

Introducing the Green Smoothie!

Whole foods blending refers to blending fruits and vegetables without peeling or coring. Unlike juicing, the idea is to deliver the nutrients from the entire food which includes its very valuable fiber. Juicing separates the fiber and creates too much of a sugar rush. During the past two years, I've created some excitement and raised awareness about Green Smoothies. I've made more than 200 green smoothies recipes. I'm happy to include a sampling in this book!

Before you delve in, presuming you have even heard of a Green Smoothie, it's important to know a few things first. As you may have guessed, they are relatively new and only being discovered by people who are shopping for the more well-known fruit smoothie. Whereas it's true that the green smoothie's colour doesn't exactly create a consumer rush to clear them off the shelves; word is getting around that dark leafy greens are super healthy. Just to be clear, however, there is a difference between what you can buy and what you can make.

My green smoothies contain a minimum of 40 per cent dark leafy greens and the other 60 percent consists of several pieces of fruit and water. A store-bought version contains apple juice as the leading ingredient along with other purees/juices and the greens are the powder form of spirulina, barley and wheat grass. In this 3rd edition of *Simply Delicious & Nutritious*, I felt compelled to include a sampling of Green Smoothie recipes, and although there are just a few to "wet your appetite", rest assured that my E-Book will soon be available!

If I may highlight a few things, at the top of my list is clearly stating that my version of a wholesome, delicious and super nutritious Green Smoothie can only be made in a commercial blender. Specifically, the Waring Xtreme MX1050 blender, which has the power to breakdown the cellular structure of green leaves to release valuable minerals. Otherwise you just get "pieces" of leafy greens with nutrients that will just pass through your digestive system instead of feeding the cells in your body. Its unique design plus 3.5 HP (like a lawn mower) and 45,000 RPMs is why Waring has achieved international fame in the world of commercial blenders.

My advice is that if you are curious about the Green Smoothie, and either have or know someone who has a commercial blender, whether it's a Vita-Mix or Champion or whatever (being a 1 or 2 HP), give my recipes a go, and if it tastes "just okay", know that if you made it with the Waring blender that we endorse (and sell) that you would be blown away with how smooth yet textured and definitely flavourful it

is. And the Waring doesn't require assembly. The blade is intact and cleaning requires just running the blender with soap and water for one minute.

The Simply Delicious & Nutritious Cook Book, 3rd edition features Green Smoothie Recipes. It is best to attend a Green Smoothie demo; however, in order to understand how to plan, shop and make smoothies as well as determine your specific program. *Here's some of the benefits of attending a Green Smoothie class:* 1) you'll better understand how to measure the leafy greens - bunches vs. leaves vs. cups; 2) how fruits and specialty ingredients are prepped is important - with a commercial blender, you want to include the skin, core and seeds of an apple or pear where minerals are stored; 3) the opportunity to learn how to shop for ingredients; 4) the awesome handouts on the specialty ingredients like maca, gogi berries, lucuma, seabuckthorn berries; 5) the explanation of how much to make and drink based on your program; and 6) the unique opportunity to sample several delicious drinks to discover your favourites!

The leafy greens that are selected most often include the following: Swiss chard; kale; spinach; lambsquarter; dandelion; collard greens; romaine lettuce; chicory or endive; and leaf lettuce. For flavour enhancement, lemon balm, mint, arugula and lemon grass are often included. The most popular super foods chosen include gogi berries; maca; cacao; lucuma; seabuckthorn berry; sprouted flaxseed; and sprouted barley grass juice, with the last three ingredients coming from a local farmer.

About 20 different fruits have been used in the making of my roster of 200 recipes. More typically pineapple; pear; and apple for their lovely fiber and easy availability. Raspberries; strawberries; blueberries; and mango in frozen form more often than fresh. And when in season, peaches, nectarines, plums and locally grown berries. Less often, figs, loganberries, passion fruit and papaya have been chosen.

Green smoothies last three days in the fridge compared to fruit smoothies that have a 24-hour lifespan after having Vitamin C is added. With two adults in the home, two recipes can be made every three days in order to embark on a Green Smoothie program that will deliver cleansing, revitalization and energy plus!!

In the summer of 2009, the Centre for Healthy Living will be launching Green Smoothie classes through webinars! Please keep checking our website for updates or ask to have your email added to our group list and you will be sure to receive the announcement. Our Website is: www.waytogonutrition.com and the email is luczak@rogers.com and phone number is 519 680-2884.

Apple Lemon Kale Smoothie

5 leaves of organic kale (remove stems for better taste)
4 gala or granny smith apples (or more)
1 organic lemon (can use juice only or partial rind added)
1 tbsp. gogi berries 1 tbsp. chia seeds 2 cups water

Organic kale has more delicate stems than the typically larger kale found in the grocery isle. Cut off the stems and if the stem supporting the leaf is particularly thick, you may wish to trim some of this out. Only include lemon peel when shopping organic. Depending upon the size of the apples, at least four are required. Do a taste test to determine if there is sufficient sweetness. A description of the gogi berries and chia seeds can be found in the introduction.

Spinach Cucumber Green Smoothie

3 handfuls of spinach leaves 1/2 cup cucumber chunks
1 medium bunch mint 2 bosc pears
2 golden delicious apple 1 delicious apple
1 oz. sprouted barley grass juice 2 cups water

Cucumber has a "cool taste" so it's well matched to mint. Spinach comes in bunches of various sizes. Organic spinach usually has small leaves. It may be difficult to interpret "handful". In most cases, the whole bunch equals 3 handfuls. If you lose too many leaves due to being soggy, cut back on other ingredients.

