



Marilyn's Power Smoothie

Below are the basic things for a delicious and nutritious smoothie, which will power you up! This is a general recipe for you to experiment with so that you can customize yours based on your taste and availability of fresh fruits and vegetables. That's the key - choose what's freshest and organic whenever you have a choice. Chop up everything to a reasonable size (2 inches approximately). If you are using a standard blender before you buy a heavy-duty blender like a Vitamix, you may have to experiment to see how much you can make at a time. You will be amazed how powerful even a regular blender is. Any amount of smoothie is better than none. :-)

Of course I love my Vitamix, I use it daily for making smoothies, soups, hummus etc. (I do not own their stock or have any affiliation with them at all)

Start with three kinds of fruit - you can have more if you wish and it is good to vary the kinds because each kind of fruit have a different nutritional profile. I've noted which ones *ideally should be organic* based on the pesticides used on the particular fruit or vegetable - generally if at all possible use only organic. If you are pressed for time, there are several kinds of frozen fruits and vegetables that you can use - some of them are even organic.

Suggested ingredients:

Fruits

1/2 lemon
Oranges
Apples - organic
Bananas
Papaya
Pears - organic
Peaches - organic
Nectarines - organic
Grapes - organic
Strawberries - organic
Blueberries
Other kind of berries
Kiwis
etc.

Vegetables

Use two or more kinds of vegetables:

Carrots
Zucchini - organic
Celery - organic (strong tasting, use small amounts)
Tomato
Kale – organic, use small amount (they can be strong tasting) but it gives one of the most

powerful nutritional boost!

Collard Greens – also rather strong tasting

Spinach

Beets - small amount (they can be strong)

Ginger – chop up in small pieces and start with a small amount as it can get a bit spicy but it is very good for digestion, intestinal support and reduce inflammation.

Avocado – this is yummy and has great nutritional qualities too. Add ½ - 1 avocado depending on size

Coconut Oil, organic - you can get it in any health food store - 2 tablespoon per blender full

Raw nuts and seeds - sunflower seeds, pumpkin seeds, almonds, cashews etc - two handfuls per large blender (8 cups capacity blender) full. If you can, soak the nuts from 20 minutes to two hours, overnight or more, rinse and discard the water before you use. This reduces the tannins in the nuts, increases the enzymatic activity to help digestibility, and starts the sprouting process to enhance the nutritional profile. You can keep soaked nuts in the refrigerator and rinse before use to save time.

Directions:

The ratio of fruits to vegetables is dependent on your taste, if you are somewhat new at this, use twice or more fruit as you use of vegetables - especially if you are including strong tasting ones like kale, celery or spinach.

Fill the blender with your choices, add filtered water - fill only to the bottom of the top layer of chopped up stuff and blend, add more water if needed as the mixture gets ground up and blend till smooth. Pour and enjoy!

There you have it - any combination of the above is better than nothing - this is delicious and nutritious for breakfast, an afternoon snack and a good thing to make up the night before so that you are ready to go in the morning. Just blend it again before you pour and you have a meal ready to drink!

Optional goodies:

Greens Powder - there are many kinds in the market. Experiment with different kinds – read the labels, there are some with vegetable protein included which you may want to factor in with how much if any nuts you want to add to your smoothie. They all taste different so see what tastes good and is good for you.

Chia seeds – from most health food stores – 1 tbsp per blender or more

Chorella or Spirulina - from any health food store - look at the info on the packaging and add enough for up to two servings per large blender full (8 cups size) or one serving per regular blender full. Note this is strong tasting so take it easy at first

Liquid minerals/ fulvic mineral complex - from good health food stores - sometimes this is combined in a liquid vitamins mix – see label for amount.