



Any questions?

[www.healthbynutrition.co.uk](http://www.healthbynutrition.co.uk)

[alicja.wypasek@healthbynutrition.co.uk](mailto:alicja.wypasek@healthbynutrition.co.uk)

# Welcome to delicious and nutritious smoothies

A NUTRITIOUS AND SATISFYING WAY TO  
HELP YOU GET YOUR 5-OR-MORE-A-DAY



Smoothies are a nutritious and satisfying way to help you get your 5-or more a-day. Research has shown benefit in consuming more than the recommended 5-a-day. If you can, aim for 7-10 per day, that is 6-8 portions of vegetables and 2-3 of fruit.

Vegetables and fruit are an excellent source of **dietary fibre**, which can help to maintain a **healthy gut**, plus they provide **vitamins, minerals, and phytonutrients**.

**Breakfast smoothies** are a great way to start the day and are perfect if you are short on time in the mornings, as they are **quick and simple** to make.

The ideal healthy smoothie will have a blend of **good fats and protein**, a helping of **vegetables** for maximum nutrition and **some fruit** for sweetness.

As well as being nutritious for breakfast, smoothies can be useful alongside a small meal and a snack too.



### Benefits of smoothies:

- An easy way to add vegetables to breakfast
- Smoothies are high in fibre as they are a blend of the whole Vegetables and fruit
- Raw foods are more nutritious
- Smoothie ingredients can all be prepared in advance, kept in the fridge and then blended when needed to provide a fast meal or snack

### Potential Drawbacks:

- Smoothies can be high in sugar – due to the fruit. Drinking a large fruit smoothie can lead to blood sugar spikes if the sugar is not balanced with healthy fats and protein
- The fruit sugars could have damaging effects on teeth enamel, so teeth are best brushed before rather than immediately afterwards. Ideally rinse teeth with some water after a fruit smoothie

## Step 1: Choose your base

**Add liquid in your blender/jug. The more liquid you add, the runnier your smoothie will be.**

Good bases include:

- **Water** (filtered)
- **Unsweetened dairy free milks** such as soya, coconut or almond
- **Plain natural yoghurt** or soya yoghurt
- **Chilled herbal tea** e.g., green tea, peppermint, lemon ginger
- **Juice of one lemon** plus water

Alternatively, you may prefer to use a vegetable with a high water content as your base, such as:

- **Cucumber** – high in water, cucumbers have a barely-there flavour and contain high levels of nutrients. We'd recommend ¼  
- ½ cucumber per smoothie.  
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- **Celery** – again, celery is high in nutrients making it a great smoothie base. Celery also contributes to the protection of the stomach lining and has anti-inflammatory properties. We'd recommend ½ - 2 celery stalks per drink.

## Step 2: Add a little sweetness

Add fruits such as berries, apples and zesty fruits.

Natural sweeteners include:

- **Apples and pears** contain the soluble fibre pectin and this soothes the intestinal wall, reduces constipation, and improves the balance of bacteria in the gut. Use ½ to 1 per smoothie.
- **Blueberries** – these small berries are packed with antioxidants, vitamin K, fibre and vitamin C. Not only are they great in smoothies, it's worth considering adding these powerful berries to your diet – they're a great snack or porridge topping too. Frozen is fine for a smoothie.
- **Other berries** such as raspberries and strawberries are also loaded with antioxidants. Berries are lower in sugar than many other fruits.
- **Pineapples** contain a wealth of nutrients including bromelain, a protein-digesting enzyme that has been found effective in digestive health, pain relief and inflammation. Pineapples are also a rich source of fibre. However, they are high in sugar.
- **Lemons and limes** – If your lemon or lime is un-waxed and organic, you may want to add some of the zest to your smoothie. The zest contains even higher levels of nutrients than the juice. Citrus fruits contain good amounts of vitamin C, which helps to support your immune system. Use ¼ – 1 juice per smoothie.

### Step 3: Additional veggies, spices, and greens

Bulk it out with vegetables or leafy greens.

