



# *Smoothies to the Rescue*

*Daily Nutrition in One Delicious Package!*



ELLIE HADSALL

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*Daily Nutrition in One Delicious Package*

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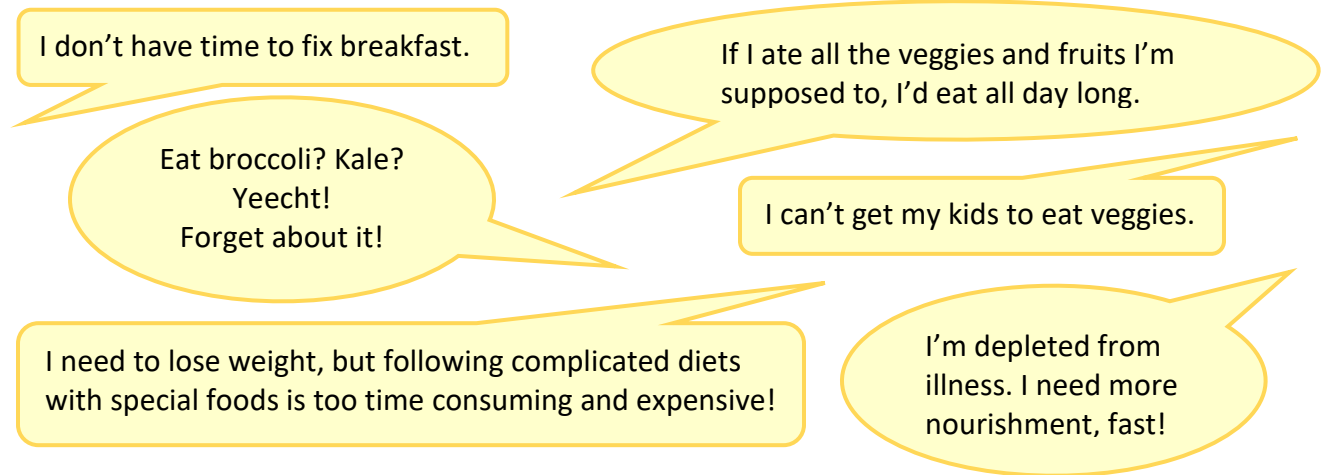
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# Smoothies

## A Solution for Health, Vitality, Dieting, & Nourishment



Sound familiar? Getting a day off to a good start sets an energetic day into motion. Regardless of your age, lifestyle, or menu preferences, a smoothie *guarantees* a healthy diet.

### What's a Smoothie?

It's a delicious, nutritious blend of pureed vegetables and fruits that can meet your daily requirements for vitamins, minerals, and roughage. Add plant-based protein and powdered supplements if those are in your daily requirements, too.

### Why Drink a Smoothie?

- It's quick. You get breakfast done in one refreshing wake up blast.
- Don't limit it to morning; any time of day is smoothie time.
- It's amazingly efficient. There is no cooking and fewer dishes to clean up.
- One smoothie *includes all essential vitamins, minerals, trace elements and oils*. No need to worry about getting the daily nutrition that your body requires for health and vitality.
- You can adjust ingredients for special diets such as nourishing, weight loss, or energy.
- Because ingredients are raw you receive the highest form of nutrients.
- Your body assimilates a smoothie more readily because blending and pureeing breaks down cellular structure and "pre-cooks" the foods, which aids in digestion.
- *When prepared properly*, people with weak digestion may find a smoothie easy to assimilate.
- It includes no highly processed "foods" *which the body doesn't recognize as food*, doesn't digest, and instead is stored as toxins in your tissue.
- It is guaranteed to please your palate because *you* choose the ingredients.
- It is easy (I'm going to tell you how...)



