

A NUTRITIOUS AND SATISFYING WAY TO
HELP YOU GET YOUR 5-OR-MORE-A-DAY

Nutritious SMOOTHIES



Brought to you by **CYTOPLAN**

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ABOUT CYTOPLAN

Cytoplan Ltd provides an innovative range of science-based nutritional supplements supplying the needs of healthcare professionals and consumers. The company was founded in 1990 by health practitioners, including doctors and nutritionists, with many years' experience in nutrition therapy.

Cytoplan is a leader in the highly specialised food-based supplementation sector with a product range continually developed based on the latest nutrition research for optimally 'bio-effective' products. Not all vitamins and minerals are the same and a bio-effective nutrient is one that will easily be taken up into human metabolic pathways and have a biological outcome that is beneficial to health.

Cytoplan is wholly owned by the AIM foundation, a charitable organisation that addresses the issue of community wellbeing plus health and nutrition projects in the UK and overseas. Cytoplan has supplied supplements to over 6,000 health professionals in the UK and overseas such as doctors, dentists and nutrition therapists. The company offers an incentivised, nurturing and supportive programme for health professionals and students.

SMOOTHIES

Smoothies are a nutritious and satisfying way to help you get your 5-or-more-a-day. Research has shown benefit in consuming more than the government's recommended 5-a-day. If you can, aim for 7-10 per day, that is 6-8 portions of vegetables and 2-3 of fruit. Vegetables and fruit are an excellent source of dietary fibre, which can help to maintain a healthy gut, plus they provide vitamins, minerals and phytonutrients.

Breakfast smoothies are a great way to start the day and are perfect if you are short on time in the mornings, as they are quick and simple to make.

The ideal healthy smoothie will have a blend of good fats and protein, a helping of vegetables for maximum nutrition and some fruit for sweetness. This leaflet outlines the basics of smoothie making and includes a few combinations to try for yourself. As well as being nutritious for breakfast, smoothies can be useful alongside a small meal, as a snack or pre/post exercise.



Benefits of smoothies:

- An easy way to help increase vegetable intake and in particular, to add vegetables to breakfast
- Raw foods are generally more enzyme rich and nutritious
- Smoothies are high in fibre as they are a blend of the whole vegetable, so they are also less wasteful than juices which just extract the juice and throw away the pulp (juices can be also very high in sugar)
- Smoothie ingredients can all be prepared in advance, kept in the fridge and then blended when needed to provide a fast meal or snack
- Children enjoy preparing and drinking them

Potential Drawbacks:

- They can be high in sugar – due to the fruit. Drinking a large fruit smoothie can lead to blood sugar spikes if the sugar is not balanced with healthy fats and protein
- Commercial smoothies tend to have a 'base' of fruit juice so should be avoided
- The fruit sugars could have damaging effects on teeth enamel, so teeth are best brushed before rather than immediately afterwards. Ideally rinse teeth with some water after a fruit smoothie

SMOOTHIE HISTORY

Mediterranean and eastern cultures have been creating pureed beverages, which we now call smoothies, for hundreds of years. When the blender was introduced in the 1900s, homes all over the world soon began to enjoy the benefits of this nutritious fruit drink. Smoothies rose to popularity in the 1960s and 1970s when more people became interested in natural health foods.

Originally, smoothies were created primarily from fruits that were in season but today, fruit can be frozen and imported from all over the world. This means blueberries, bananas, strawberries and exotic fruits are almost always included in modern day smoothie recipes.



Building a nutritious **SMOOTHIE**



Step 1: Choose your base

To begin, you'll need to have some liquid in your blender. The more liquid you add, the runnier your smoothie will be. Some people like it this way but if you prefer a thicker consistency, use slightly less liquid and create a 'smoothie bowl', which is eaten with a spoon like a mousse. We don't recommend milk, soya milk or fruit juice for smoothies. Good bases include:

Water (filtered)

Unsweetened dairy free milks such as coconut, almond or hazelnut

Plain natural yoghurt or coconut yoghurt

Chilled herbal tea e.g. green tea, peppermint, lemon or ginger

Juice of one lemon plus water

Alternatively, you may prefer to use a vegetable with a high water content as your base, such as:

Cucumber – high in water, cucumbers have a barely-there flavour and contain high levels of nutrients. We'd recommend $\frac{1}{4}$ - $\frac{1}{2}$ cucumber per smoothie.

