

WHOLESOME COOK'S FAVOURITE

QUICK AND HEALTHY SMOOTHIES

clever and delicious ways to get more fruit and vegetables into your diet



Martyna Angell

**BUDGET-FRIENDLY TIPS • INGREDIENT SPOTLIGHTS
MEAL • DESSERT • PRE- AND POST-WORKOUT • GREEN • COCKTAIL SMOOTHIES
GLUTEN-FREE • DAIRY-FREE • SOY-FREE • NUT-FREE • PALEO • VEGAN OPTIONS**

40 QUICK AND HEALTHY SMOOTHIES

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ABOUT THE AUTHOR

Martyna Angell is a qualified Health Coach with the [Institute for Integrative Nutrition, New York](#) and a genuine passion for healthy living. Many of her recipes have been featured in print and online, in cookbooks and health-focused eating plans. She is an author of two other eBooks, [My Whole Food Philosophy](#) and [Guilt-Free Desserts](#).

The aim of Wholesome Cook, her recipe blog, is to create a point of reference for healthy, nutritious and easy to prepare meals, without breaking the bank or over-complicating things. Think of it as an anti-revolution to the world of highly processed, fast-food and pre-packaged meals.

Most recently, Martyna was recognised for her contribution to the clean eating movement by being named as a [Finalist in the 2013 BUPA Health Influencer Awards](#).

Food is my passion. I wake up thinking about food. I cook it. I eat it. Then at night I even dream of it!

Although we try to eat a diet of super healthy food, I am not pedantic about it. I believe in the 90/10 rule - eat well 90 per cent of time, indulge in the remaining 10 per cent. It makes changing habits and eating healthily that much more attainable, every day.



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WHY SMOOTHIES?

It's simple, really.

They are a pleasure to drink and are one of the easiest ways to enjoy additional serves of fruit, veggies, nuts and seeds in our diets. Things that, let's be honest, most of us don't eat enough of in today's busy world. Smoothies **can be enjoyed any time of the day and make for healthy meal replacements** for breakfasts, lunches and dinners. They offer a refreshing snack option, make for great additions to soups and sauces and, this one gets me excited the most, are nutrient-dense desserts.

Kids love them too; no matter how many of the less-liked fruit and veg you've managed to hide inside. That trick works on grown-ups too!

Most smoothies **take less than a few minutes to make.**

They are **relatively inexpensive but pack plenty of nutrients.**

Because they are made using whole raw foods, they **can help improve digestion, boost immunity and increase energy.**

The high water content in raw fruits and vegetables has **a cooling effect on the body** and **can help keep you hydrated while nourishing at the same time.**

Because of the **nutrient density and diversity in each cup**, they are a true superfood meal.

Keep in mind that we are all different and you should follow a way of eating that feels best for you and your body. If you are not used to eating a lot of raw food, introduce smoothies and other raw foods slowly back into your diet and monitor your body's response.

INGREDIENT NOTES

Special Ingredients: Most of the ingredients are readily available from major supermarkets – check out the health food aisle for nut butters and seeds, bulk food aisle for nuts and seeds, organic fruit and veg section for your fruit and veg, and the long life milk aisle for unsweetened almond milk. Otherwise, try buying some of the ingredients online or visit your local health food stores.

Protein Powders: Protein powders can be added to all of these smoothies. Be aware, however, not to overdo it. The recommended intake of protein is around 0.8g per 1kg of your body weight ([source](#)). Having too much protein can have an adverse effect on health, can make you feel sluggish and is not for everyone. If you are after a pure protein powder that's completely plant-based and therefore free from dairy whey and also soy, try [Vital Pea Protein Isolate Powder](#) – vanilla or unflavoured varieties work best in smoothies.

Green Powders: Green powders come in all shapes and sizes. The simplest is the single ingredient spirulina powder – an algae powder that's high in protein, Omega-3s, iron, calcium and other essential nutrients. It is a great starting point when it comes to budget, too. If you are after a more complex and complete mix of nutrients, try green powder blends to help better cleanse, energise and promote overall body wellbeing.

Frozen Berries: Fresh berries can be expensive. Instead, opt for bulk frozen berries. Keep a bag of blueberries, raspberries, strawberries and mixed berries on hand. Since they are already frozen you may need to reduce the amount of ice in your smoothies.