## Guidelines

### **Drink a smoothie s-l-o-w-l-y.**

“Drink your food and chew your drink” is an admonition commonly attributed to Mahatma Gandhi. Chew food thoroughly until it becomes liquid in the mouth and hold a drink in the mouth for a few moments before swallowing. According to Ayurveda, it is important to taste the flavor in order to satisfy hunger and digest properly. *Here’s how it works:* Saliva in the mouth begins to break down the food and is an essential first step of digestion. As your tongue discerns tastes, it notifies your stomach of what is “coming down the tube” so the appropriate gastric juices and enzymes are released. Gastric juices vary depending on whether you digest proteins, fats, etc. For this reason, it is best to not eat certain foods together, as they may require different gastric juices. When eating the wrong combinations, you get to enjoy gas or cramps, which most sane people prefer to avoid. Fruit digests more quickly than other foods, so is often eaten alone; however, pureeing fruit with other food breaks them both down into a combination that usually digests well. Caution: never add melons to a smoothie; they are always best to be eaten alone. Learn more about proper food combining at [http://www.ayurveda.com/pdf/food\\_combining.pdf](http://www.ayurveda.com/pdf/food_combining.pdf)



### **Blend food with hot or warm water.**

Drink this mixture only when it is warm. If you drink it cold, it is harder to digest and can cause gas or take a loooooong time to digest. This is true for all food - warm or hot food digests more easily. If you are using frozen fruit or veggies, use very hot water so the final smoothie is warm. If you have “no or slow” digestion, make it with sufficiently hot water for the final blend to be warm. People who digest food easily can have a cold smoothie but if you get cramping or gas, make it warmer next time.

### **Add a chunk of fresh ginger root.**

Ginger helps stoke up your digestive fire for better digestion and assimilation. If necessary, you can use powdered ginger but fresh ginger root is preferred. You may also add cumin, cinnamon, or other warming spices as preferred.

### **Vary your choices.**

A variety of veggies and fruit brings a mixture of nutrients to your diet, increasing the chance of providing all essentials. *Categories of foods to include in your smoothie are listed below.*

### **Preferably, use produce grown locally, fresh, and organic.**

*If that is not possible do the best you can.* Buy organic food from other locations. Buy fresh produce and wash thoroughly to remove as much pesticide and herbicide residue as possible, remembering that most of it is already absorbed into the plant and cannot be washed off. To

avoid waste, *occasionally* you can use day-old leftover cooked veggies, but because the nutritional value is diminished, don't make it a regular practice.

**For convenience, pre-wash and store fresh produce.**



You are more likely to make a smoothie if ingredients are ready to use. If you don't, you have to pull out and wash what you each need time, which requires multiple washings, versus doing them all at the same time. Do it while watching a good (not an angry or distressing!) video, a podcast, listening to enjoyable music, or chatting with a friend. I wash produce when I bring it home and store it. I can then easily prepare a smoothie with little mess to clean up. Here are directions:

**To wash:** Cut out bad spots and darkened ends of stems. (You can include tender stems in smoothies. You can also include skin of many foods, such as apples, carrots and zucchini.) Wash off gently in cold water. Spread veggies out in a single layer on a large dry bath towel, then roll it up - this brings all sides of the plant material in contact with the towel. Gently pat to absorb excess moisture. Let rolled towel sit on countertop for 15 minutes for further absorption. Unroll the towel.

**To store:** Place each type of produce in a plastic bag or covered container. Insert one or more paper towels to absorb remaining moisture. Remove air from bag and close with zip lock, twist tie or clothes pin for easy opening. Refrigerate. As you use food during the week, *replace paper towels if they become soggy*. Another option is to place a selected variety of veggies into individual bags so that each morning you can easily grab one bag from the fridge. My veggies easily keep this way for or a week or more. (To avoid waste, dry used paper towels to use as napkins or to clean up spills in the kitchen. You can also use small pieces of pure cotton or bamboo fabric, like I do.). The key to long-term storage is to absorb excess moisture with the paper towel.

**Wacky Hint:** Roll washed veggies in a clean bath towel as directed above, place in empty, clean washing machine tub and run the *spin dry* cycle. This thoroughly removes excess moisture, does not bruise the food, and they store even longer. Use paper towels as instructed above.

**Note:** For convenience, busy people may prefer to purchase pre-washed, packed veggies from the store, or purchase prepared veggie party trays to use. For longer storage, you'll want to also insert paper towels into these containers to absorb extra moisture. Be aware that such foods have lost some of their vitality in the pre-washing process. They are certainly better than no veggies, yet not as potent as fresh produce. For people who are not kitchen-savvy, they are a godsend.