Celery – again, celery is high in nutrients making it a great smoothie base. Celery also contributes to the protection of the stomach lining and has anti-inflammatory properties. We'd recommend $\frac{1}{2}$ - 2 celery stalks per drink.

Step 2: Add a little sweetness

To ensure your smoothie is palatable as well as nutritious, you may like to add some natural sweetness from fruits such as berries, apples and zesty fruits. Our favourite natural sweeteners for smoothies include:

Apples and pears contain the soluble fibre pectin and this soothes the intestinal wall, reduces constipation and improves the balance of bacteria in the gut. Use $\frac{1}{2}$ to 1 per smoothie.

Blueberries – these small berries are packed with antioxidants, vitamin K, fibre and vitamin C. Not only are they great in smoothies, it's worth considering adding these powerful berries to your diet – they're a great snack or porridge topping too. Frozen is fine for a smoothie.

Other berries such as raspberries and strawberries are also loaded with antioxidants. Berries are lower in sugar than many other fruits.

Pineapples contain a wealth of nutrients including bromelain, a protein-digesting enzyme that has been found effective in digestive health, pain relief and inflammation. Pineapples are also a rich source of fibre. However, they are high in sugar.

Lemons and limes – If your lemon or lime is un-waxed and organic, you may want to add some of the zest to your smoothie. The zest contains even higher levels of nutrients than the juice. Citrus fruits contain good amounts of vitamin C, which helps to support your immune system. Use $\frac{1}{4}$ – 1 juice per smoothie.

Step 3: Additional veggies, spices and greens

To make sure you are getting the most out of your smoothie, bulk it out with vegetables or leafy greens. Spinach and kale will give your smoothie that rich green colour, whilst also packing your blend with heaps of vitamins and minerals. Not only will spices add a punch of flavour, they also come packed with beneficial nutritional properties. Choose any of the following for added nutrition or flavour:

Cruciferous vegetables – cabbage, broccoli, sprouts and cauliflower have an incredible ability to mop up toxins from our body. Try to include them in your diet where possible – in your smoothies or steamed (if you suffer low thyroid then cruciferous vegetables are best steamed, rather than raw).

Ginger – historically, ginger has been used to aid and soothe digestion, as well as relieve the symptoms of nausea. Ginger contains potent anti-inflammatory compounds known as gingerols.

Herbs & Spices – all are high in nutrients but often very strong in flavour, start by adding half a teaspoon and adjust to your taste. Experiment with your favourite flavours and note down the quantity you use so you can replicate it next time.

- Cinnamon is loaded with antioxidants, contains anti-inflammatory properties and is considered supportive of blood sugar control
 - Nutmeg is commonly associated with pain relief, due to its anti-inflammatory properties. Nutmeg is also considered beneficial to digestive health, brain function and is packed with antioxidants
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Step 3: Additional veggies, spices and greens...

Leafy Greens – kale, watercress, rocket, spinach, dandelion leaves, lettuce and chard are all rich in folate, vitamin C and magnesium. They have healing benefits and are great detoxifiers. Green leafy vegetables are also rich in beta-carotene, which can be converted into vitamin A, important for immune function.

'Superfoods' – We use this term sparingly but; lucuma, cacao, maca, acai, spirulina, wheatgrass, bee pollen, matcha, moringa, baobab, have all become known as 'superfoods' in the media due to their exceptionally high levels of nutrients. Spirulina, for example, is rich in antioxidants and has anti-inflammatory, immune support and cholesterol reduction properties.