Nuts and Seeds: The basic nut and seed staples for smoothies include almonds, peanut butter, pepitas (pumpkin seeds) and sunflower seeds. I also like the little nutrition powerhouses that are chia seeds and hemp seeds and often use flax seeds and other nut butters as well.

Fats: Nut butters, avocado, young coconut flesh, macadamia and extra virgin olive oils as well as nuts are all fantastic sources of good fats and can be added to smoothies because some of the vitamins and minerals are best absorbed by the body in the presence of fat (vit A, D, E and K).

Milks: I am a big fan of using full cream organic cow's milk. Grass-fed free-range milk is also a great option if you can source it. According to a recent study, cow's milk can assist women in shedding excess fat and gaining muscle. Unsweetened almond milk, however, is a good dairy-free and low sugar alternative.

Organic vs Non-organic Produce: If you can afford to buy all your produce certified organic that's great, but if you're on a more strict budget, only consider spending the extra cash on produce that's most commonly sprayed with pesticides or polluted with other chemicals.

However, you don't have to pay extra for certified products. Talk to the vendors at your local farmers' market. Ask them about their process. You'll often find their produce to be organic but not certified. Check out your grocer's bargain corner, buy fruit in bulk or when on special to save extra money. And, if you are more budget-conscious, you can save money by choosing non-organic produce for the non-essentials.

Yoghurts: Filled with the goodness of probiotic cultures, a ½ cup serving of yoghurt a day can do wonders for your gut health. Always opt for the clean, plain varieties or better yet, go Greek-style, adding fruit and flavourings yourself rather than choosing fruity or flavoured pre-mixes.

**Fruit & Veg
to Buy Organic**

*apples, grapes,
nectarines, peaches,
cucumbers, strawberries,
capsicums (bell peppers),
celery, spinach, kale and
other leafy greens*

ALLERGEN AND SPECIAL DIET CONSIDERATIONS

Free From... Soy, Eggs, Wheat and Refined Added Sugar

Wherever possible, I have indicated potential substitutes for gluten, dairy and nuts. It is actually quite easy to make those substitutes and I encourage you to customise your smoothies to your personal needs, tastes and dietary requirements.

Eating Raw

As mentioned earlier, we are all different and you should follow a way of eating that feels best for you and your body.

If you are not used to eating a lot of raw food, introduce smoothies and other raw foods slowly back into your diet and monitor your body's response.

Why do I say NO to Soy Milk?

For a while soy products were being hailed as the healthy alternative to dairy. However, soy products, aside from being one of the top 8 food allergens, can cause digestive discomfort in many people. Soy milk, tofu, "cheese" and "meat" are the main culprits. They are highly processed, often made using cheap GMO soy and have been linked to many modern-day ailments in clinical studies ([read more here](#)). Best to use with caution or avoid altogether.

Fermented Soy is OK

While fermented soy products like soy sauce, tamari, miso and tempeh, are still considered allergy triggers, they are much gentler and more easily digestible. In fact, miso is a great pro-biotic source for those with dairy allergies unable to consume yoghurt! Choose organic, naturally processed fermented soy products if you can.

Free From

All recipes in this eBook are soy-free, egg-free, wheat-free and added sugar-free.

CUSTOMISE YOUR SMOOTHIES

Hot or Cold –

In winter, you can reheat cooled porridge in a pan with some extra water to make hot versions of the breakfast smoothies.

Your Porridge Base –

Choose your base based on your own flavour and dietary preferences – gluten-free options are included for your convenience. If you are able to, swap them from time to time and see which one you like best.

Add Spice and Herbs –

Cinnamon adds sweetness without the calories and, just like cayenne pepper, is said to aid digestion and metabolism. Ginger is also great for digestion. Turmeric helps detoxify. Cloves and cardamom add a touch of exotic and warm flavour to smoothies. Mint and coriander add freshness.

Use Your Choice of Milk –

For extra sustenance and a more creamy flavour, use your choice of milk instead of water to make your smoothies and cook your porridge in. Unsweetened almond milk is nutritious and contains less calories, sugar and fat than dairy milk (read labels as some brands use soy additives).

