

☞ WHOLEmade™

Fruit Smoothies

Revitalize your health and energy
with this single delicious recipe!
(ready in less than 10 minutes!)

Start each day with this great source of nutritional essentials!



Share this information freely with others!

Courtesy of www.simplynaturalhealth.com

ϕWHOLEmade™ Fruit Smoothies

What if you could transform your health and weight with the addition of just one incredibly delicious (and simple to prepare) food?

Replace an otherwise nutritionally-devoid meal or snack with a ϕWHOLEmade™ Fruit Smoothie and enjoy the resulting health benefits of consuming an incredibly varied and concentrated source of nutrients.

- *Fruit smoothies are a great nutritional start to each day!*
- *They are an incredibly wholesome snack option.*
- *They can be prepared in an endless variety, in under 10 minutes!*
- *They're tasty enough that you'll want to enjoy them every day!*

ϕWHOLEmade™ Fruit Smoothies are naturally packed with:

- Vitamins
- Minerals
- Fiber
- Antioxidants
- Phytonutrients
- Omega-3 essential fatty acids
- High-quality hydration
- All in raw, body-available forms



ϕWHOLEmade™ Fruit Smoothies

Fruit smoothies uniquely prepared with whole foods and no sugar or dairy

Whole food	whole fruits and nuts
Hydrated	nuts/seeds soaked, to optimize nutrition and digestibility
“Osterized®”	all ingredients blended to release nutrition from cells
Leafy greens, optional	the inclusion of which increases nutrient value and fiber
Easy and enjoyable	simple and tasty enough to become a regular part of each day!

Why include ϕWHOLEmade Fruit Smoothies as a regular part of your diet?

- They're a simple, wholesome addition to your diet
- They taste great
- They're easy to prepare (in under 10 minutes!)
- They're incredibly nutritious
- They can easily become a dietary staple
- This single food that can have a powerful impact on your health and weight!
- Smoothies can replace an otherwise nutritionally devoid meal or snack
- Each of the ingredients are great health-promoters
- Consuming them boosts your intake of fiber, antioxidants, vitamins, minerals and beneficial oils
- Nuts and flax oil provides essential fatty acids and “staying power” (fats give you a feeling of satiety that “stays with you” longer than fruit alone)
- Studies have shown that half of the 12 most antioxidant-rich foods are berries. Try a variety- blueberries, strawberries, raspberries, blackberries, cherries, cranberries, etc. Include a variety of fresh fruits as well (peaches, mangos, pineapple, etc.)
- By regularly changing your “recipe” you keep the smoothies interesting and vary their nutritional content

- Not only do nutrients in a food boost the availability of other nutrients in the same food, but foods eaten in combination also boost the nutrient uptake in the combination. This makes fruit smoothies a synergistic playground for a myriad of nutrients and health benefits!
- Top your smoothie with ground flax and you get that much more benefit- essential fatty acids plus plenty of soluble and insoluble fiber
- Smoothies are a healthful alternative to ice cream
- They make a great mid-day snack or “dessert”
- They can be enjoyed as a complete meal- either for breakfast or lunch (or even for dinner if you’ve had a large meal mid-day or plan to work out in the evening)
- They don’t require any fancy ingredients and a limitless variety can be made with the creative use of ingredients on hand
- They’re a great fast food (*take 'em to go!*)
- They appeal to young and old alike.

🌱 **WHOLEmade™** Fruit Smoothies are prepared with whole foods
that naturally supply all the good stuff your body needs!



Berries- great source of antioxidants, vitamin C, manganese and fiber



Bananas- rich in potassium, fiber and vitamin B6



Oranges- supplies vitamin C, antioxidants and phytonutrients



Apples- great source of phytonutrients and fiber



Nuts- contribute beneficial fats, vitamin E, magnesium, manganese and antioxidants



Flax oil- contributes omega-3 essential fatty acids and antioxidants



Optional addition of leafy greens (spinach, kale, etc.)- boosts your fiber, vitamin (particularly vitamins K, A and C), mineral, phytonutrient and antioxidant intake

ϕWHOLEmade™ Fruit Smoothie

2 oranges

*2 handfuls of blueberries,
strawberries, pineapple,
mango or whatever fruit
you may have on hand*
(fresh or frozen)*

*1/3 cup nuts***

*1/2 cup water or ice
1-2 Tbsp. flax oil
2 frozen bananas
opt: 1 apple (cored)*

Peel, cut and add fruit to the blender. Add rest of ingredients and puree until smooth. (*Puree the orange sections, nuts, water and any 'seedy' berries in advance of adding the other ingredients if you want to ensure they are thoroughly processed.*)

* about 1 1/2 cups of fruit. I tend to use frozen berries, but the options are limitless.

** walnuts, almonds, pecans, etc.- ideally presoaked for several hours or even overnight.

Variation: Replace the 2 whole oranges with one cup of orange juice (ideally, fresh squeezed).

Using fresh bananas instead of frozen? Add some ice in place of some of the water for a better consistency. Also use more ice if all the fruit you use is fresh, not frozen.

