

Free E-Book Series  
Immersion Health

# How to Make the Perfect Smoothie





## The Basics: Fiber, Fat and Flavor

### Getting started

**T**he biggest mistake in making a healthy smoothie as a meal replacement is in adding too much “healthy” goodness and ending up with a high calorie, high sugar beverage! The goal is to add delicious organic ingredients in the right ratios so that your smoothie is nourishing and sustaining - meaning you won’t have a blood sugar crash an hour after drinking it.

The Three F’s that are key to a good smoothie include **Fiber, Fat and Flavor**. We’re going to look at each of these categories and give you some fresh ideas for boosting the health-o-meter on your favorite smoothie recipes. We’ll even have a few flavorful ideas for you at the end of this guide to get you started making the morning (or afternoon!) smoothie a part of your healthy eating plan.

# FIBER



**F**iber is an essential addition to any smoothie for many good reasons. For one, it slows the absorption of sugar into the bloodstream. By adding fiber into your smoothie, along with its nutritional buddy, fat, you're able to slow the process of carbohydrate digestion and control the blood sugar spikes and crashes that are commonly known as "hypoglycemia." You know what I'm talking about - some people call it their "hangry" moments when they've run out of available energy and their body responds with a bit of cortisol to keep them going. If this short-term solution becomes a long-term habit it can lead to all kinds of dysfunction starting with metabolic syndrome - and leading to diabetes.

Types of fiber that makes a great addition to your smoothie: (always buy organic)

- Ground flax seed - insoluble fiber
- Chia seed (whole or ground) - insoluble fiber
- Acacia Fiber - soluble fiber good for sensitive tummies
- Green banana flour - resistant starch
- Oat bran - soluble fiber
- Inulin - Prebiotic fiber
- Cellulose - insoluble, indigestible fiber from fruits and vegetables

# FAT

**F**at is by far the most misunderstood of the 3 macronutrients having been demonized for many years as the cause of modern disease. It couldn't be further from the truth and healthy fat is essential for many nutritional reasons including; the slowing down of carbohydrate metabolism, the absorption of protein, the regulation of hormones, the health of connective tissues, the function of the heart and brain, sustained energy, regulated weight and much more. Without fat in the diet we cannot thrive, yet it's important to know that not all fats are created equal.



The following are some ideas for adding healthy fats to your morning smoothie:

- Avocado or avocado oil
- EVOO - extra virgin olive oil
- MCT Oil - medium chain triglyceride - a derivative of coconut oil
- Coconut oil or full fat coconut milk
- Nut butter - all kinds
- Ghee
- Cultured dairy - kefir and yogurt (if tolerated)

# FLAVOR

A common mistake when making a meal replacement smoothie is in the flavor - either we add too much, or too little. Too much flavor generally comes in the form of sugar by the addition of fruit. A medium sized apple has about 30 grams of carbohydrate which is about 6 teaspoons of sugar. The same for a banana. So if you add both of these to the blender for your smoothie you've just added 12 teaspoons of sugar to your meal! That's a lot of sweet. Choose one or the other and make sure you're also adding the fat to slow down the sugar absorption into the blood stream.

The other side of this coin is not enough flavor. A great way to boost the enjoyment of a smoothie is to add in some savory balance to the sweetness of the fruit. For instance, fresh mint leaves can add a delicious tingle to a strawberry smoothie, or a muddling of fresh basil will make a coconut mango smoothie pop! Try adding herbs and spices including cinnamon, nutmeg, turmeric, pepper, chili powder, thyme, rosemary and don't forget the sea salt! Fresh squeezed citrus like lemon, lime and orange can make your smoothie bright and refreshing along with fresh ginger or lemongrass.



To get you started on a fun and healthy way to start your day - or start a healthy detox program - we've added a few recipes for you to use. Let's go!

## **Green Detox Juice**

Ingredients:

- Celery - 1 cup chopped
- Cucumber - 1 small, chopped
- Basil - 1 cup fresh, chopped
- Mint leaves - 1/2 cup fresh, chopped
- Spinach - 1 cup fresh, chopped
- Ginger root - 1 Tablespoon grated
- Spirulina powder - 1/4 tsp
- Lime, fresh squeezed 1/2
- 1 pinch Redmond's Real Salt

Place all washed and chopped ingredients in a high powered blender or juice extractor. Drink alone or add 4 oz to your favorite smoothie recipe for extra detoxification.

Calories: 66 Carbs: 11g Fat: 0g Protein: 4g Sodium: 141mg Fiber: 4g

## **Classic Detox Smoothie**

Ingredients:

- Nutribiotic Rice Protein Powder - 1 packet

- Flax meal - 1 Tablespoon
- Hemp seeds - ground, 3 Tablespoons
- Spirulina powder - 1/4 teaspoon
- Almond milk - unsweetened, 1 cup
- Blueberries - fresh or frozen, 1/2 cup
- MCT Oil - 1 Tablespoon
- Lemon - fresh squeezed 1/2
- 1 pinch Redmond's Real Salt

Calories: 475 Carbs: 20g Fat: 33g Protein: 27g Sodium 574mg Fiber: 7g

## **Tropical Golden Milk Smoothie**

This is a higher calorie and carb smoothie - the perfect start for a high activity day such as hiking or other strenuous activities.

Ingredients:

- Coconut milk - full fat canned, 1/2 cup
- Coconut meat - fresh, scraped from inside the coconut, 1/2 cup
- Medjool dates - 2, pits removed
- Hemp seeds - ground, 3 Tablespoons
- Flax meal, ground, 1 Tablespoon
- Golden Milk Powder - organic. 1 tsp
- Pineapple - chunks, 1/2 cup
- 1 pinch Redmond's Real Salt

Blend with ice or cold water to desired consistency

Calories: 751 Carbs: 76g Fat: 44g Protein: 15g Fiber: 13g

## **Spicy Apple Smoothie**

- Almond milk - unsweetened, 1.5 cups
- Rice Protein Powder - Nutribiotic, 1 packet
- Hemp Seeds - ground, 3 Tablespoons
- Banana - 1 medium
- Medjool Date - 1, pit removed
- Fig - 2, fresh or dried
- Cinnamon - 1/2 tsp
- Nutmeg - 1/4 tsp
- Pinch of Redmond Real Salt

Blend all ingredients in blender.

Calories: 541 Carbs: 74 Fat: 19 Protein: 25 Fiber: 11

## **Blueberry Basil Smoothie**

- Almond milk - unsweetened, 1.5 cups
- Rice Protein Powder - Nutribiotic, 1 packet
- Blueberries - 1/2 cup fresh or frozen
- Flax meal - ground, 1 Tablespoon

- MCT Oil - 1 Tablespoon
- Basil - fresh leaves, 1/4 cup shredded
- Lime juice - fresh squeezed, 1/2 lime
- Pinch Redmond Real Salt

Blend all ingredients. Add ice if desired.

Calories: 292 Carb: 19 Fat: 18 Protein 16 Fiber: 5