Extra Protein and Greens –

Add a little protein powder or green powder to bulk out the nutrient value of your smoothie.

Go Nuts –

If you're not a big fan of peanut butter, try almond butter or other nut butter blends. Almond, Brazil and Cashew nut butter is amazing. Always go natural (read the ingredient label and look for 100% nut butters).

Nut-free? Try Seeds –

Sunflower, sesame, chia, flax (linseed), pepitas (pumpkin) and hemp seeds are all fantastic nut substitutes. They contain good fats, fibre, and protein, and are natural intestinal tract cleansers.

Sweeteners –

While most of the smoothie recipes do not require added sweeteners (preference is to use whole fruit with the balancing benefit of fibre), you may wish to add a dash of honey, bee pollen, stevia or rice syrup. Note that the sugar content of honey is more than double that of rice syrup, but varieties such as the New Zealand Manuka honey have other nutrients and healing properties. The choice is yours.

PREPPING AND STORING TIPS

Fruit and Veg Washing Solution: Combine ¼ cup white vinegar with 4 cups water in a large bowl. Add fruits and allow them to soak in the solution for a minute. Scrub gently with your fingers. Vinegar helps rinse of any wax and chemical residues from fruit and vegetables, and helps slow down their aging (going off) process during storage.

Prepping and Storing Fruit and Veg: Wash your fruit and vegetables in the above solution, prep as follows then store in BPA-free containers in the fridge for 2-3 days and use as needed.

Apple Pear	Cut into quarters or chunks, remove core if preferred.
Avocado	Cut in half and remove stone. Scoop out with a spoon as needed or dice for freezing.
Berries	Hull strawberries, keep all berries whole.
Broccoli	Keep whole and tear off florets as needed.
Cauliflower	For freezing, break into florets.
Capsicum	Remove core and stem, cut flesh into chunks.
Carrots Celery	Cut into 3-4 chunks.
Cucumber Fennel	
Banana Grapefruit	Peel and cut into quarters; slice banana; keep
Ginger Lemon	ginger whole and slice off pieces as needed.
Lime Mandarin	
Orange Tangelo	
Kiwifruit	
Grapes	Remove from bunch. Keep whole.
Kale Spinach	Remove stem (kale only) and keep leaves
Lettuce	whole.
Mango Peach	Peel, remove stone and cut into chunks.
Nectarine Apricot	
Melons Papaya	Peel, remove seeds and cut into chunks.
Pineapple	Peel, remove core and cut into chunks.
Pumpkin	Peel, remove seeds, steam and puree. Store in a container or an ice cube tray for freezing.
Sweet Potato	Peel, steam and puree. Store in a container or an ice cube tray for freezing.

Freezing Fruit and Veg: Prep then freeze any fruit that you have bought in bulk but you won't use within 2-3 days in flat in zip-lock bags for later use. Then, simply break off pieces to add to your smoothies. You may need to reduce the amount of ice you use.

Prepping for Breakfast: If you find yourself rushing out the door in the mornings, place your smoothie ingredients in a single container the night before and store in the fridge. Then all you will have to do in the morning is chuck them into the blender and whiz up for 30 seconds. Breakfast will be served in no time. You can even pour your smoothie into a jar or a drink bottle and have it on the go!

Leftovers and Storing Your Smoothies: If you end up making a larger batch of your favourite smoothie, that's great! You can store leftovers in a jar or a BPA-free bottle in the fridge and consume within a day. Jars are great for transporting your smoothies, too.

Thrifty Tip

Check out your grocer's bargain corner, buy fruit and veg in bulk or when on special. Wash, prep and freeze in zip-lock bags for later use.



BREAKFAST SMOOTHIES

It pains me to see that the majority of breakfast foods available in stores today is highly processed, full of sugar and more often than not proclaiming to be healthy and nutritious.

Bircher Delight Smoothie



Bircher Delight

For bircher-muesli lovers, here is a smoothie version which comes with the added benefit from the whole apple rather than juice used in the traditional method.

