



healthkick[®]

BLENDING & SMOOTHIE RECIPE BOOK

Smoothies are a great way of getting your 5 a day and are a delicious vitamin boost perfect for those in a hurry.

The smoothie recipes are quick and easy to follow. Just add your ingredients into a liquidiser, smoothie machine or use a hand blender and mix until smooth.

WELCOME

Fresh Fruit Juice is something most of us love, but vegetable juice, not so much. Fresh Fruit Juices taste wonderful, sweet, and delicious but when we think about Vegetable Juices, we tend to associate them with bad tastes.

Vegetable Juice is very nutritional, so here are some ways to make vegetable juicing taste good!

1. Adding fruits or carrots to your juicing recipes will give them a sweeter flavour while mellowing out some of the harsher veggie flavours like those of broccoli and spinach.
2. Selecting certain produce will also add benefits, example using a granny smith apple rather than other apples to juices, as these types of apples have the least amount of sugar in them. Lemons and limes are also great to add to any smoothie recipe as they tend to mask harsh flavours while adding a tang to your smoothie. You will have to experiment with your smoothie recipes and see what engages your palate and what tastes best to you.
3. Test out different fruits and vegetables and see what each one tastes like individually. Take a small or medium size slice of cucumber, and then juice it into a small glass. Do the same with other vegetables or fruits like kale, spinach, apples, carrot, celery, beetroot, artichokes, broccoli, mango, oranges, lemons, etc. Try a little sip from each one so you have a feel for how strong or sweet they are. Then start by mixing something strong with something sweet. Take the kale and mix in some apple, lemon, or carrot until you come to a happy medium with the flavours. This is a great way to test out different ideas or smoothie recipes without having to make a full juice that you don't like but force yourself to drink.
4. Always select the freshest and most organic fruits and vegetables for your blending recipes. The fresher your produce, the better it will taste and the more nutritional value it will have.
5. The skins are where a lot of the nutritional value is. If you peel and skin them, you are throwing away very healthy nutrients. It's best to leave it on with the exception of butternut squash, pumpkin or super hardened produce.
6. Use a wide variety of ingredients in your smoothie recipes. Don't simply mix one fruit or one vegetable, go crazy and try mixing numerous things together. Remember, you are juicing for the health benefits and not so much for the taste itself. The more of a variety of vegetables and fruits you use, the more nutritious and healthy your juicing experience can and will be.
7. As a general rule, drink fruit juices mostly in the first half of the day, or at the start of your day as it provides the complex carbohydrates to fuel energy. For the later part of the day, drink smoothies that are less sweet, like partial or full green juices.

All blending should always be done as part of a calorie controlled diet. Always consult your doctor before entering any form of diet.



STARTING YOUR JUICING

Step 1: Start with the more common produce first which are easier on your stomach, like carrots, apples, oranges or watermelons. They are gentle and mild on your taste bud and on your stomach.

Step 2: After blending these a few times, you may feel ready to add something new to your menu. Use carrots and green apples as a base in most of juices and add other items to it to make great-tasting and healthy smoothie. This is when you begin to add some vegetables.

Step 3: The greener the vegetables, the more nutritionally valuable they are, and less palatable. When you think you are ready for green vegetables, remember your base (carrot and green apples), add any greens you fancy: broccoli, cauliflower, cabbage, celery, cucumber, lettuce, spinach, kale, swiss chard, etc. The more greens you have, you may want to add more green apples (up to 2-3 depending on how much you're juicing), and 1/4 or 1/2 slice of lemon to go with it for taste. Lemon is a super food that not only helps detoxify your system, it also multiplies your nutrients absorption rate by up to 5 times. Blend it with the peel for its bioflavonoid and essential oils that make it a super immunity booster.

Step 4: You are well on your way when you have achieved Steps 1, 2 and 3 above. You may now start to experiment with all other kinds of fruits and vegetables!

Note: Beetroots are both powerful cleansers and builders of the blood and kidney therefore; its consumption should be limited to no more than one/week if you're just starting.



RECIPES FOR NUTRITIONAL BLENDS

BERRY SUPER SHAKE

Packed with protein, fibre, healthy fats, phyto-nutrients and probiotics. It can be taken for breakfast, lunch, or dinner and help you lose weight.

