Protein 4g, Fat 1g, Fiber 5g, Sodium 307mg

**Try this variation!**

**80**

## **Cabbage-Gazpacho Smoothie**

Toss in 1 large red cabbage leaf, stem removed for even more veggie power.

---

## Cucumber, Pepper, and Chive Smoothie



*This smoothie is also known around my house as the Garden Vegetable Smoothie. That's because I love to throw the vegetables that I usually have too many of into one undeniably delicious green smoothie. It works out great because I get to use extra produce and the combination is really tasty.*

**Ingredients:**

Medium cucumbers - 2 each  
Freshly squeezed lime juice - 2 tablespoons  
Fresh chives (6-inches long) - 12 each  
Small green bell pepper - 1 each  
Filtered water - 1/2 cup  
Ice - 1/2 cup OR filtered water - 1/4 cup  
Sea salt - to taste  
Garnish: bell pepper slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a pepper slice on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 60, Carbohydrates 14g, Protein 3g, Fat 1g, Fiber 3g, Sodium 298mg

**Try this variation!**

## Spicy Cucumber, Pepper, and Chive Smoothie

For a zestier smoothie add 1 small jalapeno, remove the seeds for a milder spice.

---



## Jicama-Citrus Smoothie



*If you've never had the pleasure of sinking your teeth into a jicama before, you are in for a pleasant surprise. This root vegetable is crisp with a refreshing, while at the same time slightly starchy flavor. That's why I married it here with a plethora of fresh citrus flavors. This smoothie is bright and delicious with a ton of beneficial fiber.*

**Ingredients:**

Small grapefruit, peeled - 1/4 each  
Finely grated lime zest - 1/4 teaspoon  
Lime, peeled - 1 each  
Small jicama, peeled - 1/4 each  
Medium banana - 2 each  
Oranges, peeled - 4 each  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: grapefruit segments

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low,

and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a grapefruit segment on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 314, Carbohydrates 79g, Protein 5g, Fat 1g, Fiber 16g, Sodium 4mg

**Try this variation!**

## Strawberry-Citrus Smoothie

Substitute the jicama with an equal amount, by weight, of fresh strawberries.

---

## Herbed Tomato Smoothie



*With a tantalizing combination of fresh tomatoes, herbs, and just a drizzle of olive oil, this smoothie is so tasty it could definitely pass for a cold soup. It is an amazing way to get your daily dose of raw vegetables, which nutritionally surpass those that are cooked. Whether this smoothie is served in a bowl or with a straw, it's sure to please your taste buds and reinforce your weight loss efforts.*

### **Ingredients:**

Large roma tomatoes, cored - 4 each  
Fresh basil leaves - 1/2 cup, loosely packed  
Fresh dill leaves - 2 tablespoons  
Fresh chives (6-inches long) - 6 each  
Extra virgin olive oil - 2 teaspoons  
Sea salt - to taste  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: 2-inch long pieces of chive

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low,

and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a piece of chive on top of each serving, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 87, Carbohydrates 10g, Protein 3g, Fat 5g, Fiber 3g, Sodium 303mg

**Try this variation!**

## Herbed Cucumber-Avocado Smoothie

Substitute the tomatoes in this recipe with 1/2 a medium pitted and peeled avocado and 1 medium peeled cucumber.

---

# Smoothies for Kids

We all know how difficult it can be to get kids to eat a healthy, well-balanced diet. They are sensitive to flavors and textures that we, as adults, just can't relate to. Trust me, Paleo smoothies are the answer to all of your prayers.

In this section I've snuck in a boatload of vegetables into slightly sweet and delicious smoothies; and because everything's blended, texture isn't as much of an issue. Be sure to take advantage of the garnishes in this section to make the presentation even more appealing. Add your own, too.

Kids love creative shapes, so try cutting a lemon slice into a heart or a star. Have them help by cutting out their own with your help. You can even set aside “smoothie time” with your kids as a way to bond. There is so much you can do with these smoothies. You are only limited by your imagination.

## Cinnamon-Raisin Smoothie



*My favorite desserts are often an inspiration for new smoothie endeavors, and this one is no different. The all-too-familiar flavor combination of carrots, cinnamon, and raisins make me think of carrot cake. With no gluten or refined sugars, I think this is even better. Try the variation below and you will believe too.*

**Ingredients:**

Medium carrots, peeled - 4 each  
Medium bananas - 2 each  
Ground cinnamon - 2 teaspoons  
Raisins - 1 tablespoon  
Unsweetened almond milk - 2 cups  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: raisins

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.



