Smoothie Handbook
Radiance One Smoothie at a Time!
DaNae Johnson, Master Herbalist
Smoothie Handbook For Health

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NOTE TO READERS
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More information at: www.smoothie-handbook.com
To my best friend and husband, Nathan –
Thank you for your loving support and constant patience!

To my handsome boys, Joshua and Jonathan –
Thank you for being my smoothie taste testers!
"Smoothie Handbook for Health is one of the best recipe book I have come across and probably the best smoothie collection available anywhere. It's full of tasty recipes, and the presentation is top-notch, complete with full nutritional information for each recipe. I would definitely recommend it to anyone looking to improve their health quickly and effortlessly."

Frederic Patenaude, author of The Raw Secrets
www.rawvegan.com

"As a nutritionist, I am always looking for ways my clients can incorporate higher amounts of fresh produce—particularly vegetables—into their daily food intake. I'd also like them to add that produce in as natural a low-sugar way as possible. In DaNae Johnson's new Smoothie Handbook for Health I found lots of naturally good recommendations for keeping the sugar content of smoothies low. In addition, she also presents a variety of creative ways to increase protein content (another favorite nutrition topic of mine) of smoothies by adding greens, raw nuts and seeds, and for the dairy-tolerant, yogurt. Her handbook is written simply and laid out clearly, and the nutrition panels for each of the many unique recipes are a helpful bonus.

If you are looking for simple and tasty ways to incorporate low glycemic fruits, natural and healthy sources of protein, and leafy green veggies into your or your family's diet, then look no more!"

Brenda Wollenberg BSW RNCP
Registered Nutritional Consulting Practitioner
Childhood Obesity Specialist
www.kidsinbalance.net
We all know that we should eat more fruits and vegetables throughout the day. But in the rush of life, we often find that at the end of the day we have consumed hardly any fresh produce.

I sometimes catch myself equating processed and heavily cooked fruit and vegetables with fresh produce. Unfortunately, in the first option, most of the nutrients and enzymes have been processed out. In general, processed foods contain mostly calories, fat, protein, carbohydrates, and maybe some fiber – and they are packed with preservatives and chemicals.

Many health studies have proven that vitamins, minerals, large amounts of fiber, phytochemicals, and antioxidants within our food make us feel vibrant and prevent many diseases. But unfortunately, many of us eat too many foods lacking in these nutrients.

How can we easily add more nutrient-dense fresh fruits and vegetables on a daily basis? The answer is smoothies!

Healthy smoothies have benefited so many people. Smoothies can help you lose weight, energize your day, regulate your bowels, experience less junk food cravings and mood swings, and make your skin and hair glow.

Plus, smoothies are a perfect on-the-go meal. Drinking nutrient-dense smoothies on a regular basis can help curb your appetite so that you aren’t reaching for candy or a bag of chips an hour later.
Blending Equipment

It’s important that you do some upfront research on different blenders. You want to be happy with your blender, so you enjoy making nutrient-dense meals for yourself and your family. Choose wisely!

Here are some questions to think about when shopping for a blender:

- Do you want to make a smoothie that is as silky as one made at a smoothie bar? If so, you’ll need to consider buying a fairly powerful blender.
- Does the capacity of the blender container matter to you? (How big is your family?)
- Regarding the motor, do you want the option to vary the speeds manually or do you want the blender to be pre-programmed?
- Some blenders are easier to clean than others. Check how easy the blender is to clean.

While working at a smoothie shop for over a year, I worked only with Vitamix Blenders. Then, after a lot of thought, research, and testing, I chose to buy a Blendtec Blender. The Vitamix Blenders do an excellent job, but the features of the Blendtec Blender fit my family’s needs best.

Will a cheaper blender do the trick for you? Yes, but you may need to add extra liquid to the smoothie recipes since you won’t have lots of power. Also, the blending time will probably increase.

Nutritional Information

I have done the best nutritional research possible, but the nutritional information is approximate. In the long run, fruits and vegetables can vary in micro and macro nutrients according to the way they are grown or how ripe they are. The size of the produce can vary as well. But the nutritional information gives you a general idea of what is in the smoothie.
Regarding the calculations of Weight Watcher’s PointsPlus in the smoothie recipes ... as with the other nutritional information, I have done my best to keep the points accurate.

Overall, most of these smoothie recipes can be used for losing weight, increasing energy levels, and many other great health benefits. Whether or not you notice health improvements will depend on many factors, including how you treat your body. Factors that impact our health include environment, diet, exercise, stress, heredity, etc., but overall smoothies can be a great way to improve your health.

I congratulate you on your quest for healthier living!

It’s now time to go and enjoy those smoothies.

Happy Blending!

\[DaNae\]

P.S. This free version of my book, Smoothie Handbook For Health, only contains 10 of my recipes. Interested in getting all 135 healthy smoothie recipes?

Buy your copy here!
Fruit Smoothies

Energize Your Day!
**Apple Raspberry Smoothie**

1 banana, peeled  
2 apples, core removed  
1/2 cup grapes  
1/2 cup raspberries, frozen  
1 teaspoon stevia (optional)  
1/2 cup water  
6 ice cubes

Add the banana, apples, grapes, raspberries, stevia, water and ice into the blender in that order. Blend on low for 15 seconds. Then blend on high until smooth. Enjoy!