*Great served topped with chopped nuts (almonds, walnuts, pecans),
shredded coconut and/or ground flax.
Try one for breakfast or lunch, or as a snack!*

Green Smoothie: add a couple handfuls of spinach or a few leaves of kale or chard to the blender in final processing. The color and nutritional value will change, but the flavor, remarkably, isn't greatly impacted. A great nutritional boost!



The Rationale Behind **ϕ**WHOLEmade™ Fruit Smoothies

Some science plus additional thoughts and tips for serious "whole foodies"!

Unique to Simply Natural Health: the **ϕ**WHOLEmade™ approach to food preparation

Our EVERYDAY WHOLESOME EATING SERIES of cookbooks and health guides are based on the premise that it is always to our best advantage to eat foods in their whole form.

In keeping with Simply Natural Health's goal to make healthy living simple and practical, all of our recipes are **ϕ**WHOLEmade™

W hole food	whole, natural plant-based ingredients
H earty and healthy	family-pleasing and exceptionally good for you
O nly the good stuff	focused on nutritionally-dense foods; avoiding common allergens
L ess costly	simple ingredients that are affordable and obtainable
E asy and enjoyable	simple and tasty recipes!

ϕWHOLEmade™ Fruit Smoothies

take **ϕ**WHOLEmade™ to a new level of health promotion!

W hole food	whole fruits and nuts
H ydrated	nuts/seeds soaked, to optimize nutrition and digestibility
"O sterized"	all ingredients blended to release nutrition from cells
L eafy greens, optional	the inclusion of which increases nutrient value and fiber
E asy and enjoyable	simple and tasty enough to become a regular part of each day!



The Creation of ϕWHOLEmade™ Fruit Smoothies

Most fruit smoothies begin with a dairy base (an animal-based product) to which is added fruit and sweeteners (usually white sugar or a sugary syrup).

When I began making fruit smoothies, we used yogurt, and then substituted soy milk when we began to eliminate dairy from our diet. In time we learned there are some concerns with soy products and transitioned to nut milk. After paying for commercially-produced almond milk for a while, it occurred to me that almond milk is not much more than almonds and water. Couldn't I combine nuts and water as a base for a smoothie and remove the "middle man" (and the added expense and nutrition loss). At first we simply used raw nuts, but then, in time, I learned that soaking nuts not only allows them to blend up more smoothly, but increases their nutrition and digestibility. Yay!- I now could make incredibly wholesome smoothies with all whole foods. And the inclusion of frozen bananas added sweetness and creaminess that made any added sweeteners completely unnecessary.

You can feel entirely good about every ingredient

that goes into a ϕWHOLEmade™ Fruit Smoothie!

What do you need to prepare ϕWHOLEmade Fruit Smoothies?

1. A decent blender. Smoothies can be made with an ordinary household blender, but just be aware that the resulting smoothie might not be as "smooth" as you might like. In time, you may want to invest in a Vitamix or Blendtec, two exceptionally heavy-duty blenders
2. Frozen bananas. These provide a sweet creamy base for most smoothies. When the peels of your bananas are heavily speckled or even look like they've pretty much gone by, they are in the perfect state for peeling and freezing. Oftentimes you can get a really great buy on these "overripe" bananas at the grocery store. Keep a stash of them on hand in the freezer using resealable plastic freezer bags or a glass container with a plastic lid. If using fresh bananas, add some ice in place of the water to get a good smoothie consistency.
3. Fresh fruit- oranges, apples, pears, peaches, pineapple, grapes, etc. (really any fruit- except for melons)
4. Other frozen fruits/berries- freeze them away as they come in season (strawberries, blueberries, raspberries, blackberries, peaches, pineapple, mango, grapes, etc.)
5. Any variety of nuts and/or seeds- to contribute beneficial fats, protein and satiety. Smoothies prepared with nuts/seeds satisfy longer than those made without.

Exceptionally Healthy Add-Ins (to blend into smoothie or use as toppings)

- Other varieties of nuts (brazil nuts are a particularly great source of selenium)
- Seeds in place of or in addition to nuts (pumpkin seeds are particularly rich in zinc)
- Chia seeds (great source of protein, beneficial fats, fiber)- ideally presoak before adding
- Hemp seeds (contain all essential amino acids and essential fatty acids)
- Goji berries (rich in antioxidants)
- Spirulina powder (great source of protein, vitamins, minerals and carotenoids)
- Molasses (rich in minerals, particularly iron and calcium)
- Dried fruit- dates, raisins, prunes, etc. (lots of fiber, antioxidants, minerals)
 - presoak for best blendability
- Fresh fruit- chopped and served on top or mixed in (strawberries, mangos, etc.)
- Ground flax seeds (soluble and insoluble fiber, lignans, omega 3 essential fatty acid)
- Coconut- flakes or shredded (beneficial oils, antifungal and great energy source)
- Greens (spinach, kale, collards, chard, dandelion greens, etc.)- fiber, vitamins (particularly vitamins K, A and C), minerals, phytonutrients and antioxidants
- Sprouts (*for the really brave!*)- enzymes, chlorophyll and vitamins



If you've enjoyed this and would like to learn more about wholesome eating or get your hands on some more great recipes, be sure to visit www.simplynaturalhealth.com

and *Good and Easy Gluten-free*

Our whole food, plant-based, gluten-free and allergen-sensitive recipe blog
www.glutenfreerecipeseasy.com

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