340ml water
1 cup spinach
2 cups frozen mixed berries
1/2 cup plain low-fat yogurt
2 scoops vanilla protein powder
1 tbsp walnuts
1 tbsp ground flaxseed

500 calories
57 g protein
54 g carbs
14 g fibre
11 g fat



APPLE & OATS SHAKE

High in protein.
Leave the apple skin on for extra phyto-nutrients.

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein
1 apple, core removed, and sliced into wedges
1 cup of spinach
2 tbsp of almonds
1/4 cup of uncooked oats
Ice as needed
Cinnamon to taste

535 calories
58 g protein
13 g fat
46 g carbs
9 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



20 fantastic recipes to try.
Nutritional values are provided as a guide only.

CHOCOLATE, PEANUT BUTTER, AND BANANA SHAKE

You'd never guess that a cup of spinach is hiding in this delicious chocolate and peanut butter shake.

340ml water, milk, or yogurt
2 scoops chocolate flavoured protein powder
1 banana
1 cup of spinach
2 tbsp of natural peanut butter
1 tbsp cacao nibs or dark cocoa powder

585 calories
59 g protein
22 g fat
38 g carbs
8 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



STRAWBERRY BANANA SHAKE

High protein shake with extra fibre, heart-healthy omega-3 fats, and disease-fighting lignans

340ml water, milk, or yogurt
2 scoops vanilla or strawberry flavoured protein powder
1 banana
1 cup of frozen strawberries
1 cup of spinach
2 tbsp of ground flax (linseed)

490 calories
55 g protein
9 g fat
47 g carbs
11 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



CHOCOLATE CHERRY RECOVERY SHAKE

Cherries can potentially ease soreness after a workout, making this a perfect recovery shake

340ml water, milk, or yogurt
2 scoops chocolate flavoured protein powder
2 cups of sweet dark cherries, pits removed
1 cups of spinach
1 tbsp of walnuts
1 tbsp ground flax
1 tbsp cacao nibs or dark cocoa powder

530 calories
56 g protein
13 g fat
47 g carbs
9 g fibre (accounts for using water as
the fluid instead of milk or yogurt)



VANILLA PUMPKIN SHAKE

A great source of Vitamin A, which is good for your eyes, skin, and immune system

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein powder
¾ cup of pureed pumpkin
1 tbsp of walnuts
1 tbsp of ground flax
½ cup of uncooked oats
Cinnamon and vanilla extract to taste
Ice as needed

535 calories
60 g protein
13 g fat
45 g carbs
13 g fibre (accounts for using water as
the fluid instead of milk or yogurt)



BAKED APPLE SHAKE

Great tasting protein shake with a helping of magnesium and selenium.

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein powder
1 apple, core removed, and sliced into wedges
1 cup of spinach
1 tbsp of almonds
1 tbsp of ground flax
1 tbsp of sesame seeds
Cinnamon to taste
Ice as needed

510 calories
57 g protein
15 g fat
36 g carbs
10 g fibre (accounts for using water as
the fluid instead of milk or yogurt)



TROPICAL POWER SHAKE

High protein and a cup of spinach.

340ml water, milk, or yogurt
2 scoops vanilla flavoured protein powder
½ banana
1 cup of pineapple
1 cup of spinach
1 tbsp of ground flax
2 tbsp of unsweetened coconut flakes
½ cup plain yogurt or vegan alternative

525 calories
58 grams protein
12 g fat
46 g carbs
8.5 g fibre (accounts for using water
as the fluid instead of milk or yogurt)



SUPERFOOD SHAKE

Nutrients in deeply coloured fruits and vegetables like beets and cherries can boost athletic performance and help muscle recovery

1/2 cup frozen cherries
230ml water
1/2 cup chopped raw beets
1/2 cup frozen strawberries
1/2 cup frozen blueberries
1/2 banana
1 scoop chocolate whey protein
1 tbsp ground flaxseed

329 calories
28 g protein
4 g fat
52 g carbs
11 g fibre



BLUEBERRY POWER SHAKE

Good for your brain and heart

1/4 cup low fat cottage cheese
1 cup blueberries (fresh or frozen)
1 scoop vanilla protein powder
2 tbsp flaxseed meal
2 tbsp walnuts, chopped
1 1/2 cups water
3 ice cubes