The key to the 'perfect smoothie' is experimenting and practice. You'll find that different flavours and spices complement each other, whilst others can really clash. Keep this leaflet near to your blender and create your own recipe book of smoothies on the spare pages at the back.

We recommend a green smoothie or a smoothie bowl for breakfast to kick-start your week.

RECIPES

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|--|------|
| Deconstructed Black Forest Gateau | pg10 |
| Green smoothie | pg11 |
| Breakfast Smoothie Bowl | pg12 |
| Beetroot Brain Boost | pg13 |
| Anti-Inflammatory Thai Twist | pg14 |
| Green Power smoothie | pg15 |



Deconstructed Black Forest Gateau

20 almonds (soaked overnight)

10 frozen cherries

200ml of coconut yoghurt

2 teaspoons of cacao powder



Green smoothie

1 large handful of spinach

5g fresh ginger

Juice of 1 lemon

1 stick of celery

120g cucumber

½ avocado

300ml water

Option: add 1 green apple or kiwi

If the lemon is un-waxed and organic, add some of the zest to the smoothie.



Breakfast Smoothie Bowl

Half an avocado

1 small banana

Handful frozen raspberries

1 teaspoon Extra Virgin Coconut Oil - optional

1 heaped tablespoon Chia Seeds or Flax Seeds

100 ml coconut milk (or almond milk)

Smoothie bowls are quite thick like a mousse and can be eaten with a spoon. This can be topped with whole berries, seeds or gluten-free homemade granola for a big breakfast. For a smoothie drink – add more coconut or almond milk.



Beetroot Brain Boost

1 red beetroot

5 walnuts (preferably soaked overnight)

40g of blueberries

40g of raspberries

½ avocado

300ml of filtered water



Anti-Inflammatory Thai Twist

5g of fresh turmeric root or 2 tsp of dried powder

10g of fresh ginger root

A few twists of black pepper

1/3 fresh pineapple including core

Juice of 1 fresh lime

2 dessert spoons of good quality extra virgin olive oil

1 kaffir lime leaf (optional)

200ml of filtered water



Green Power smoothie

½ head of chicory

1 tsp of barley-grass powder

1 celery stick

½ teaspoon of Matcha Green Tea Powder (optional)

1/3 pineapple (including core)

1/3 bulb of fennel

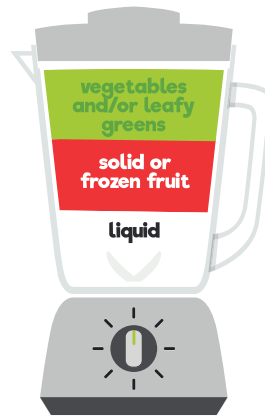
Juice of 1 fresh lime

300ml of filtered water



Top tips

1 Load your beaker as so - liquid, solid or frozen fruit, then vegetables and/or leafy greens. This will help prevent the blade from getting damaged or clogged up. Blenders vary, however, so always read the manufacturer's instructions.



2 If you notice your banana skins just starting to turn brown, peel and chop the bananas and put them in a container in the freezer. You can then use the banana chunks just like you would frozen blueberries or raspberries. Plus, it makes your smoothie extra creamy and refreshing.

3 **Hint: Once you've found your favourite smoothie recipes, try freezing your vegetables and fruits together in ready-to-use portions.**

4 If you prefer a creamy smoothie, you can add a nut butter such as almond butter, with no added sugars.



5 In the warmer months, add a few cubes of ice to your mix to freshen up your smoothie.



6 Good fats to complement your smoothie include; olive oil, coconut oil, nut butters, avocados.

7 If you need an extra boost, load up your smoothie with a measurement of flaxseed, raw cacao powder, coconut oil or good quality sugar and additive free protein powder.



8 Bananas or avocados are a great addition if you're making a breakfast smoothie bowl, or prefer a thicker smoothie. Avocados will also add some good fats and will leave you feeling fuller for longer.

NOTES







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