

Janice Feuer Haugen, chef, food blogger, culinary coach and teacher. Author of five cookbooks including *Fruit-Sweet & Sugar-Free* and *Chocolate Decadence*. She shares her recipes and tips for living everyday healthy, everyday delicious in cooking classes and in her blog: [EverydayHealthyEverydayDelicious.com](http://EverydayHealthyEverydayDelicious.com).



## 9 KEYS FOR SUPER GREEN SMOOTHIES

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

“An even more efficient way to ensure you receive these needed nutrients is using a blender to purée raw, leafy greens. The blending process aids your body in the work of breaking down and assimilating nutrients. It guarantees that a higher percentage of nutrients will be absorbed into your bloodstream. Making “green smoothies” or “blended salads” is also a delicious and convenient way to pump up your consumption of greens.”

—DR. JOEL FUHRMAN, AUTHOR,  
EAT FOR HEALTH

Inspired by passionate friends, magazine articles, and Internet blogs, my husband and I joined the Green Smoothie Revolution about two months ago. Like most people, we started out including about one-third fruit, thinking that too many greens would make the smoothies “too green tasting” to enjoy them. Fortunately, we’ve come to appreciate our green smoothies with lots of green vegetables and leafy greens and almost no fruit.

Based on our experience and my recipe-centric mind, I’ve created these nine keys and two basic recipes for you. You’ll find a number of ideas and suggestions for personalizing your green smoothies with substitutions, additions and deletions.

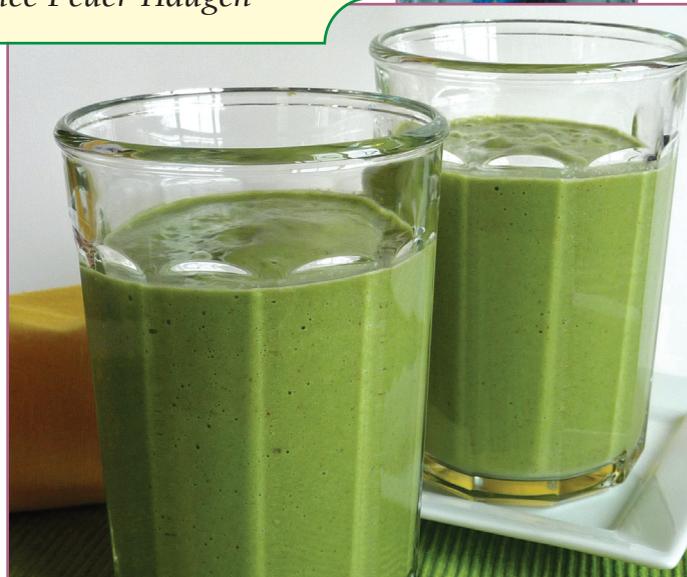
### 9 Keys for Super Green Smoothies

#### 1. GO GREEN

- For the highest nutritional density, have your greens outnumber the fruit by at least 2:1, and preferably more.
- Neutral tasting greens include romaine and leafy lettuces, spinach and Chinese cabbage.
- Once you love your green smoothies, switch out or add some other of the stronger-tasting greens.

#### 2. GREEN VEGETABLES

- Mild tasting celery, cucumber, avocado, fennel, sprouts, zucchini, etc.



- Stronger flavored broccoli, asparagus, cabbage, etc.
- #### 3. LIMIT THE AMOUNT AND TYPE OF FRUIT TO MAINTAIN BALANCED BLOOD SUGAR
- Sweet: dates, apples, pears, grapefruit, kiwi, oranges, berries and plums
  - Sweeter: bananas, mangoes, papayas, pineapple
- #### 4. NUTRIENT BOOSTERS/ FLAVOR ENHANCERS
- Omega-3’s and fiber: chia and flax seeds
  - Protein: nuts (almonds, walnuts, cashews, Brazil nuts, hazelnuts), seeds (sunflower, pumpkin, sesame, chia, flax, hemp), nut and seed butters, acai berries, spirulina
  - Vitamins and Minerals: goji berries, matcha green tea powder, cacao powder and nibs, dulce
  - Healthy Fats: coconut oil (both the meat and the oil), avocado, nuts, seeds
  - Vanilla, cinnamon (blood sugar regulation), turmeric (anti-inflammatory), cayenne, psyllium, fresh ginger (digestion), Himalayan or Celtic Salt (trace minerals),
  - Dr. Schulze’s Superfood Plus powder: contains key nutrient-dense ingredients such as chlorella,

Continued on next pages.

**A** recent study published by the Centers for Disease Control ranked “powerhouse fruits and vegetables,” with leafy greens and herbs at the top of the list. (Choose fresh, local and organic whenever possible.)

