

Aimee Raupp

# Smoothie Guide

Call it a smoothie, call it a protein shake, a blended beverage by any other name is just as sweet (a nutrient dense!). We aren't talking about something you get in the mall food court, though. Your smoothies are going to be SUPER low in sugar (even natural sugar) and made of delicious, nourishing whole foods. It may seem daunting at first but once you learn the basics you'll be whipping up your own recipes in a snap!

## THE BASICS

**Protein:** You're only going to be using clean protein with no fillers. Grab some Vital Proteins Collagen Peptides and some Ancient Nutrition Bone Broth Protein. You can use either or even a scoop of each.

**Liquid:** We're keeping it simple here, folks! Use either filtered water or full fat coconut milk, or a combo of both depending on the consistency you're looking for. (Once you're reintroducing nuts you can use almond milk, macadamia nut milk, or cashew milk, just make sure you're watching for reactions and the ingredients as many store bought nut milks contain a lot of sugar and not so clean ingredients.)

**Greens:** Don't make a smoothie without them! A handful (a cup) of steamed or blanched spinach or kale will do your body good (we are not into too much cold or raw foods in the Body Belief plan)

**Fat:** Fat will keep you full, work wonders for your skin, hair, and nails, and will fuel your body! Consider throwing in some coconut oil, ghee, or, for a super creamy smoothie, half an avocado.

### Reawaken Phase Bonus:

**Fruit:** Grab some berries, a banana, some mango, whatever suits your fancy,  $\frac{3}{4}$  cup.

**Add some flair:** Throw in some ginger, cinnamon, mint, matcha, or lemon to jazz it up! (Once you've reintroduced beans in the reawaken phase you can also throw in some cacao powder, again just watch for reactions).

**Temperature:** We aren't about too many cold or raw foods on the Body Belief Plan. Wherever possible use room temp ingredients. If something needs to be refrigerated let it sit out on the counter for a bit before making your smoothie.

## SMOOTHIE HACKS

- Blanching your greens will make them even easier to digest.
- Invest in a good blender. Not only will it make smoothies better, it'll be great for soups and sauces, even making your own mayo!
- Have limited access to fresh fruit and veggies? Buy some bags of frozen and pull out a serving the night before so you don't have frozen in the morning. Or, when fruit and veggies are plentiful at the farmer's market, stock up and freeze until you're ready to use them.
- Have spare mason jars? Make a big batch of smoothies and freeze them in individual servings. Again, put them in the fridge the night before and then, upon waking, put it on the counter to come to room temp.
- Liquid first! This gives the blades room to move and makes a smoother smoothie.

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