Choose any of the following for added nutrition or flavour:

- **Cruciferous vegetables** – cabbage, broccoli, sprouts and cauliflower have an incredible ability to mop up toxins from our body. Try to include them in your diet where possible – in your smoothies or steamed
- **Ginger** – historically, ginger has been used to aid and soothe digestion, as well as relieve the symptoms of nausea. Ginger contains potent anti-inflammatory compounds known as gingerols.
- **Herbs & Spices** – all are high in nutrients but often very strong in flavour, start by adding half a teaspoon and adjust to your taste.

Experiment with your favourite flavours and note down the quantity you use so you can replicate it next time.

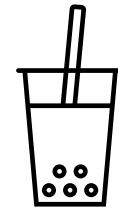
- Cinnamon is loaded with antioxidants, contains anti-inflammatory properties and is considered supportive of blood sugar control
- Nutmeg is commonly associated with pain relief, due to its anti-inflammatory properties. Nutmeg is also considered beneficial to digestive health, brain function and is packed with antioxidants

### Step 3: Additional veggies, spices and greens...

- **Leafy Greens** – kale, watercress, rocket, spinach, dandelion leaves, lettuce and chard are all rich in folate, vitamin C and magnesium.

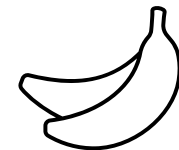
They have healing benefits and are great detoxifiers. Green leafy vegetables are also rich in beta-carotene, which can be converted into vitamin A, important for immune function.

If you need an extra boost, load up your smoothie with a measurement of flaxseed, raw cacao powder, coconut oil or good quality sugar and additive free protein powder



If you prefer a creamy smoothie, you can add a nut butter such as almond butter, with no added sugars.

If you notice your banana skins just starting to turn brown, peel and chop the bananas and put them in a container in the freezer. You can then use the banana chunks just like you would frozen blueberries or raspberries. Plus, it makes your smoothie extra cream.



## Green refreshing smoothie

1 large handful of spinach  
5g fresh ginger  
Juice of 1 lemon  
1 stick of celery  
120g cucumber  
½ avocado  
300ml water  
Option: add 1 green apple or kiwi

If the lemon is un-waxed and organic, add some of the zest to the smoothie.



## Breakfast Smoothie Bowl

Half an avocado  
1 small banana  
Handful frozen raspberries  
1 tsp Extra Virgin Coconut Oil - optional  
1 heaped tbsp Chia Seeds or Flax Seeds  
100 ml milk (coconut or almond milk)

Smoothie bowls are quite thick like a mousse and can be eaten with a spoon. This can be topped with whole berries, seeds, or granola for a big breakfast.

For a smoothie drink – add more milk.

Avocados are very high in potassium, which should support healthy blood pressure levels.  
Oleic acid which is found in avocados, chia seeds and flax seeds has been associated with reduced inflammation.



## Red Brain Smoothie

1 red beetroot (you can use cooked beetroot)  
5 walnuts (preferably soaked overnight)  
40g of blueberries  
40g of raspberries  
½ avocado  
300ml of filtered water

Walnuts and berries are rich source of the antioxidant vitamin E, which protects cells from oxidative stress caused by free radicals.

Walnuts are good for the brain, as they contain omega-3 fatty acids.



## Anti-Inflammatory Smoothie

5g of fresh turmeric root or 2 tsp of dried powder  
10g of fresh ginger root  
A few twists of black pepper  
1 glass cut fresh pineapple or mango  
Juice of 1 fresh lime  
1 tbsp of good quality extra virgin olive oil  
200ml of water

Ginger and turmeric could help decrease inflammation, relieve chronic pain, reduce nausea, and improve immune function.



## Chocolate Creamy Smoothie

1 ripe banana  
Handful of fresh spinach  
1tbsp of nut butter (100% peanut or almond butter)  
1 tbsp sunflower seeds (preferable soaked overnight)  
1 tsp of honey (optional)  
1 glass of milk (soya, almond milk optional)  
1 tsp cinnamon

Cinnamon has anti-viral, anti-bacterial and anti-fungal properties.



## Peanut butter Smoothie

1/3 cup oats (best soaked overnight with water)  
1 ripe banana  
½ glass of mango (optional)  
1 tbsp peanut butter  
1 tsp cinnamon  
1 cup almond milk  
Pinch of salt  
1 tsp honey (optional)  
Dark chocolate chips for dressing (optional)

Mango is a low-calorie fruit that is high in fibre, and is a great source of vitamins A and C.

