

Healthy Smoothies

Smoothies are beverages made by blending vegetables, fruits and other whole foods. They are a quick and easy nutrient-packed meal or snack. Smoothies are easy to digest, contain fiber (versus juices, which do not) and are simple to customize. Some of your recommended supplement powders and/or liquids can be added to your smoothie as well



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Step 1: Choose a Protein powder

- Examples: Whey, Pea, Rice, Soy, Pumpkin. Note: Whey protein contains dairy.
- Recommended amount per smoothie: 20 g
- To increase nutrient density and calories, protein powders can be substituted with a meal replacement powder.

Step 2: Choose a liquid base

- Almond milk (unsweetened)
- Coconut milk (unsweetened)
- Cashew milk (unsweetened)
- Coconut milk, full fat
- Water
- Soy milk (unsweetened)
- Coconut water

Step 3: Add Vegetables

- Leafy greens (spinach, kale, collard greens, chard, etc.) blend well and are relatively tasteless, allowing you to increase your vegetable intake. There should be at least 1 serving (2 cups raw) of vegetables in every smoothie
- Sprouts e.g. broccoli sprouts
- Other vegetables: celery, beets, cauliflower, zucchini, sweet potato, pumpkin, carrots, cucumber, etc.

Step 4: Add Healthy Fats

- Fats increase calories and improve taste
- 1 tablespoon of oil: e.g. extra virgin olive oil, avocado, MCT, coconut, ghee, etc.
- Flax seeds
- Chia seeds
- Nuts and nut butters (e.g. almond, cashew, walnut, etc.)
- Avocado
- Tahini
- Coconut chunks

Step 5: Add Fruit (Optional)

- Berries: blueberries, blackberries, raspberries, strawberries
- Other ideas: Cherries, apples, pears, nectarines, plums, peaches, oranges, grapefruit, etc.
- Limit the high sugar fruits such as bananas and tropical fruits (mango, pineapple etc.).
- Frozen fruit is a good option as it is nutritious and cost-effective

Tips

- Buy organic when possible
- For a high calorie smoothie: add a meal replacement powder (instead of just protein), choose a milk alternative over water for the base and add a good amount of healthy fats (nut butter, oil, avocado)
- Consider investing in a powerful blender: Ninja, Blendtec, Vitamix, etc.
- If you don't want a cold smoothie, try heating it up on the stove
- Other ideas for flavour: cinnamon, ginger, lemon, turmeric, parsley, mint, cacao, cardamom, vanilla extract, nutmeg and other spices.

Online Resources for healthy smoothie recipes:

- Kriscarr.com
- Ohsheglows.com
- Simplegreensmoothies.com
- easyhealthysmoothie.com

Healthy Smoothie Recipes – blend all ingredients together:

The Green Monster (from OhSheGlows.com)

- 1.5 cup (250 mL) coconut water/water
- 2 large (400 g total) Granny Smith apples, cored and roughly chopped
- 2 cups (70 g) packed red leaf lettuce or romaine
- 2/3 cup (18 g) loosely packed fresh parsley leaves
- 1/3 cup (15 g) packed fresh cilantro leaves*
- 1/2 cup (70 g) frozen mango chunks
- 1/4 cup (50 g) packed avocado
- 4 teaspoons fresh lemon juice, or to taste
- 2 small, pinky-sized pieces (12 g total) peeled fresh turmeric
- 5 to 6 large ice cubes, or as needed

The Green Warrior (from OhSheGlows.com)

- 1/2 cup (125 mL) fresh red grapefruit
- 1/2 cup water
- 1 cup (25 g) destemmed dinosaur/lacinato kale or baby spinach
- 1 large sweet apple (200 g), cored and roughly chopped
- 1 cup (130 g) chopped cucumber
- 1 medium/large stalk celery (85 g), chopped (about 3/4 cup)
- 3 tablespoons (30 g) hemp hearts, or to taste
- 1/3 cup (55 g) frozen mango
- 2 tablespoons (4 g) packed fresh mint leaves
- 1 1/2 teaspoons virgin coconut oil (optional)
- 4 ice cubes, or as needed

The Blood Beeter (from MyNewRoots.com)

- 1 small beet, peeled and chopped
- 1 cup raspberries, fresh or frozen (I use frozen)
- 2 cups packed / 45g spinach
- 3 prunes, soaked in 1/2 cup / 125ml water
- small wedge organic lemon (including the peel!)
- 1-2 scoops protein powder
- 1/2 cup of sprouts (any)
- a generous pinch ground vanilla powder (or 1 tsp. vanilla extract)
- 1/2 cup water or milk of choice

Cooling Dill Cucumber

- 1 1/2 oz collard greens
- 1 apple – chopped
- 2 mini cucumbers – chopped
- 1 lime – juiced
- 1 tbsp hemp seed
- 1 bunch dill
- 1 cup water + 1 cup ice