

A large, abstract watercolor splash in shades of pink, red, and yellow, serving as a background for the title text.

BECOME A SMOOTHIE MASTER CHEAT SHEET





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10 STEPS TO MAKING AWESOME SMOOTHIES... EVERYTIME.

- **Keep like colours together...**

We eat & drink with our eyes first, so to ensure enjoyment, make sure smoothies look delicious by avoiding mixing contrasting colours. This will always equal a better tasting smoothie experience.

If there is a certain type of veggie you REALLY can't stand eating - don't juice with it!

- **Colour codes will help.**

I have indicated colours in [square brackets] and also what colour ingredients go with what... (see below)

- **Serve it up fresh & cold!**

Add ice, drink cold, and use a straw = more enjoyment, drinking juice!

1 serve approximately = 12 fl oz = 350ml (approx. 1½ cups)

Decide what colour smoothie you want to make then follow the steps!

- Here are the colour codes from **lightest to darkest**:

Note: [BROWN] / CHOCOLATE mask's green veggies nicely.

[GOES WITH EVERY COLOUR]
[YELLOW] ; [RED/PINK] ; [ORANGE] ; [PURPLE] ;
[GREEN] ; [BROWN]/CHOCOLATE

Pantry, fridge, freezer organisational tip - You can sort your pantry, fridge and freezer into 'sections' of ingredients (as per each Step), so that it is easy to grab what you need for each of the steps (below). Then, once you've made a few smoothies using this Cheat Sheet, you will have the hang of how to make your own 'from scratch' smoothies... no recipes needed!



STEP 1. CHOOSE YOUR NUTS & SEEDS

- Choose 2 or more of the following Nuts & Seeds:

* If you want to mix and match, the **total amount should be around ¼ - ½ cup per Smoothie** - except for Chia Seeds (you don't need much - the seeds swell/thicken).

* If you don't have a powerful blender, it's a good idea to grind/blend nuts and seeds into a 'flour-like' consistency first to ensure a smoother smoothie texture!

1 tbsp	Chia seeds	[GOES WITH EVERY COLOUR]
¼ cup	Sunflower seeds	[GOES WITH EVERY COLOUR]
¼ cup	Hemp seeds	[GOES WITH EVERY COLOUR]
¼ cup	Coconut <i>*shredded/flaked</i>	[GOES WITH EVERY COLOUR]
¼ cup	Hazelnuts	[GOES WITH EVERY COLOUR]
¼ cup	Macadamia Nuts	[GOES WITH EVERY COLOUR]
¼ cup	Almonds	[GOES WITH EVERY COLOUR]
¼ cup	Cashews	[GOES WITH EVERY COLOUR]
¼ cup	Pumpkin seeds	[GREEN]

STEP 2. CHOOSE YOUR VEGGIES

- ¼ to ½ + cup (firmly packed) is approximately equal to the quantities for each veggie amount listed. Choose only 1 veg option per smoothie..

1	Carrot (small)	[ORANGE]
2 - 3	Kale leaves <i>*no stalks, leaf only</i>	[GREEN] [also goes w/ darker colours]
2 - 3	Silverbeet <i>*no stalks, leaf only</i>	[GREEN] [also goes w/ darker colours]
¼ - ½	Zucchini (small)	[GREEN] [GOES W/ MOST COLOURS]
¼ - ½	Cucumber (small)	[GREEN] [GOES W/ MOST COLOURS]



STEP 3. ADD YOUR CHOICE OF FRUIT

Remember - start with sweeter smoothies to get you and the family, 'onboard'. You'll gradually need less fruit as time goes by, once everyone gets used to drinking smoothies.

- Add your choice of fruit (natural sweeteners) - you probably want to aim for 2 or less of these options.