389 calories
33 g protein
17 g fat
34 g carbs



DOUBLE CHOC MINT SMOOTHIE

Low calorie chocolate fix

1 scoop chocolate protein powder
3/4 cup Almond milk, dark chocolate
1 tbsp walnuts
2 tbsp cocoa powder, unsweetened
1 tbsp cacao nibs
2 mint leaves
4 ice cubes
1/4 cup water

292 calories
25 g protein
12 g fat
32 g carbs



COCONUT ALMOND SMOOTHIE

A decadent creamy treat

1 scoop chocolate protein powder
1 tbsp unsweetened coconut flakes
1 cup Almond milk, dark chocolate
1 rounded tbsp almond butter
1 1/2 cups water
3 ice cubes

405 calories
27 g protein
21 g fat
33 g carbs



ORANGE CREAMSICLE

A treat with real ingredients and no added sugar.

1 scoop vanilla protein powder
1 orange
¼ orange peel
1 tbsp walnuts
2 tbsp flaxseed meal
1 cup water
½ cup orange juice
3 ice cubes

399 calories
32 g protein
14 g fat
39 g carbs



STRAWBERRY & BANANA POST-WORKOUT SMOOTHIE

Loaded with muscle-building protein, but also boasts a blend of healthful nutrients that speed recovery and nourish your body

Water as needed
1 cup plain low-fat kefir
2 tbsp walnuts
1 cup chopped strawberries
1 banana
1 scoop vanilla whey protein

489 calories
39 g protein
11 g fat
59 g carbs
7 g fibre



CHOCOLATE PEANUT BUTTER SMOOTHIE

The perfect afternoon snack.

Packed with protein, fibre, and antioxidants, and a nearly even amount of carbs and fat.

Water as needed

2 tbsp flaxmeal (linseed)

1 tbsp unsweetened cocoa powder

1 tbsp natural peanut butter

1 scoop chocolate whey protein powder

347 calories

33 g protein

17 g fat

19 g carbs

9 g fibre



BLUEBERRY BREAKFAST SMOOTHIE

A balanced breakfast.

High dose of protein

1 cup blueberries

1/2 banana

1 1/2 scoops protein powder

2 tbsp walnuts

2 tbsp oats

1 tbsp chia seeds

536 calories

42 g protein

59 g carbs

12 g fibre

18 g fat



MANGO TANGO SHAKE

Refreshing drink

2 scoops vanilla whey protein powder
1 cup frozen chopped mango
1 oz of walnuts
12 oz orange juice
Ice as needed

700 calories
53 g protein
20 g fat
74 g carbs



THE GREEN BEAST

Avocado can unlock the full nutrition potential of certain vegetables and improve the absorption of antioxidants. It's delicious, too.

340ml water
2 stalks kale, stems optional
1 cup grapes
1/2 cup frozen mango chunks
1 strip lemon rind
1/2 avocado
Ice as needed

346 calories
9 g protein
12 g fat
62 g carbs
11 g fibre

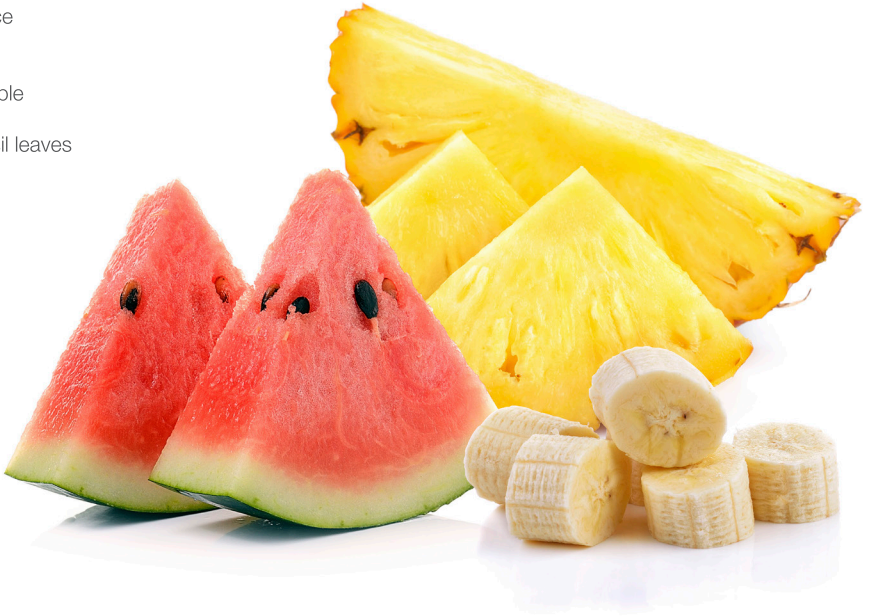


SUMMERTIME BLAST

Refreshing drink

2/3 cup seedless watermelon
2 tsp lemon juice
1/2 cantaloupe
1 banana
1/4 cup pineapple
2/3 cup ice
4 to 5 fresh basil leaves