- ½ cup bircher muesli (pre-soaked the night before in milk or water)
- 1 apple, quartered
- 4-5 almonds (or macadamias)
- 1 teaspoon cinnamon
- 1 teaspoon alcohol-free vanilla extract
- 1 cup milk of choice
- ½ cup ice cubes

Place all ingredients in a blender and process for 30 seconds, or until smooth. Pour into a glass and serve. Serves 1.

PRE-WORKOUT SMOOTHIES

We are all different and no one way of eating (or not eating) before a workout is universal, so it is best to try a handful of foods to see which one will suit you best.

Mocha Smoothie



Mocha Smoothie

Stick-blender-friendly

This is one of my favourite pre-workout smoothies. Smooth, creamy and it has the kick of caffeine I sometimes need to get going in the morning (other good sources are tea, cacao and chocolate). It is not only a natural energy-booster, often used in endurance sport gels, but also works to help suppress appetite and just like cinnamon helps increase metabolism. Banana provides extra energy for a longer work out.

- 1 double shot (80ml) espresso
- ½ banana, frozen slices are best
- 1 teaspoon cacao powder
- ½ teaspoon of cinnamon
- ½ cup unsweetened almond milk
- ½ cup ice cubes

Place all ingredients in a blender and process for 30 seconds, or until smooth. Pour into a glass and serve. Serves 1.

Melon Coconut Hydrator



Melon Coconut Hydrator

Stick-blender-friendly

Rockmelons are rich in vitamins A and C, have an anti-inflammatory effect on the body and because they are also quite rich in potassium, they can help maintain optimum hydration.

- 1 cup rockmelon chunks
- 1 cup coconut water
- ½ cup coconut yoghurt (or Greek yoghurt)
- 6-8 coriander leaves

Place all ingredients in a blender and process for 30 seconds, or until smooth. Pour into a glass and serve. Serves 1.

Coconut water is high in potassium and acts as a natural electrolyte. Fresh young coconut water is best, but you can also use tetra-pack or canned coconut water. Opt for the unflavoured versions as they contain far less sugar and are flavour neutral.

POST-WORKOUT SMOOTHIES

Post workout smoothies have two main nutritional objectives. The first is to help soothe inflammation associated with working out. Certain foods, more than others can help achieve this objective. These include: extra virgin olive oil, broccoli, avocado, papaya, fennel, mint, parsley, green tea, almonds, sunflower seeds and pineapple. Many of these are also fantastic detoxifiers!

The second objective of post-workout smoothies is to provide building blocks required for re-building worn muscles. A good quality protein powder is a great way to instantly lift protein content of smoothies. Almonds, chia seeds, hemp seeds, cottage cheese and yoghurt are also good for boosting protein of a post-workout drink.

Strawberries and Cream Whip



Strawberries and Cream Whip

Stick-blender-friendly

I adore this post workout whip because it is slightly indulgent with a texture similar to ice cream with that classic strawberries and cream flavour, with over 20 grams of protein per serve! Mint cools.

- ½ cup frozen strawberries (or mixed berries)
- ½ cup cottage cheese
- 6-8 mint leaves (or 2-3 basil leaves)
- 1 teaspoon stevia granules (I use [Natvia brand](#)), optional
- 1 cup cool green tea

Place all ingredients in a blender and process for 30-60 seconds, or until smooth. Pour into a glass and serve. Serves 1.

Cottage cheese has more than double the protein of ricotta and it tastes better, too! Opt for the less processed full fat creamed version.

GREEN (DETOX) SMOOTHIES

Green smoothies have become extremely popular in the last couple of years, and there's a pretty good reason for that.

Adding green vegetables, especially those from the cruciferous family, can help cleanse and detoxify the liver – the most important organ in the body dealing with excreting food- and environmental-based toxins from our bodies.

Foods rich in sulphur are especially helpful in supporting our liver's ability to detoxify chemicals. Foods in this category include onions, garlic, and egg yolks. While these are not the primary smoothie making ingredients, the good news is that all cruciferous vegetables such as broccoli, cabbage, cauliflower, collard greens, kale and even Brussels sprouts, are. Liver health can also be improved by adding turmeric, cinnamon and licorice root powder or tea to your food and smoothies.

Personally, I like to have a green smoothie every 3-4 days to re-calibrate my body. I especially crave them after a big night out.

