



the
VEGAN RESET

**WEEK TWO: PRACTICAL
DAY ELEVEN:
THE PERFECT SMOOTHIE**



how to make the perfect smoothie

Smoothies and juices both have their own advantages. While juices allow you to get a quicker energy kick and nutrients in a more concentrated form, smoothies are more filling thanks to the fiber they contain. They also require less produce to make and therefore tend to be a little cheaper. In order to make a great smoothie, it's important to know which ingredients combine well.

Which ingredients to use?

Fruit base (frozen or not)

You'll be more likely to enjoy your smoothie if it has a sweet, fruity base. The base can be frozen or unfrozen, but make sure the fruit is ripe when you use it for optimum nutrient absorption. You can combine several fruits as well. Some fruits that are great in smoothies are bananas, mangoes, oranges, pineapple, peaches, dates, apples and berries.

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Fruit Combining:

Another important thing when it comes to fruit, is to note that depending on how long they take to digest, not all fruits combine well with each other.

Here's a checklist:

- Melons (honeydew, cantaloupe, watermelon...) and juices are best consumed first and by themselves (in the case of melons, it is also OK to combine them with acid fruits)
- Sweet fruits (bananas, pears, figs, persimmons, dates...) go well with other sweet fruits, sub-acid fruits and tender and leafy green vegetables like lettuce, celery and cucumbers.
- Sub-acid fruits (mangoes, blueberries, cherries, peaches...) go well with other sub- acid fruits, sweet fruits, acid fruits and greens.
- Acid fruits (oranges, grapefruit, strawberries, tomatoes, pineapple, kiwi...) go well with other acid fruits, sub-acid fruits, melons, all greens and raw fats like nuts, seeds and avocado.

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Please note that these are just guidelines and some people may not be that sensitive, if you're used to combining oranges with dates and you feel fine doing so, great! If, however, you notice digestive issues after combining certain fruits, try a few different combinations to see if you feel any better.

Vegetables // Green Smoothies

Some vegetables that combine well with fruits in smoothies are:

Spinach, (baby) kale, butter lettuce, romaine lettuce, cucumber, zucchini, celery, swiss chard, arugula.

Others, like broccoli, are not ideal for smoothies because of their consistency (but they can work in raw soups or dips).

The trick to making a great green smoothie is not to overdo it. If you add too many greens, your smoothie may start tasting like a soup rather than a smoothie. To find the right amount for you, start with a little, taste test and then add some more if you want. If you've accidentally added too much, simply blend in a little more fruit.

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Liquid

The more liquid you add to your smoothie, the thinner its consistency will be. Depending on your desired consistency, add about 1/2 to 1 cup of liquid per 2 cups of fruits and greens. The simplest option is to use water, but you can also use plant-based milk or fruit juice (apple or orange, for instance). Since fruit juice is sweeter, you can use a little more of it and create a “smuice” (smoothie + juice). For example: 2-3 cups of orange juice blended with 1 cup of kale and 1/2 cup of frozen mango.

Fat // Protein

Feel free to enjoy a fruit or fruit and veggie smoothie by itself, but if you want to add some fat and/or protein, you can absolutely do that. Some ingredients like nuts and seeds are a great source of both fat and protein and therefore come in quite handy when making a smoothie. Here are some examples of ingredients you could add:

Fat & Protein:

hemp seed

chia seed

ground flax seed (they're easier to digest if ground)

cashews/cashew butter hazelnuts/hazelnut butter

almonds/almond butter peanut butter

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Protein

plant-based protein powder (make sure it's clearly labeled as vegan and doesn't contain whey or any other form of casein)

Super foods (roots)

Ginger and turmeric are true natural superfoods and will give your smoothie an extra kick. Just make sure you don't use too much as they have a very intense taste. Start with 1/2 thumb and then add more if you wish.

Super foods (powders)

A quick note about super foods: Super food powders are fun and can help you boost your smoothies and/or add a little color to them, but since they can be relatively pricey, I just want you to know that they're a great optional addition, but they're not indispensable. You can get all the same nutrients directly from fruits and vegetables as well. That being said, if you want to add one or more of them, some great ones are: maca, chlorella, spirulina, açai, wheatgrass, barley grass juice powder and beet root powder.

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Extra flavor (add-ons)

An easy way to add a little extra flavor to your smoothies is by including extracts or powders that have an intense flavor (which means you won't need as much of them). Some great examples: peppermint extract, vanilla extract (try to get the alcohol free version, often referred to as "vanilla flavoring") or vanilla bean powder (it's a black powder), ground cinnamon, cacao and carob powder.

Fresh Herbs

Fresh herbs are perhaps not the first thing you'd think of adding to a smoothie, but trust me when I say - they're a game changer. You may not immediately be a fan, but don't dismiss them completely before giving them a chance. The great thing about fresh herbs is that you can get very affordable organic pots that you can grow even in the smallest kitchen. Basil and cilantro are my two top choices.

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Ice cubes

If you're not using frozen fruit, you may want to consider adding a few ice cubes to your smoothie. Room temperature or refrigerated smoothies are perfectly fine, but adding at least one frozen ingredient will make it much more refreshing, especially on a hot summer's day.

Create your own favorite combo

We all have different preferences and tastes, so it's important to play around with different combinations and find the one you love. Play around with ingredients and don't be afraid to try new things. If you don't like the result, at least now you know!

Smoothies as a meal

You can absolutely enjoy a smoothie as a meal, just make sure you add enough ingredients, so that you get sufficient calories. Also try to drink it slowly and enjoy every sip.

Keep it fresh: How to store smoothies

If possible, smoothies should always be prepared right before you drink them. Luckily, making them doesn't require much time, so if you can, don't prepare your breakfast smoothie the night before, but make it fresh. If you want to prepare a smoothie for work, do so right before leaving home and keep it in a thermos (or in the fridge).

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Smoothie Cleanse?

A quick note on cleanses and detoxes: your body detoxifies itself, a specific food or ingredient cannot do that in its place. It can, however, either aid your own body's process by not adding more toxins to your system and supporting its own detoxifying functions (unprocessed, hydrating foods like fresh fruits and vegetables are ideal for that) or, do the exact opposite and make detoxification more difficult (junk food, meat, dairy....). Your body prioritizes digestion over detoxification, so if you're ingesting many highly processed foods that are low in fiber and/or that take a very long time to digest (like meat), most of your energy will go towards digesting these foods while toxins will continue to build up.

Are there any benefits to doing a smoothie cleanse?

Nutritionally speaking, drinking/eating only smoothies for a certain amount of time isn't necessarily much more beneficial than just eating fresh, whole foods, but it does make things a little easier as you won't have to spend as much time thinking about what to eat or preparing your foods. Any temporary cleanse is useless if you are going to go right back to unhealthy eating habits (one of them many reasons why diets don't work). You can, however, use a short smoothie cleanse (1 to 7 or even 10 days) to jumpstart healthier eating habits.