### Add produce to the blender in this order:

- *Use a high-quality blender.* For super blenders such as Vitamix, you needn't cut veggies or fruit into small pieces; you can even leave on *edible* peelings. For standard blenders, cut veggies and fruit into small pieces. Less expensive blenders chop up food into pieces but may not puree them into a smooth blend. If using one of these, first puree veggies and fruit in as little liquid as necessary, and then add more liquid as needed.
- Adding a banana or avocado creates a creamier texture.
- Add leafy veggies first (or follow directions for your blender). They help to support the remainder of chunky food above the blender blades. Chunks sometimes stick below the blades and don't get blended in. Leafy greens also release liquid as they puree, which helps remaining ingredients blend more efficiently.
- Add additional ingredients and pour in sufficient liquid for puree to mix well.
- If adding nuts or seeds, puree them first with a little liquid and then add the remaining ingredients as instructed. If you add nuts in after everything else, they can bounce around a lot but not get puréed - which is great only if you want a chunky smoothie.

### Categories of Food to Include

Include *at least one food item* from each of the following categories if you want to include a healthy mixture of vitamins, minerals, and roughage, or vary selections throughout the week.

A few common examples are listed - there are many more options in each category.

- **Leafy and green:** Swiss chard, spinach, arugula, salad lettuces, mustard and beet greens, or wild greens such as dandelion, lambsquarter, amaranth, purslane, London Rocket, Flixweed, peppergrass, wild lettuce)
- **Cabbage family (Cruciferous):** cabbage, collards, broccoli, Brussels sprouts, cauliflower, Bok Choy, turnips, kale, kohlrabi, rutabaga, Swiss chard
- **Root:** carrots, turnips, beets, sweet potato, parsnips, radishes
- **Colorful:** carrots, beets, sweet potato, red cabbage, butternut or other colorful squash, pumpkin, rutabaga... (colorful roots may simultaneously serve as your root veggie)
- **Fruit:** fruits that mix well with veggies, so as to not cause indigestion, are avocado, banana, coconut and apple. I've also had success with peaches, apricots, berries, mangoes and grapes. Frozen fruit is alright if fresh is not available. If your smoothie causes burping or gas, omit the fruits and eat them at another time of the day. Also try dried fruits such as raisins and dates.
- **Ginger Root:** Add a half-inch piece of fresh ginger root per smoothie portion to aid in digestion. 1/4 teaspoon ginger powder can substitute if fresh root is not available.



- **Nuts and/or seeds:** These add protein and beneficial oils. Seeds with the most complete protein include hemp, pumpkin, and sacha inchi. Consider adding almonds, walnuts, pecans, pine nuts, coconut, sunflower, flax, or chia. Note: chia or flax seed will thicken your smoothie, so add sparingly or include additional liquid.
- **Oil:** a tablespoon of virgin olive, coconut, non-GMO sunflower, or nut oils. Avoid corn and any oils which can no longer be guaranteed to be non-GMO.
- **Add hot water or other suitable warm or hot liquid.** Liquids can include fruit juices or nut milks. (Avoid dairy, yogurt, or soy milk which don't digest well when mixed with other foods.) I usually place food in blender first, then pour in water to the half-way level and blend. If the result is too thick, add more water and re-blend. If you have leafy greens or juicy fruit such as berries, you'll need less liquid. Use very hot water if including frozen fruit. Note: Hot water warms the food before it is consumed which assists in digestion.

Why are the above foods recommended?

Each food group offers unique benefits. Combined, they offer general nutritional benefits. Individual needs vary and need to be taken into consideration.

### Additional Guidelines

- **Begin blending on a medium speed.** Once the mixture begins to circulate, adjust to a higher speed. Blend just until pureeing is complete - the more you blend, the more air gets into the smoothie which can cause burping. If you occasionally adjust the speed up and down, it decreases the number of air bubbles.
- **Control your portions:** with these multiple categories, *it is easy to make too much smoothie!!* For one person, I might use half a medium chard leaf (green leafy), one broccoli head, (cabbage family), one third of a carrot (root, colorful), half a banana (fruit), five almonds (nuts), one-half tablespoon pumpkin seed (protein), one tablespoon of coconut oil (oil), a half inch of ginger root, twelve raisins (for sweetener and iron) and 3/4 cup hot water.
- **Some vegetables represent more than one category.** For example, Swiss chard is both a leafy green and a cruciferous. Beets are both colorful and a root vegetable.
- **Include edible seeds and peels.** These offer excellent roughage and nutritional value. A few seeds, such as in the apple, are not considered desirable. Squash, cucumber, and pumpkin are examples of quality seeds. Inform yourself further with online articles.
- **(Optional) Sweetener:** Added fruits serve as a sweetener, as do figs, raisins, dates, or other dried fruits. If you desire more, consider adding honey, molasses (iron), agave, maple syrup, erythritol, or stevia. I taste the puree first, then add sweetener if I want it that day.



