



Healthy Smoothies



Fresh smoothies are a wonderful way to provide balanced nutrition for times when you can't prepare or sit down to a normal meal. They are excellent before and after training, for morning and afternoon tea, as a snack and when travel arrangements make healthy meal choices highly unlikely.

Smoothies can easily be prepared using the Zone Diet principles of 40% carbohydrates, 30% protein and 30% good fatty acids. When prepared in this manner, these smoothies will provide long lasting, low glycaemic index nutrition with a "slow burn" nature that will

easily last till the next meal time. They are a thousand times better than snacking on junk food and well worth the effort to plan ahead.

Each of the macro nutrients (carbs, protein, fat) need to be included to keep the smoothie in balance. The sample recipe will provide clues, but please feel free to experiment with new ingredients. Choose blood type diet favourable ingredients if necessary.

Carbohydrates:

- Banana, mango, figs, stewed apple, peaches, berries of any description (even frozen!) Peach, apricot nectar or honey to sweeten. Creative Gourmet make the wonderfully convenient "Smoothie Cubes" in strawberry, tropical, berry oxidant and breakfast flavours. Available from Coles and Woolies as frozen blocks of all natural fruit. www.creativegourmet.com.au

Proteins:

- Eggs, linseed/sunflower/almond meal, and the various protein powders.
- **Iso-Whey:** a high-quality, pleasant tasting vanilla or chocolate flavoured powder with 76% protein and added L-carnitine, magnesium, calcium and chromium to assist in Fat loss.
- **Endura Opti:** an athletic mix of 13% protein, 76% carbohydrates with electrolytes, amino acids, vitamins and minerals. Excellent for athletes and energetic children before and after training in both chocolate and vanilla.
- **WPI 90:** at 90% protein, WPI is excellent for raising the protein fraction of smoothies or breakfast cereals when mixed with milk or water.
- **Lecithin granules:** soy protein that acts as an emulsifier for the oils.

Fatty acids/oils:

- Cow's milk (raw and unhomogenised is best), or rice/soy/oat milk. Avoid treated milks e.g. Shape, Trim, Skim, Physi-cal, as they are over processed and poor value. (There is a fair % of carbs in all milks)
- **Coconut oil:** Great for athletes or those who need energy, as it is extremely high in medium chain triglycerides which are used as fuel for our body and generally not stored as fat. Tastes great, and combines well with chocolate or vanilla protein powders to emulsify and not separate after blending. It turns into a solid below 20° C so needs to be added and blended immediately. The "Nui" virgin, cold pressed, organic oil is great.
- **Flax seed oil:** Great fuel and very tasty with the ideal ratio of omega 3 to omega 6 fatty acids. The Melrose Organic cold pressed flax seed oil is recommended.
- **Olive oil:** Good, virgin, cold pressed olive oil is cheap and readily available and a great source of fatty acids when taken raw. Can taste a bit 'olive oily' if too much is used.

Special ingredients:

Chyawanprash: An ayurvedic herbal paste that has 47 herbs in its formula and is a tremendous tonic, benefiting the immune system, aiding muscle growth, improving memory and protective against cancers. It has a slight spicy/cinnamon taste but tastes great in smoothies. Excellent for developing children, older athletes and those recovering from illness. Aloe vera raw gel or juice for gut repair.

Spices: Cinnamon, nutmeg, raw cacao powder and vanilla essence can also be added as desired to great effect. Nutmeg and cinnamon hide the egg taste and vanilla gives smoothies their "milkshake appeal"

Honey or Agave syrup: Great natural sweeteners, but only use where necessary for taste. **Stevia** also useful.

Recipe

Makes about 600 ml and serves two with one big glass each.

Into a jug or blender, place

- A mango or banana or cup of berries or smoothie cubes etc.
- A small amount of water (100 mL)
- 1 or 2 eggs
- 3 scoops of protein powder
- 1 rounded teaspoon of Chyawanprash
- 1 tablespoon (15 mL) of any or a combination of the oils.



Blend until smooth, then add half milk and half water to the desired consistency, also adding any nutmeg, cinnamon, vanilla essence or honey required, and blend a second time.

Serve immediately or fill drink bottles for later. Needs to be refrigerated and will last about 24 hours.

Adjust the recipe for more people or more meals.

These smoothies are great when travelling as there is always "good food" on board which is nutritious, tasty and easily digested.

The high-quality protein powders, oils and the Chyawanprash are conveniently available from Nature Therapies at any time.

Enjoy!
Terry