1. Watercress
2. Chinese cabbage
3. Swiss chard
4. Beet greens
5. Spinach
6. Radicchio
7. Leaf lettuces
8. Parsley
9. Romaine
10. Collard greens
11. Turnip greens
12. Mustard greens
13. Endive
14. Chives
15. Kale

blue-green algae, dulse and spirulina. (This and other green superfood products are sold elsewhere in this magazine.)

#### 5. PERSONALIZE YOUR SMOOTHIE

- a. Substitute, Add, Delete—Let this week’s apples become next week’s pears; this week’s spinach become next week’s watercress, etc.
- b. Use recipes as guides. Have fun experimenting.

#### 6. MAKE YOUR NUT MILK FIRST

- a. Soak nuts overnight before adding them to your smoothie to make nut milk.
- b. Then add the remaining ingredients and blend till smooth.

#### 7. THICKEN AND KEEP IT COOL WITH ICE CUBES & FROZEN PIECES OF FRUIT

- a. Blenders tend to warm up the smoothie if you blend a long time. Ice and frozen fruit keep the mixture cool.
- b. They also help thicken a too-thin smoothie.

#### 8. CHEW YOUR SMOOTHIE!

- a. Digestion begins in the mouth.
- b. Take small sips and activate your salivary enzymes by “chewing” before you swallow.

#### 9. HIGH-SPEED BLENDERS

- a. For the smoothest texture and fastest and thoroughly blended smoothies, consider buying a high-speed blender such as a Vitamix or Blendtec. You’ll be so glad you did.
- b. With a regular blender, you’ll need to:
  - i. Cut your vegetables and fruits into small chunks
  - ii. Increase the blending time
  - iii. Blend the greens before adding the fruit and ice cubes

*Note:* There’s a bit of talk about dark leafy greens such as kale, spinach and chard containing oxalates, which block or reduce calcium absorption. Yet, others feel this is not enough of an issue to keep anyone from drinking green smoothies. Discuss this with your health professional to determine what is right for you.

## Two Recipes for Success

**T**hese recipes represent my progression from fruity green smoothies to greener green smoothies. A progression you may want to duplicate if you are new to green smoothies. The key is to find a combination you enjoy—so you look forward to your morning smoothie. Then begin experimenting based on these 9 Keys for Super Green Smoothies, your own research and your personal preferences.

Both of these recipes make a lot. You can store any extra in a sealed jar in the fridge for up to two days. Whether you’re short on time in the morning or come home tired from work, having a green smoothie ready to go is a welcome treat. ■



## A Fruity Green Smoothie

Makes 7+ cups

### Nut & Seed Milk

1 tablespoon chia seeds  
soaked in ½ cup water  
for 5 minutes

½ cup pre-soaked whole  
almonds, drained

3 cups water

3 Medjool dates, pitted

1 teaspoon pure vanilla  
extract

Pinch Himalayan or Celtic  
salt

### Nutrient Boosters & Flavor Enhancers

1–2 tablespoons Superfood  
powder

**Options:** matcha, moringa,  
unsweetened cocoa powder,  
hemp seeds, flax seeds,  
almond or other nut butter,  
coconut oil, cinnamon,  
cayenne, protein powder, etc.

### Greens & Vegetables

4 or more large handfuls  
(4 ounces/4 packed cups)  
greens of choice (*I use  
Costco's organic mix of kale,  
chard and spinach*)

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½ avocado, peeled  
1 stalk celery, cut into  
1-inch chunks

**Options:** Chinese cabbage,  
watercress, arugula, romaine  
lettuce, cucumber, fresh gin-  
ger, fresh herbs, etc.

### **Fresh & Frozen Fruit & Ice:**

1 cup fresh pineapple,  
peeled, cored, cut into  
1-inch chunks

½–1 frozen banana, cut into  
1-inch rounds

½ apple, cored, cut into  
1-inch chunks

3 ice cubes

1. Put the nut and seed milk  
items and your choice  
of nutrient boosters and  
flavor enhancers in the  
blender jar of a high-  
speed blender. Blend  
on high for 1 minute.
2. Add the greens, vegetables  
and fruit and a few ice  
cubes. Blend on high for  
1 minute or until smooth.

## A Greener Green Smoothie

Makes 6 cups

1 tablespoon chia seeds

1 rounded tablespoon Superfood  
powder

¼ cup soaked, drained whole  
almonds

2-1/4 cups water

2 dates, pitted

Pinch Himalayan salt

½ teaspoon pure vanilla extract

4-inch piece organic cucumber,  
unpeeled

1 medium stalk celery

1-inch piece fresh ginger, peeled  
or unpeeled

Place these ingredients in a high-  
speed blender. Blend 1 minute on high.

1/3 of a large, ripe avocado

½ medium apple, cored

4 handfuls Power Mix greens

3–5 ice cubes

Add these ingredients to the blender.  
Blend on high for 30–60 seconds until  
smooth.

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**For more information e-mail:**

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