- **(Optional) Seaweed:** kelp, hijiki, Kombu, wakame, dulse, Irish moss, nori. Note: Since the Fukushima disaster in Japan, radioactivity has spread to seaweed harvesting areas so some seaweeds and fish are becoming questionable.
- **(Optional) Protein Powder:** If protein powder is plant-based, it can be added. This is good for people doing heavy physical work. We have a vegetarian yogi friend who lives on smoothies. He constructs houses and swears that by adding protein powder and nuts to his smoothies, he has strong, steady energy all day long.
- **(Optional) Powdered Supplements:** If you take a powdered supplement at meal time, consider adding it. We add turmeric and MSM powder to our morning smoothie. Some supplements are bitter or astringent so you may want to add a little more sweetener to compensate. Your taste buds will let you know!
- **Texture of Smoothies change depending on ingredients.** Some ingredients offer more roughage, or have qualities that thicken the blend or alter its consistency. You'll learn as you go.
- **Clean your blender well after use.** Fill it 2/3 full of hot water, add two drops of dish detergent, and blend at high speed. I add a pinch of baking soda to help scour. Pour out, rinse well and place on rack upside down to dry out between uses. Once a week, follow your cleaning up with a vinegar rinse of 1/4 cup vinegar (white or apple cider) in hot water and blend a second time before final rinse. In humid climates where mold grows easily, you may want to pour vinegar into your blender sufficiently to cover the blades and allow it to sit for 15 minutes, then rinse. If your blender blades and bottom will disassemble, at least once a week, wash all parts and dry. Some blenders do not disassemble, but the above vinegar rinse weekly should suffice. Over time, plastic blender jars may discolor or get cloudy but no worries; if you are cleaning it, it's fine.

## What Else?

**Don't get attached to smoothies.** While they are convenient and healthy, we humans naturally enjoy variety. So periodically have a traditional breakfast that pleases you. We drink breakfast smoothies on weekdays but shift to traditional breakfasts on weekends. I happily enjoy a Sunday morning meal of a hot blueberry waffle drenched in warm maple syrup or indulge in a flakey peach turnover and steaming latte mocha, knowing that my body regularly receives excellent nourishment. Show your body daily that you love it, with wonderful nutrients so you can occasionally free yourself from the tyranny of "musts" and "shoulds" that rule our lives.

**Don't go on a guilt trip if one day you only want a mango-banana smoothie.** We don't need every vitamin and mineral every day - nature isn't like that. You simply need a variety throughout the week to offer your body a "menu" from which it can choose what it needs. On the other hand, lots of strawberry-avocado-almond milk smoothies can expand your waistline. Use discretion here!





### How to get kids to drink a green smoothie:

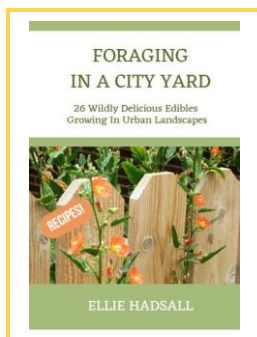
- Start with a smoothie with their favorite fruits and a small amount of added vegetables and then gradually decreasing the fruit as you increase the veggies.
- Let them choose the veggies and fruit.
- Serve it up in a special “smoothie” cup, along with a crazy straw.
- If they won’t try it, initially serve it with a treat they enjoy. One taste will surprise them.
- Garnish it with a small dab of whipped cream.
- Make a game. Have them close their eyes and guess which fruit you added (this focuses their attention on the fruit instead of the vegetables).