**Garnish:**

Top each glass off with a few raisins, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 204, Carbohydrates 45g, Protein 4g, Fat 3g, Fiber 9g, Sodium 266mg

**Try this variation!**

**88**

## **Carrot Cake Smoothie**

Add in 1/2 cup pineapple chunks for a more traditional carrot cake flavor.

---

## Creamy Cocoa-Mint Smoothie



*Cocoa nibs are often dubbed a super food and it's easy to see why. Each little nugget offers a sizable dose of magnesium as well as fiber and healthy fats. Chemicals in chocolate also have been thought to give you a euphoric feeling. Your kids will have no problem falling in love with this mouth-watering smoothie.*

**Ingredients:**

Cocoa nibs - 1/4 cup  
Large banana - 1 each  
Unsweetened almond milk - 1 cup  
Fresh mint leaves - 2 tablespoons, loosely packed  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: fresh mint sprigs

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a mint sprig into each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 349, Carbohydrates 62g, Protein 7g, Fat 14g, Fiber 15g, Sodium 86mg

**Try this variation!**

**90**

## **Nutty Cocoa Smoothie**

Substitute the mint leaves for 2 tablespoons whole almonds for an even richer smoothie.

---

## Spiced Peach and Almond Smoothie



*While we eat peaches all the time in this country, they are actually native to China. Wherever they come from, they are sweet, juicy, and packed with potassium. The peaches in this smoothie have been spiced up with a sprinkling of exotic spices like cardamom and cinnamon. There's no better way to enjoy this decadent fruit.*

**Ingredients:**

Large peaches, pitted - 4 each  
Unsweetened almond milk - 2 cups  
Raw, whole almonds - 2 tablespoons  
Ground cardamom - 1/4 teaspoon  
Ground nutmeg - 1 pinch  
Ground cinnamon - 1 teaspoon  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Ground cinnamon

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Sprinkle each glass with ground cinnamon, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 245, Carbohydrates 44g, Protein 4g, Fat 7g, Fiber 5g, Sodium 96mg

**Try this variation!**

## Spiced Apple-Nut Smoothie

Substitute the peaches with an equal amount of cored Red Delicious apples. Add 1 teaspoon of lemon juice to keep the smoothie from browning.

---



## Pumpkin-Cinnamon Smoothie



*Ready to indulge? This smoothie feels like dessert while filling you and your family up for the long day ahead. And the best part, it tastes just like pie! This recipe is perfect for kids, too. They'd never guess that they are fueling up on fiber, beta-carotene, healthy fats, and antioxidants. It's a treat for your taste buds as well as your health.*

**Ingredients:**

Cooked pumpkin puree - 1 cup  
Large banana - 2 each  
Unsweetened almond milk - 3/4 cup  
Ground cinnamon - 2 teaspoons  
Raw pumpkin seeds - 2 tablespoons  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Ground cinnamon

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Sprinkle each glass with cinnamon, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 199, Carbohydrates 42g, Protein 4g, Fat 4g, Fiber 8g, Sodium 71mg

**Try this variation!**

**94**

## **Cherry Pie Smoothie**

Substitute the pumpkin puree with equal parts, by weight, of fresh cherries.

---

## Apple and Red Cabbage Smoothie



*Not a fan of cabbage? Drink your this nutritious vegetable instead of eating it and still reap all the benefits. This smoothie is a chock-full of vitamin C, A, and K. The best part is that you can barely taste the cabbage! You'd be amazed at what you can sneak into a smoothie with a foundation of delicious, yet healthful, ingredients like almond milk, apples, and bananas.*

**Ingredients:**

Red Delicious apples - 2 each  
Small red cabbage leaves - 2 each  
Unsweetened almond milk - 1 cup  
Raw chopped walnuts - 1/4 cup  
Large banana - 1/2 each  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: Red Delicious apple slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place an apple slice on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 269, Carbohydrates 43g, Protein 6g, Fat 11g, Fiber 8g, Sodium 43mg

**Try this variation!**

**96**

## **Extra Purple Cabbage Smoothie**

Substitute the apple with equal parts, by weight, of red grapes.