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**Chocolate Banana Smoothie**

2 bananas, peeled frozen  
1/4 cup raw almonds*  
1 tablespoon cacao/carob  
1-2 packet of vanilla stevia  
1/2 cup of water  
2-4 ice cubes

First, pour water, stevia, and chocolate into the blender. Second, place the nuts on the bottom with the frozen bananas and ice on top. Blend on low for 10-20 seconds. Then increase the speed to medium/high until creamy smooth.

*May use other favorite raw nuts
**Strawberry Greek Yogurt Smoothie**

1 banana, peeled
10 large fresh strawberries
1 cup Greek yogurt*
2 droppers Berry liquid stevia
10-14 ice cubes

Add all of the above ingredients in the blender and blend well.  
*nonfat & plain Greek yogurt

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**Raspberry Sunrise**

2/3 cup strawberries, frozen
1/3 cup raspberries, frozen
1 banana, peeled
1 orange, peeled/seeded
1 packet vanilla stevia
1 1/3 cup of water
5 ice cubes

First, pour the water into the blender and add the stevia, orange, and banana. Second, put berries and ice on top. Blend until desired consistency is achieved.  
Serves 1
Green Smoothies

Radiance One Smoothie at a Time!
**Hot Pink Green Smoothie**

3-4 cups of cabbage, green  
1 1/2 bananas, frozen  
1 cup strawberries, frozen  
1/2 cup raspberries, frozen  
1 1/2 teaspoon stevia  
2 ice cubes  
1 1/2 cups water

Blend the water and the cabbage first. Then add the rest of the ingredients and blend until smooth. Serves 1-2

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*Percent Daily Values are based on a 2,000 calorie diet

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**Purple Chocolate Green Smoothie**

1 ripe banana, peeled  
5-8 oz spinach, fresh  
2 dates, pitted  
1 cup blueberries, frozen  
1 tbsp powdered cacao  
5 ice cubes  
1 1/2 cups water

Pour the water in first. Then blend the banana, spinach, and dates with the water. Add the remaining ingredients and blend until smooth. Serves 1-2

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*Percent Daily Values are based on a 2,000 calorie diet
Dessert Smoothies

Treat Yourself!
Almond Joy

1/2 cup raw almonds
4-8 dates, pitted*
1 packet of stevia
1 tsp vanilla
1 1/2 tablespoon raw cacao
1 1/2 cups water
16 ice cubes

First, blend the almonds, dates, stevia, vanilla, cacao, and water. Then, add the ice and blend on high until smooth. Serves 2

*Soak the dates in the water for 1/2 hour

Vanilla Coffee Smoothie

1 cup french vanilla coffee*
1/4 cup almonds, raw
8 dates, pitted**
1 tsp vanilla
8-12 ice cubes

Add the coffee, almonds, dates, and vanilla into the blender. Blend until the almonds and dates are creamy. Add ice. Blend again until the ice is completely smooth. Serves 1-2

*Premade and chilled
**Soak the dates in the water for 1/2 hour
**Healthy Vanilla Shake**

- 1/3 cup almonds, raw
- 1/2 cup chopped dates
- 1 tsp psyllium powder
- 1/2 tsp stevia powder
- 1/4 tsp vanilla bean powder
- 1 1/2 cup water
- 10-12 ice cubes

Blend the almonds and dates until it creates a pudding consistency. Add the rest of the ingredients and blend again.

*Or use 1 teaspoon vanilla extract

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**Pumpkin Pie Smoothie**

- 1/2 cup coconut milk
- 1 cup pumpkin, cooked
- 1 tsp cinnamon powder
- 4 dashes ginger powder
- 4 dashes nutmeg powder
- 1 tsp stevia powder
- 1 tsp vanilla
- 8-10 ice cubes

Blend the coconut milk, pumpkin, cinnamon, ginger, nutmeg, stevia, and vanilla until completely smooth. Add the ice and blend again. Serves 1-2
Buy the Complete Version!

The complete version of the *Smoothie Handbook For Health* (instant download version) contains a total of 135 healthy smoothie recipes similar to the ones in this free sample ebook.

Extra Bonuses Included

**Bonus #1: Smoothie Solutions**

Along with the *Smoothie Handbook for Health*, you will receive another ebook called *Smoothie Solutions*. You’ll discover how to substitute for commonly used smoothie ingredients. For example, you’ll learn exactly what you can use in place of bananas, refined sugars and syrups, chocolate, processed cow’s milk, and coffee.

*Smoothie Solutions* also lists a number of my favorite healthy smoothie additives.

**Bonus #2: Smoothie Basics Chart**

And that’s not all… you’ll also get a chart explaining exactly how I create my own nutrient-dense smoothie recipes. You can print it out and place it in your kitchen for your convenience.

So... act now! Buy your copy today!
Contact Information:

I hope that you enjoy these smoothie recipes as much as my family does! If you need to contact me, my e-mail is danae@smoothie-handbook.com.

For more smoothie ideas, check out my website at www.Smoothie-Handbook.com, where you can also sign up for my Smoothie Secrets Newsletter.

Happy Blending!

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