182 calories
3 g protein
1 g fat
47 g carbs
5 g fibre



BLUE CHEESE

For a tiny fruit, blueberries are packed with nutrition including vitamin C, fibre and antioxidants and the Cottage cheese is loaded with casein protein, a slow-digesting protein to help supply your muscles with a steady level of fuel. Bonus: the omega-3 fats in flax are good for your heart and brain.

1 cup milk
3/4 cup plain cottage cheese
2 tbsp ground flaxseed
1 tsp orange zest
1 tsp honey
1/8 tsp almond extract
3/4 cup frozen blueberries

395 calories
34 g protein
42 g carbs
7g fibre
12g fat



GOOD GREEN TEA SMOOTHIE

This green smoothie is packed with grapes, spinach, green tea and avocado. A touch of honey adds sweetness. Gluten Free and low on saturated fats which is good for healthy heart.

- 3 cups frozen white grapes
- 2 packed cups baby spinach
- 1 ½ cups strong brewed green tea, cooled
- 1 medium ripe avocado
- 2 teaspoons honey

Combine grapes, spinach, green tea, avocado and honey in a blender; blend until smooth. Serve immediately.

- Per serving:
- 345 calories;
 - 15 g fat (2 g sat, 10 g mono);
 - 0 mg cholesterol;
 - 56 g carbohydrate;
 - 6 g added sugars;
 - 5 g protein;
 - 9 g fibre;
 - 36 mg sodium;
 - 1,110 mg potassium



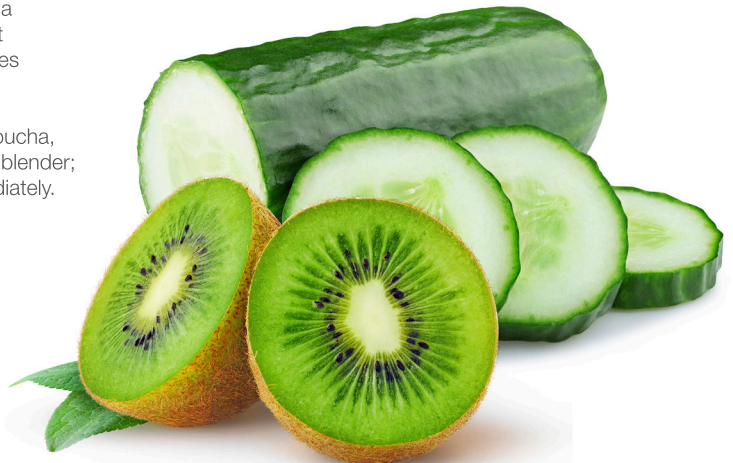
CLEAN BREEZE SMOOTHIE

This refreshing smoothie is made with cucumber and kiwi and gets a kick from ginger-flavoured kombucha and fresh cilantro. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 small cucumber, chopped
- 2 ripe kiwis, peeled
- 1 cup ginger-flavoured kombucha
- ½ cup low-fat plain Greek yogurt
- 2 tablespoons fresh cilantro leaves
- 6 ice cubes

Combine cucumber, kiwis, kombucha, yogurt, cilantro and ice cubes in blender; blend until smooth. Serve immediately.

- Per serving:
- 116 calories;
 - 2 g fat (1 g sat, 0 g mono);
 - 4 mg cholesterol;
 - 21 g carbohydrate;
 - 1 g added sugars;
 - 6 g protein;
 - 3 g fibre;
 - 32 mg sodium;
 - 424 mg potassium



POMEGRANATE BERRY SMOOTHIE

This berry smoothie is made with pomegranate juice and packs lots of satisfaction from banana and cottage cheese. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

2 cups frozen mixed berries
1 cup pomegranate juice
1 medium banana
½ cup nonfat cottage cheese
½ cup water

Combine mixed berries, pomegranate juice, banana, cottage cheese and water in a blender; blend until smooth. Serve immediately.