---

## Cauliflower-Blueberry Smoothie



*This smoothie's got kid friendly written all over it! Everything from its tempting berry fragrance to that off-the-hook purple color screams “drink me” to kids. And the best part is the undetectable cauliflower, which on any other occasion; children may turn their nose up at. But if the idea of cauliflower won't send your little ones running for the hills, get them involved by adding the secret ingredient in to the blender themselves.*

**Ingredients:**

Fresh blueberries - 1 cup  
Large banana - 2 each  
Medium oranges, peeled - 2 each  
Ground cinnamon - 1/2 teaspoon  
Small cauliflower florets - 2/3 cup  
Unsweetened almond milk - 1/2 cup  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: orange slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low,

and then increase the speed to high. Blend until smooth.

**Garnish:**

Place an orange wedge on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 251, Carbohydrates 61g, Protein 5g, Fat 2g, Fiber 10g, Sodium 57mg

**Try this variation!**



98

## Broccoli-Blueberry Smoothie

Sub the cauliflower with equal parts, by weight, of broccoli.

---

## Kale and Sweet Potato Pie Smoothie



*Ahh the joys of a freshly baked sweet potato pie! But with that gluten-laden crust and the added sweetener, traditional sweet potato pie is a far reach from being Paleo. This rich drink gives you the best of both worlds with a thick smoothie that is Paleo friendly. It's also bursting with fiber, protein, vitamins, minerals, and antioxidants. The best little bonus is the secret ingredient, kale!*

### Ingredients:

Sweet potato, peeled - 1 small  
Unsweetened almond milk - 2 cups  
Raisins - 1/4 cup  
Raw pecans - 1/4 cup  
Medium bananas - 2 each  
Kale, stems removed - 1 cup, loosely packed  
Ground cinnamon - 2 teaspoons  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: pecan pieces

### Method:

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with a few pecan pieces, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 282, Carbohydrates 54g, Protein 5g, Fat 8g, Fiber 8g, Sodium 209mg

**Try this variation!**

**100**

## **Kale and Pumpkin Pie Smoothie**

Substitute equal parts, by weight, of pumpkin puree for a different kind of pie.

---

# 101

## Tropical Fruit Smoothie



*Break out the beach chairs and sun hats; it's time for a trip to the beach! While you and your family may not have the opportunity to step out of your house today, but this smoothie will make you feel like you are in the Bahamas. It features a mouthwatering combination of luscious tropical fruits. They are packed with antioxidants, and the best part, they are absolutely delicious!*

### **Ingredients:**

Medium bananas - 2 each  
1-inch pineapple cubes - 2 cups  
Freshly squeezed lime juice - 2 tablespoons  
Medium oranges, peeled - 2 each  
Unsweetened shredded coconut - 1/4 cup  
Small papaya, seeded and peeled - 1 each  
Unsweetened almond milk - 1 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: pineapple slices and shredded coconut

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Sprinkle each glass with shredded coconut and place a slice of pineapple on the edge, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 353, Carbohydrates 80g, Protein 5g, Fat 6g, Fiber 13g, Sodium 97mg

**Try this variation!**

**102**

## **Peppery Tropical Smoothie**

Instead of discarding the seeds of the papaya, blend them in for a spicier taste and a dash of good health.

---

## Advanced Smoothies

Ready to take your Paleo smoothies to the next level? This section is all about smoothies that are a little more daring. They are wonderful for the more experienced smoothie veterans or smoothie drinkers that want something a little more exotic.

The flavor combinations in this section are unique and dazzling. They also feature ingredients that are a little more difficult to come by, so try them on a special occasion. This chapter is perfect for those of you who have friends that drink smoothies. You can get together and blend up one of these one-of-a-kind drinks and experience them together.

So if smoothie time just isn't exciting you like it used to be or if you like living on the edge, give these creative concoctions a try.



## Raspberry-Rosemary Herbal Smoothie



*Ready for something a little outside the box? This mouthwatering smoothie is a combination of tart raspberries, sweet red apple, and an effervescent twist. Rosemary adds just a little something that will leave you thinking, and wanting more! Try sharing this daring drink and see if your friends and family can guess the secret ingredient.*

**Ingredients:**

Fresh red raspberries - 2 cups  
Red Delicious apple - 2 each  
Chopped fresh rosemary leaves - 1 teaspoon  
Dates - 6 each  
Lemon juice - 2 teaspoons  
Large banana - 1/2 each  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: fresh rosemary and raspberries

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with 2 raspberries and a small sprig of fresh rosemary, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 388, Carbohydrates 102, Protein 4g, Fat 1g, Fiber 18g, Sodium 4mg

**Try this variation!**

## Extra Fresh Rosemary-Raspberry Smoothie

Take this smoothie up just one more notch by adding 1/4 cup lightly packed fresh mint leaves.