Swiss Chard Cacao Pear Green Smoothie

3 Swiss Chard leaves 1 large banana
1 large bosc pear 1 large Anjou pear
2 o. sprouted barley grass juice 1 tbsp. cacao* (*health food ingredient*)
1 1/2 cups water (*less water is required in this recipe as less ingredients used*)

Swiss chard leaves vary from small to large to extra large. This recipe calls for 3 medium-large leaves where the stem is cut off and partially removed if particularly thick in the underside of the leaf. Bosc pears are the sweetest when crisp regardless of ripeness. Bartlett pears are very sweet when yellow. Anjou pears are the least sweet. Take note of your results based on the pears you choose.

MacSpinach Parsley Smoothie

2 bunches spinach	1 small bunch parsley
1/2 cup cucumber chunks	1 oz. sprouted barley grass juice
3 Macintosh apples	1 large bosc pear
1 cup fresh apple	1 1/2 cups to 2 cups water

Macintosh apples have a very distinctive flavour. The parsley will over power this drink if too much is used so take note that "small" means small (just few leaves) or add an extra piece of fruit to sweeten if necessary. Spinach could be measured in a 2-cup glass measuring cup where the leaves are gently stuffed into two cups. With recipes that have fewer greens, start out using less water. Sprouted barley grass juice is exceptionally healthy - you could easily double the amount in this drink.

Collard Greens Lemon Grass Smoothie

4-5 collard green leaves	1/2 stem lemon grass (chopped, 1 tbsp)
2 granny smith apples	2 Bartlett pears
1 1/2 cup pineapple	1 cup frozen mango
2 cups water	

Lemon grass is used for making herbal teas. It's sold in the herb section in major grocery stores. For smoothies, peel off the outside layers and then finely chop the stem. It's best to put this ingredient in the blender at the beginning of making the drink, along with the collard greens, so that it will be pulverized.

Minty Pear Mixed Green Smoothie

1 handful spinach leaves	1 handful endive lettuce
1 large leaf collard greens	1 large leaf kale
1 medium bunch of mint	2 small Bartlett pears
1 small granny smith apple	3 small white flesh nectarines
1/2 cup fresh pineapple	1 oz. gogi berries
2 cups purified water	

*endive lettuce is a bitter lettuce with curly leaves found next to romaine lettuce.

Chunky Mixed Fruit Smoothie

1 large anjou pear or gala apple	6 oz. juice (or 3 oz ea. juice & rice milk)
1/2 cup fresh pineapple chunks	1 tbsp. Genestra Berry EFA Plus
1 cup frozen blueberries	1 tbsp. lecithin granules
1 frozen banana or 1 cup mango	2-3 tbsp. protein powder
1-2 tbsp. gogi berries (optional)	1-2 tbsp. sprouted flaxseed
3/4 tsp. buffered Vitamin C powder	handful of soaked almonds (30-35)

Choose fruit and fruit juice from your Super Beneficial list for added health benefits. It's good making your smoothie with juice alone and then comparing that with a thicker, creamier version using a non-dairy milk -- rice milk or almond milk (both are neutral for all types). The almonds have to be soaked overnight (discard water). Put them in the blender first with the liquid. If using a super food like dried gogi berries, add at the beginning as well. We recommend Waring Xtreme Hi-Speed commercial blenders to make the smoothest thick drinks.

The Berry EFA Plus is a Genestra product that contains the omega 3 oils with an awesome berry concentrate. For variety, you can also add walnuts, tahini, or hemp hearts. Sprouted flaxseed is superior to milled flaxseed. Lecithin granules reduce gallstones. Protein powders are best matched to your blood type and your needs; however, it's important to *stir it in after* blending. All blood types can have hemp seed protein although you'll probably use less due to the taste. There are also raw forms of whey protein that are options. At our Centre, we promote Genestra's Pro-Rice protein powder because it's non-allergenic and St. Francis Go-Protein formula which tastes divine and has acidophilus (probiotic) in it as a bonus. Refrigerate leftovers in a glass jar and add 1/4 tsp. extra of Vitamin C to preserve it.

Grasshopper Green Smoothie

1 bosc pear or granny smith apple	6 oz. pineapple juice
2 thick rings cut-up fresh pineapple	3-6 oz. soy or almond milk*
3 sliced ripe kiwi	1 medium sliced ripe avocado
1 medium size frozen banana	1 tbsp. ground (or soaked) almonds

Place the fruit in the blender and pour juice/milk on top with added ground almonds and vitamin C powder. Remember to add less liquid or more fruit (e.g. both pear & apple) to achieve your desired thickness. *Helpful Hint:* remove the white stems in the kiwi because they may sour the drink. *Type O & B should use almond milk.

HOW TO ORDER A COOK BOOK

The *Simply Delicious and Nutritious Cook Book* is sold through the Centre for Healthy Living in London, Ontario. To order your copy, please complete the bottom portion of this form to: luczak@rogers.com or call (519) 680-2884. The cost is \$35 if picked up in person or add \$10 if mailed within southwestern Ontario using priority post.

For mailing to other locations, please provide your Postal Code and we will quote you the correct amount based on postage and appropriate taxes. After you complete and send back this form, an invoice will be forwarded verifying the amount to pay. Please mail your cheque or pay using the convenient method of interact email transfer. Thank you for your order!

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