Green Thirst Quencher



Green Thirst Quencher

An utterly blissful drink to beat the heatwave with a good measure of zing and greens, boosted with a dash of the nutrient-rich green powder.

- ½ Lebanese cucumber
- ½ lime, peeled and cut into chunks
- 3 baby cos lettuce leaves
- 6-8 mint leaves
- ¼ cup grapes (red or green)
- 1 teaspoon green powder
- 1 cup chilled filtered water
- ½ cup ice cubes

Place all ingredients in a blender and process for 30-60 seconds, or until smooth. Pour into a glass and serve. Serves 1.

Green powders can be added to all your smoothies to boost their nutritional value. The simplest is the single ingredient spirulina powder - an algae powder that's high in protein, Omega-3s, iron, calcium and other essential nutrients. It is a great starting point when it comes to budget too.

Radiant Glow Red Green Smoothie



Radiant Glow Red Green Smoothie

I used to love having a beetroot, carrot, orange and celery juice when I worked in the city. Now, I prefer the blended smoothie version. I also find the earthy flavour of the root vegetables extremely grounding – perfect on those hectic days when my head and eating habits have been a little too much all over the place.

- 1 small beetroot, peeled and cubed
- 1 cup loosely packed spinach leaves
- 1 (15cm) stick celery
- ½ orange, peeled
- ½ medium carrot, chopped
- 2cm piece fresh ginger
- 1 teaspoon walnut oil (olive oil or macadamia oil)
- 1 cup chilled filtered water
- ½ cup ice cubes

Place all ingredients in a blender and process for 60 seconds, or until smooth, using the tamper tool as needed. Pour into a glass and serve. Serves 1-2.

Beetroots are anti-inflammatory especially for skin conditions like acne because they help increase white blood cell count, help support liver and intestinal tract (bile) health. They are also said to promote endurance and have a positive effect on blood pressure.

DESSERT SMOOTHIES DRINKS AND ICY TREATS

Rather than opt for ready-made ice creams, puddings, custards and other items vaguely resembling food, try one of these nutrient dense smoothies instead. Many of these are fantastic for summer and can even be made into ice pops!

The Sour Raspberry Slushies are one of the kids' favourites. Extremely low in sugar and great to keep their little bodies hydrated and clean on the inside.

Gingery Lemon-Lime-Ade



Gingery Lemon-Lime-Ade

This simple lemon lime and ginger drink is great because it combines immune and detox boosting qualities in a refreshing drink that can be stored in the fridge and used as needed.

- 1 lime, peeled (frozen in chunks, preferred)
- 1 lemon, peeled (frozen in chunks, preferred)
- 5cm piece fresh ginger
- 2 tablespoons rice syrup (or honey)
- 1 cup ice cubes
- 2 cups chilled filtered water
- 1½ litres sparkling mineral water

Place all ingredients, except for mineral water, in a blender and process for 30-60 seconds, or until slushified. Top with sparkling water and serve, or transfer into glass bottles and store in the fridge. Use within 3 days of making.

COCKTAILS

Last but not least, here is a healthier way to enjoy a cocktail or two on a warm summer night. I'm not a proponent of heavy drinking, obviously, but a glass of something stronger and delicious is called for sometimes.

These cocktails are healthier because the base of each is made using whole fruit or veg. In fact, as a rule of thumb you could probably use blended whole fruit instead of the juice called for in the recipes to make your favourite cocktails.

Mandarin Oriental



Mandarin Oriental

An interesting melding pot of sweet, salty, spicy and sour. Oranges can be used instead of mandarins but the flavour will not be as intense.

- 2 cups frozen mandarin quarters
- $\frac{3}{4}$ lime, peeled
- 1 teaspoon sea salt flakes
- $\frac{1}{2}$ teaspoon chilli powder
- 30ml (1fl oz) sweet rum
- 30ml (1fl oz) Wild Turkey Honey
- 30ml (1fl oz) single malt Scotch whiskey
- 1 cup chilled filtered water

Place all ingredients in a blender and process on high for 30-60 seconds, or until the mixture resembles a slushie. Serve in 4 chilled martini glasses.

Mandarins and Oranges, because of their vitamin C and carotenoid content, help keep healthy levels of antioxidants in your skin which can otherwise be damaged by alcohol.



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