Per serving:
206 calories;
1 g fat (0 g sat, 0 g mono);
3 mg cholesterol;
49 g carbohydrate;
0 g added sugars;
6 g protein;
6 g fibre;
133 mg sodium;
625 mg potassium



BANANA SPICE SMOOTHIE

This healthy banana smoothie is made with vanilla kefir and spiked with warming spices. Gluten Free.

2 ripe bananas
2 cups vanilla kefir
½ teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon ground allspice
12 ice cubes

Combine kefir, bananas, cinnamon, nutmeg, allspice and ice cubes in a blender; blend until smooth. Serve immediately.

Per serving:
283 calories;
5 g fat (3 g sat, 0 g mono);
16 mg cholesterol;
56 g carbohydrate;
15 g added sugars;
10 g protein;
6 g fibre;
98 mg sodium;
427 mg potassium



TOFU TROPIC SMOOTHIE

Mango, pineapple and lime flavour this tropical smoothie. Silken tofu adds staying power. Gluten Free and low on saturated fats which is good for healthy heart.

- 2 cups diced frozen mango
- 1 ½ cups pineapple juice
- ¾ cup silken tofu
- ¼ cup lime juice
- 1 teaspoon freshly grated lime zest

Combine mango, pineapple juice, tofu, lime juice and lime zest in a blender; blend until smooth. Serve immediately.

- Per serving:
- 254 calories;
 - 3 g fat (0 g sat, 1 g mono);
 - 0 mg cholesterol;
 - 54 g carbohydrate;
 - 0 g added sugars;
 - 6 g protein;
 - 3 g fibre;
 - 10 mg sodium;
 - 714 mg potassium



ORANGE FLAX SMOOTHIE

This bright orange smoothie gets its colour from frozen peaches plus carrot and orange juice. Fresh ginger packs a flavourful punch. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 2 cups frozen peach slices
- 1 cup carrot juice
- 1 cup orange juice
- 2 tablespoons ground flaxseed
- 1 tablespoon chopped fresh ginger

Combine peaches, carrot juice, orange juice, flaxseed and ginger in blender; blend until smooth. Serve immediately.

- Per serving:
- 209 calories;
 - 4 g fat (0 g sat, 1 g mono);
 - 0 mg cholesterol;
 - 41 g carbohydrate;
 - 0 g added sugars;
 - 5 g protein;
 - 6 g fibre;
 - 38 mg sodium;
 - 964 mg potassium.



WAKE-UP SMOOTHIE

With a stash of berries in your freezer, you can jump-start your day with this nutritious, tasty smoothie in just minutes. It provides vitamin C, fibre, potassium and soy protein. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 ¼ cups orange juice, preferably calcium-fortified
- 1 banana
- 1 ¼ cups frozen berries, such as raspberries, blackberries, blueberries and/or strawberries
- ½ cup low-fat silken tofu or low-fat plain yoghurt
- 1 tablespoon sugar

Combine orange juice, banana, berries, tofu (or yogurt) and sugar (or Splenda), if using, in a blender; cover and blend until creamy. Serve immediately.

- Per serving:
- 139 calories;
 - 2 g fat (0 g sat, 0 g mono);
 - 0 mg cholesterol;
 - 28 g carbohydrate;
 - 0 g added sugars;
 - 4 g protein;
 - 4 g fibre;
 - 19 mg sodium;
 - 421 mg potassium



MANGO LASSI SMOOTHIE

A lassi is an Indian smoothie made with yogurt, sometimes offered as an aperitif or as a “side” to calm down a fiery meal. Thanks to a ripe mango and orange-flower water, this version is sweet and fragrant. It’s perfect for an afternoon refresher or an after-dinner treat. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 cup chopped peeled mango
- 1/3 cup peach sorbet
- ½ cup non-fat vanilla yogurt
- ¼ cup orange juice
- 1/8 teaspoon orange-flower water

Place ingredients in the order listed in a blender. Pulse twice to chop mango, stir well, then blend until smooth. Serve immediately.

- Per serving:
- 163 calories;
 - 0 g total fat (0 g sat, 0 g mono);
 - 1 mg cholesterol;
 - 37 g carbohydrate;
 - 16 g added sugars;
 - 4 g protein;
 - 2 g fibre;
 - 43 mg sodium;
 - 340 mg potassium.