**Use your imagination!** Read smoothie recipes online for new ideas. There are cold fruit smoothies that are refreshing in a hot climate, workout smoothies to build muscle mass, and smoothies for people with weak nervous systems. Then there are the multitude of “the latest food fads” that assault our information platforms; feel free to incorporate them into your smoothie so long as it fits the purpose and criteria.

**If what you eat is enjoyable to your taste buds and your body digests it well, it is good food.** If you force yourself to eat something everyone else touts as wonderfully healthy, yet you have to force it down, it is not good food for you. Such intake only creates resistance in your body and it will not digest well. So, if adding a sweetener makes it more palatable for you, add a healthy one. Experiment with new ideas. Observe the results and adjust as needed.

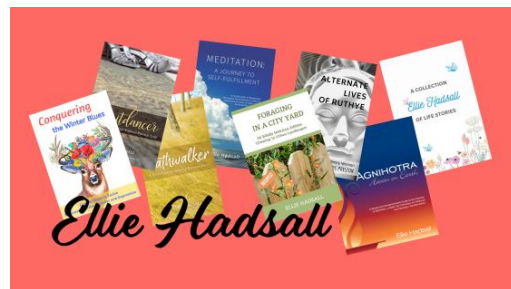
*Life is like a smoothie.  
You get out of it what you put into it.*

*I like to imagine there is a universal law that states a nutritional smoothie a day cancels out any harmful effects of coffee, cinnamon rolls, or chocolate.*



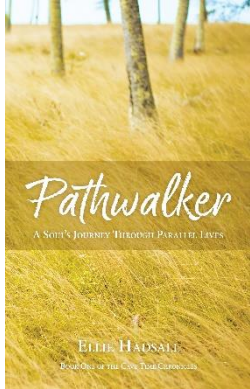
For more delicious, healthy recipes made with nutrition-packed weeds, read **“Foraging in a City Yard: 26 Wildly Delicious Edibles Growing in Urban Landscapes”** by Ellie Hadsall, now available on Amazon.com

**Additional Books by Ellie Hadsall are available on Amazon**

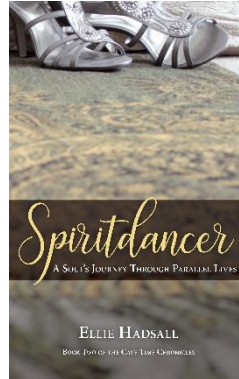


## The Cave Time Chronicles

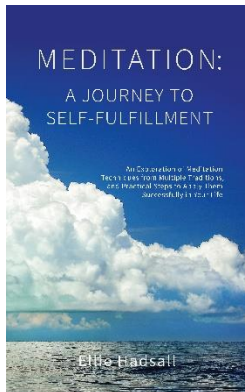
A leading-edge spiritual fantasy series, filled with adventure, mystery, and insight into today's shifting, awakening consciousness. A woman travels through her parallel lifetimes, experiencing unknown cultures, facing life-threatening challenges, and awakening to her higher wisdom.



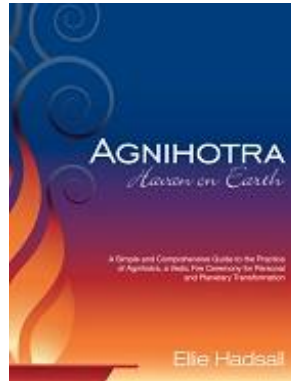
Book 1: **Pathwalker:**  
*A Soul's Journey Through Parallel Lives.*  
Eleni awakens in an unfamiliar existence. Faced with the unknown, she must survive living in the wild by using her wits and memories of wisdom teachings.



Book 2: **Spiritdancer:**  
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Arriving in a radically different lifetime, Eleni must reorient herself to a life of fame, intrigue, and governmental corruption. (Bk 3 is in the works.)



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Ellie grew up on a Midwestern farm eating organic garden vegetables and wild greens. Shamelessly addicted to green smoothies, she depends upon them to balance out her equally shameless attraction to anything chocolate.

An author, spiritual mentor, consultant, and intuitive, Ellie has taught meditation for over 30 years. Ordained in Kriya tradition, she teaches and leads events and seminars supportive of Soul Realization, and Vedic healing fire ceremonies for personal and planetary transformation. More at [EllieHadsall.com](http://EllieHadsall.com)