

# Be Well Smoothies

REVISED EDITION

10 DELICIOUS  
AND NUTRITIOUS  
SMOOTHIES  
YOU CAN MAKE  
AT HOME

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# GREEN SMOOTHIES

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*“Juicing and blending fruits and veggies are the best and quickest ways to reduce inflammation (the root cause of most chronic disease) while hydrating your body, drenching your cells in life-giving nutrients and even repairing your DNA. Say hello to boundless energy, glowing skin, clear eyes, improved digestion and exceptional health and happiness. Say goodbye to toxins, excess weight, sugar cravings, addictions, premature aging and a lackluster appearance.” – Kris Carr*

## **Yes. Please.**

I’ve written up 10 of my favourite recipes for blending your own smoothies -- which is easier to do at home than juicing. Juicing has excellent detoxifying benefits and I’ll often buy a juice when I’m out and about, but smoothies maintain the fiber in the fruits and veggies which means they fill you up for longer, require less ingredients (cheaper) and usually create less mess in the kitchen!

Once you get the hang of it you’ll no longer need to follow recipes – they’re easy to create yourself based upon whatever you’ve got in your refrigerator. You can be as creative as you like to cater for your own taste buds. My only recommendation is that for the majority of your smoothies you use more veggies than fruits so you’re not overloading on too much fructose. With occasional exceptions, **my general rule is a 3:1 ratio of veggies to fruit.**



# WTF IS THAT?!

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Before we begin, here are some commonly-used ingredients that may be new to you:

**Raw Cacao** – this is what our beloved chocolate is made of, which is the #1 antioxidant food on the planet. Those rumours about chocolate being good for you are true, it's just before all the junk has been added to make it the chocolate we know today.

**Maca Powder** - a superfood great for boosting the immune system and the libido, lowering stress, and balancing hormones. Use in small amounts as the flavour is quite strong.

**Almond or Hemp Milk** - protein-rich alternatives to dairy, made out of ground almonds or hemp seeds.

**Chia Seeds** - these tasteless little seeds can be sprinkled on any salad or meal, and swirled into a smoothie to pack in a whole lotta goodness. Omega-3 essential fatty acids, vitamins A, B12 and C, potassium, phosphorous, folate, zinc, iron, calcium, fibre, and it's even a complete protein. When wet they turn into a gel and work like a sweeper through your intestines, clinging to and removing any unwanted crap (pardon the pun) hanging around.

**Kale** - one of the healthiest veggies on the planet. Technically a type of cabbage, high in beta carotene, vitamin K, A & C, and rich in calcium (see, you don't need dairy). [Click here for more.](#)



# SIMPLE STARTER

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An easy, mild recipe. Great for beginners.



## Ingredients

- 1 pear
- 1 cucumber
- 1-2 celery sticks
- 1 large stalk of kale leaves
- Juice of half a lemon
- 2 cups of water

Serves 2

Tip: if you love to keep your smoothie a nice bright green colour, try to use a green pear. If it's red or brown, peel it first.

“The habits that took years to build, do not take a day to change.”

— Susan Power

# CREAMY GREEN

A smooth, satisfying glass of goodness.



## Ingredients

- 1 apple
- 1 pear
- 1 cucumber
- 1 avocado
- 1 large stalk of kale leaves
- 1 tbls of chia seeds
- 2 cups of water

Serves 2

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

— Thomas Edison

# ALKALINE DELICIOUSNESS

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Another take on the Creamy Green with a fruity twist



## Ingredients

- 1 avocado
- 1 cucumber
- 1 banana
- 1 large stalk of kale leaves
- 2 tbls chia seeds
- 2 cups of coconut water

Serves 2

“Every time you eat or drink, you are either feeding disease or fighting it.”

— Heather Morgan

# THE SHAMROCK

It's green, full of leaves and your body will feel pretty darn lucky afterwards.



## Ingredients

- 1 large cucumber
- 2 stalks of celery
- 2 stalks of brocolini
- 1 stalk of swiss chard
- 1 handful of baby spinach
- Juice of 1 lime
- 2-3 tbs chia seeds
- 2 tsps of spirulina powder
- 2-3 cups of water

Serves 3-4

“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.”

— A.J. Reb Materi

# STRAIGHT UP

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Low in fructose with a refreshingly light lemon flavour.



## Ingredients

- 1 cucumber
- 1 large stalk of kale leaves
- 1 handful of spinach
- 1 tsp of ginger
- Juice of 1 lemon
- 2 cups of water (or raw coconut water)

Serves 2

Tip: add an extra nutritional kick with some chia seeds, flaxseeds and/or linseeds.

“Most people have no idea how good their body is designed to feel.”

— Kevin Trudeau



# GREEN PROTEIN

For a little boost of protein.



## Ingredients

- 1 apple
- 2 kiwis
- 1 cucumber
- 1 large stalk of kale leaves
- Juice of 1 lemon
- 2 tbls of hemp seeds
- 2 cups of water

Serves 2

Tip: use any protein powder. However, hemp is a great source of protein, easily digested and holds an ideal balance of omega fatty acids.

“Nothing is impossible. The word itself says *I’m possible.*”

— Audrey Hepburn

# TUTTI FRUITY

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Refreshing and hydrating. Great for a hot day.



## Ingredients

- 1 mango
- 1 kiwi
- 1 banana
- 1 handful of baby spinach
- 1 cup of filtered water
- 1 cup of raw coconut water

Serves 2

“Let food be thy medicine and medicine be thy food.”

— Hippocrates

# MAURA'S BERRY SPECIAL

Mothers always know how to do things right!



## Ingredients

- 1 cup of mixed berries
- 1 banana
- 1 large stalk of kale leaves
- 2 tbs of protein powder
- 1 tbs of chia seeds
- 1 tbs maca powder (optional)
- small handful of almonds
- 2 cups of filtered water

Serves 2

Tip: laugh often, dream big, reach for the stars!

“It is health that is real wealth and not pieces of gold and silver.”

— Mahatma Gandhi

# CHOC BERRY MACA POWER

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A deliciously sweet treat.



## Ingredients

- 1 cup of blueberries
- 1 avocado
- 1 tsp of honey
- 1 tbls of maca powder (optional)
- 2 heaped tbls of raw cacao powder
- small handful of almonds
- 2 cups of filtered water

Serves 2-3

Tip: use a banana instead of the berries for a guilt-free choc-banana milkshake.

“If you keep good food in your fridge, you will eat good food.”

— Errick McAdams

# NUTS ABOUT PROTEIN

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A step up from your typical protein shake.



## Ingredients

- 1 banana
- 2 dates
- 1 large stalk of kale leaves
- 1 tbsp of almond butter
- 1/2 tsp of cinnamon
- 1 tbsp of chia seeds
- 1 tbsp of hemp seeds
- small handful of almonds
- 2 cups of filtered water

Serves 2

“Take care of your body. It's the only place you have to live.”

— Jim Rohn

Hola!

Me in a nutshell... When I'm not blogging on **my virtual home**, **studying holistic wellbeing**, or **exploring a new city**, I'm talking a lot of poker thanks to **my dream job** as the television anchor for World Poker Tour and WPT Alpha8 on Fox Sports.

My philosophy:

BE WELL

Take care of your body and your mind -- holistically.  
Love it and it will love you back.

TRAVEL OFTEN

The best education you can buy yourself.  
Stay Curious. Live in the moment.

LIFE'S GOOD

It's all in the belief.  
Life is what we make of it.

If you like the sound of that, then I'd love to see you over at **LynnGilmartin.com**.

LG X



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