---

## Sweet Curry-Cantaloupe Smoothie



*Melons and curry is a match made in heaven. I capitalized on this natural love by making it into a smoothie. Curry powder contains an amazing combination of healing spices, like turmeric and cinnamon that could help reduce inflammation in the body. Regardless of whether this smoothie has healing properties, you can drink it for its uniquely refreshing taste.*

**Ingredients:**

1-inch cantaloupe cubes - 6 cups  
Freshly squeezed lime juice - 2 tablespoons  
Indian curry powder - 1/4 teaspoon  
Medium bananas - 1 each  
Filtered water - 1/2 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: cantaloupe slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a cantaloupe slice on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 216, Carbohydrates 53g, Protein 5g, Fat 1g, Fiber 6g, Sodium 76mg

**Try this variation!**

## Coconut-Curry Cantaloupe Smoothie

Add 1 tablespoon of unsweetened shredded coconut for a tropical flair.

---

## Tangy Apple-Rhubarb Smoothie



*I absolutely love rhubarb, which is why I grow a bunch of it in my garden. It's tangy, almost musky flavor pairs perfectly with sweet fruits and adds a punch of lip puckering sourness. A summer to early fall crop, you will have the best luck finding rhubarb when it's in season. So next time you hit up your local farmers' market, be sure to add rhubarb to your list.*

**Ingredients:**

Red Delicious apples - 4 each

Large fresh rhubarb stalks, leaves removed, and thinly sliced - 4 each

Unsweetened almond milk - 2 cups

Chopped raw walnuts - 1/4 cup

Freshly squeezed lemon juice - 3 tablespoons

Ice - 2 cups OR filtered water - 1 cup

Garnish: chopped raw walnuts

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Sprinkle each glass with chopped walnuts, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 347, Carbohydrates 56g, Protein 6g, Fat 13g, Fiber 13g, Sodium 188mg

**Try this variation!**



**108**

## **Strawberry-Rhubarb Smoothie**

Substitute half of the apples, by weight, with fresh cored strawberries.

---

## Rich Banana-Mushroom Smoothie



*I bet you never thought in a million years that you'd be adding fresh mushrooms to a smoothie, but it really works. The creamy almond milk, sweet banana, and spicy cinnamon team up beautifully; to make a delicious drink that almost tastes like a banana milkshake.*

**Ingredients:**

Medium bananas - 2 each  
Whole button mushrooms - 1/3 cup  
Ground flax meal - 2 teaspoons  
Ground cinnamon - 2 teaspoons  
Unsweetened almond milk - 2 cups  
Dates - 4 each  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: banana slices and cinnamon

**Method:**

Place all of the ingredients, except the garnish, in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a banana slice on the edge of each glass, sprinkle with cinnamon, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 209, Carbohydrates 45g, Protein 5g, Fat 4g, Fiber 8g, Sodium 145mg

**Try this variation!**

## Banana, Almond, and Mushroom Smoothie

Toss in 1 tablespoon of whole unsalted almonds to make this crazy smoothie even nuttier.

---

## Spicy Apricot and Radish Smoothie



*Calling all smoothie veterans! This smoothie is unlike any other you've had before. If you are bored with the same old smoothie routine, give this one a try. Crisp radishes, sweet apricots, and fruity-sweet habaneros make an amazing team. Who knows, this tasty smoothie may just become your new favorite.*

**Ingredients:**

Medium apricots, pitted - 8 each  
Fresh habanero, stemmed and seeded - 1/2 each  
Radishes, trimmed - 3 each  
Medium oranges, peeled - 4 each  
Filtered water - 1 cup  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: apricot slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with a slice of apricot, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 241, Carbohydrates 59g, Protein 6g, Fat 1g, Fiber 12g, Sodium 4mg

**Try this variation!**

112

## Spicy Carrot-Apricot Smoothie

If you are not a fan of radishes, try substituting them with equal parts, by weight, of peeled carrots instead.

---

# 113

## Jalapeno-Cranberry Smoothie



*If you like the combination of sweet and spicy, this drink is right up your lane. Even if you have never tried sugar with heat, I highly recommend giving this smoothie a try. Add in as much or as little jalapeno as you are comfortable with and you will be hooked in no time.*

### **Ingredients:**

Large jalapenos, seeded - 2 each  
Fresh cranberries - 2 cups  
Red apple, cored - 4 each  
Medium bananas - 4 each  
Unsweetened almond milk - 2 cups  
Ice - 1 cup OR filtered water - 1/2 cup  
Garnish: jalapeno slices

### **Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.



**Garnish:**

Place a jalapeno slice on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 473, Carbohydrates 117g, Protein 4g, Fat 3g, Fiber 20g, Sodium 188mg

**Try this variation!**

**114**

## **Spicy Cran-Raspberry Smoothie**

Substitute half of the cranberries, by weight, with fresh raspberries.