½	Banana	[GOES WITH EVERY COLOUR]
2 - 3	Dates	[GOES WITH EVERY COLOUR]
¼ cup	Mango	[YELLOW] [also goes w/ darker colours]
¼ cup	Pineapple	[YELLOW] [also goes w/ darker colours]
¼ cup	Strawberries	[RED/PINK] [also goes w/ darker colours]
½	Orange	[ORANGE]
¼ cup	Goji Berries	[ORANGE] [also goes w/ darker colours]
¼ cup	Blueberries	[PURPLE] [also goes w/ darker colours]
½	Green Apple <i>*dark green/tart</i>	[GREEN] [GOES WITH MOST COLOURS]

STEP 4. (OPTIONAL) ADD YOUR CHOICE OF SUPERFOOD POWDERS

- Most are optional, but you'll need at least Cacao Powder

2 - 4 tsp Cacao Powder [BROWN] [DARKENS ALL COLOURS]
**Masks/hides 'greens' nicely! Great for kids.*

**Please note the descriptions on 'flavour' for the following, are my personal opinion only!*

1 tsp	Lucuma (<i>subtle fruity flavour</i>)	[GOES WITH EVERY COLOUR]
1 tsp	Mesquite (<i>subtle malt-like flavour</i>)	[GOES WITH EVERY COLOUR]
1 tsp	Maca (<i>subtle citrus-like flavour</i>)	[GOES WITH EVERY COLOUR]
1 tsp	Bee Pollen	[GOES WITH EVERY COLOUR]
1 tsp	Chlorella, broken cell <i>*strong taste</i>	[GREEN]



STEP 5. (OPTIONAL) ADD YOUR CHOICE OF GOOD OILS/FATS

I highly recommend adding good oils/fats to your smoothies. It's a great (tasty) way to get them into your and your family's day!

- I actually always put 2 or more of the following in ALL my smoothies.

1 tbsp	Coconut Oil	[GOES WITH EVERY COLOUR]
1 tsp	Hemp Seed Oil	[GOES WITH EVERY COLOUR]
1 tsp	Flaxseed Oil	[GOES WITH EVERY COLOUR]

**Start with very little and build up, flax does have a strong-ish flavour, not everyone likes to begin with - I was one of them!*

STEP 6. (OPTIONAL) DO YOU WANT A CREAMY SMOOTHIE?

- Add 1/4 cup of 1 or more of these Creamy ingredients:

1/4 cup	Coconut Cream	[GOES WITH EVERY COLOUR]
1/4 cup	Cashews <i>*ground</i>	[GOES WITH EVERY COLOUR]
1/4 cup	Avo	[GOES WITH EVERY COLOUR]

STEP 7. ADD YOUR CHOICE OF LIQUID

- Coconut water is a wonderful addition to any Smoothie!

1/2 -1 cup	Spring Water	[GOES WITH EVERY COLOUR]
1/2 cup	Coconut Water	[GOES WITH EVERY COLOUR]





STEP 8. (OPTIONAL) ADD ADDITIONAL NATURAL SWEETENERS

- To help taste buds get introduced to new tastes, you may need additional natural sweeteners at first.
- Gradually reduce sweetness over time - the journey to move to healthier alternatives is not one you can rush. *Essentially, we have to 'detox' from refined sugars. It's a highly addictive substance, and will take time before it releases its hold on you (I speak from experience), so be patient and gentle with yourself and your family during this process.*

1 tsp	Honey	[GOES WITH EVERY COLOUR]
1 tsp	Maple Syrup	[GOES WITH EVERY COLOUR]
1 tsp	Coconut Blossom Syrup	[GOES WITH EVERY COLOUR]

or use more fruit...

STEP 9. FRESHEN IT UP, ADD ICE AND BLEND!

- A few fresh **Mint** leaves, and/or a squeeze of **Lime** or **Lemon** can really freshen up your smoothies!
- I also love to add spices and extracts like **Vanilla**, **Nutmeg** and **Hazelnut** as well as food grade essential oils (make sure you only add essential oils to a smoothie once it is in a glass - it's high concentration can 'melt' plastic)

½ - 1 cup Ice

STEP 10. SERVE IT UP!

- **Serve it up in Glass Jars** - that have sealable lids - easy for transporting!
With a Straw - I use bamboo, or stainless steel straws.