CITRUS BERRY SMOOTHIE

This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants. Low on saturated fats which are good for healthy heart.

1 ¼ cups fresh berries
¾ cup low-fat plain yogurt
½ cup orange juice
2 tablespoons non-fat dry milk
1 tablespoon toasted wheat germ
1 tablespoon honey
½ teaspoon vanilla extract

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

Per serving:
376 calories;
4 g fat (2 g sat, 1 g mono);
13 mg cholesterol;
70 g carbohydrate;
17 g added sugars;
17 g protein;
5 g fibre;
180 mg sodium;
1,128 mg potassium



RASPBERRY-AVOCADO SMOOTHIE

Avocado makes this sweet beverage extra creamy. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

1 avocado, peeled and pitted
¾ cup orange juice
¾ cup raspberry juice
½ cup frozen raspberries (not thawed)

Puree avocado, orange juice, raspberry juice and raspberries in a blender until smooth.

Per serving:
18 calories;
11 g fat (1 g sat, 7 g mono);
0 mg cholesterol;
31 g carbohydrate;
0 g added sugars;
2 g protein;
6 g fibre;
12 mg sodium;
531 mg potassium



THERMOS-READY SMOOTHIE

A protein and fibre-rich drink to go. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

- 1 cup frozen mixed berries (not thawed)
- ½ banana
- ½ cup apple juice
- ¼ cup silken tofu

Combine berries, banana, apple juice and tofu in a blender; blend until smooth.

- Per serving:
- 276 calories;
 - 3 g fat (0 g sat, 0 g mono);
 - 0 mg cholesterol;
 - 62 g carbohydrate;
 - 0 g added sugars;
 - 6 g protein;
 - 7 g fibre;
 - 35 mg sodium;
 - 589 mg potassium



HAWAIIAN SMOOTHIE

For the best taste and colour, use a red-fleshed Hawaiian papaya for this exotic, lip-puckering taste of island summer. Papayas are loaded with papain, a digestive enzyme, so this smoothie is a good dessert to settle stomachs after a substantial meal. Gluten Free and low in saturated fats and carbohydrates which is good for healthy heart and diabetes. It has few calories which is ideal for weight loss.

- 1 cup chopped fresh pineapple
- ½ cup chopped peeled papaya
- ¼ cup guava nectar (see Tip)
- 1 tablespoon lime juice
- 1 teaspoon grenadine
- ½ cup ice

Place ingredients in the order listed in a blender. Pulse three times to chop the fruit, then blend until smooth. Serve immediately.

- Per serving:
- 81 calories;
 - 0 g total fat (0 g sat, 0 g mono);
 - 0 mg cholesterol;
 - 21 g carbohydrate;
 - 1 g protein;
 - 2 g fibre;
 - 6 mg sodium;
 - 201 mg potassium



GREEN SMOOTHIE

Get your daily dose of dark leafy greens any time of day with this delicious green smoothie. Ground flaxseed adds omega-3s. Pour any extra into a freezer-pop mould and have it later as a frozen green smoothie ice pop. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

2 ripe medium bananas
1 ripe pear or apple, peeled if desired, chopped
2 cups chopped kale leaves, tough stems removed
½ cup cold orange juice
½ cup cold water
12 ice cubes

Slice banana and freeze until firm.
Blend tofu, soymilk, cocoa and honey in a blender until smooth.
With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth.

Per serving:
342 calories;
8 g fat (1 g sat, 1 g mono);
0 mg cholesterol;
61 g carbohydrate;
17 g added sugars;
16 g protein;
9 g fibre;
116 mg sodium;
742 mg potassium.



BANANA-COCOA SOY SMOOTHIE

With plenty of protein from both tofu and soymilk, this banana-split-inspired breakfast smoothie will keep you satisfied until lunchtime. Gluten Free and low in saturated fats which is good for healthy heart. It has few calories which is ideal for weight loss.

1 banana
½ cup silken tofu
½ cup soymilk
2 tablespoons unsweetened cocoa powder
1 tablespoon honey

Slice banana and freeze until firm.
Blend tofu, soymilk, cocoa and honey in a blender until smooth.
With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth.

Per serving:
342 calories;
8 g fat (1 g sat, 1 g mono);
0 mg cholesterol;
61 g carbohydrate;
17 g added sugars;
16 g protein;
9 g fibre;
116 mg sodium;
742 mg potassium.