---

## Mango-Tomatillo Smoothie



*Much like a green tomato, a tomatillo has a grassy, tangy flavor. It complements the sugar-sweet flavor of mangoes perfectly. Toss in a little fresh cilantro and you've got a Mexican-inspired winning smoothie. Try this recipe in the middle of winter to remind you of more tropical times.*

**Ingredients:**

Medium mango, peeled and pitted - 2 each  
Medium tomatillos, hulls removed - 2 each  
Unsweetened almond milk - 1/2 cup  
Fresh cilantro leaves - 2 tablespoons  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: Fresh cilantro leaves

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place a cilantro leaf on top of each glass, and then serve.

**Yield:**

2 servings

{RLb}

**Nutritional information:** (per serving)

Calories 154, Carbohydrates 37g, Protein 2g, Fat 2g, Fiber 5g, Sodium 50mg

**Try this variation!**

# 116

## Tomatillo-Peach Smoothie

Substitute the mango with equal parts, by weight, of fresh peaches.

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## Orange-Squash Blossom Smoothie



*This is no ordinary orange-banana smoothie. This drink has an added twist of a subtle floral taste given by adding squash blossoms. This exotic ingredient can be found in Mexican markets during the summertime or straight from your garden. Spring for this ingredient and treat yourself, you won't regret it.*

**Ingredients:**

Medium oranges - 6 each

Finely grated orange zest - 1/4 teaspoon

Medium bananas - 2 each

Medium squash blossoms, tough stems removed - 10 each

Ice 1 cup OR filtered water - 1/2 cup

Garnish: Orange slices

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Place an orange slice on the edge of each glass, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 374, Carbohydrates 94g, Protein 7g, Fat 1g, Fiber 16g, Sodium 5mg

**Try this variation!**

**118**

## **Double Squash Smoothie**

For extra squash flavor, add 1/4 cup of chopped butternut squash to this recipe.

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## Radicchio, Pear, and Pine Nut Smoothie



*This combination is absolute heaven. Creamy pine nuts, sugary pears, and slightly bitter radicchio make for a divine smoothie. The lemon juice really brings the whole thing to life. With this list of ingredients you'd never guess how popular it is with a wide audience. Try it on picky adults and kids and see how quickly they are won over.*

**Ingredients:**

Medium pears, cored - 8 each  
Radicchio leaves, cut into 1-inch pieces - 1 cup  
Pine nuts - 2 tablespoons  
Finely grated lemon zest - 1/4 teaspoon  
Freshly squeezed lemon juice - 1/4 cup  
Ice - 2 cups OR filtered water - 1 cup  
Garnish: 1-inch radicchio leaf pieces

**Method:**

Place all of the ingredients, except the garnish in a high powered blender. Start on low, and then increase the speed to high. Blend until smooth.

**Garnish:**

Top each glass off with a radicchio leaf, and then serve.

**Yield:**

2 servings

**Nutritional information:** (per serving)

Calories 555, Carbohydrates 131g, Protein 5 g, Fat 7g, Fiber 27g, Sodium 19mg

**Try this variation!**

**120**

## **Gingery Radicchio and Pear Smoothie**

For and added zip, add 1/4 teaspoon of freshly grated ginger to this recipe.

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# Conclusion

“Looking after my health today gives me a better hope for tomorrow.”

-ANNE WILSON SCHAEF

You now have in your arsenal everything you need in order to begin making your very own Paleo smoothies, and with ease I might add. You have the knowledge needed to pick out the tools to make your smoothies. Also, you are now an expert at picking, washing, and preparing the ingredients needed to make smoothies. Not to mention, you know how to store smoothies and even make recipes of your own.

The only thing left in this equation is your action. Don't wait. This lifetime and your health are precious and, unfortunately, temporary. Your health goals are just waiting to be achieved and so is the new you. So what are you waiting for?

Don't forget the most important part of smoothie making. That is having fun! Enjoy your experience and savor the drinks you make from this book. Grab your health by the reins and get ready for an amazing ride!

