

Fruit and Vegetable Blender Smoothie



Get all the fruit and Vegetables you need in one delicious blended drink!

I know I need to eat lots of fruits and vegetables. We all know it, but most of the time we don't. Maybe we run out of time, or it takes too long to prepare and eat a giant salad, it's tempting to just eat a candy bar instead of an apple when the afternoon slump hits, or maybe you just don't like vegetables! Honestly I'm not really big on chowing down massive amount of vegetables.

But I DO want the benefits.

In the past, I juiced. What a mess that was! A big juicing machine that I would feed vegetables and fruit into to squeeze out what seemed like a small amount of juice, and then there was all the pulpy mess that had to be cleaned up!

Then it dawned on me... I was throwing away ALL the great fiber that I was trying to get in my diet! What was I thinking?

That's when I began to research...

I wanted the most bang for my vitamin buck, so I began to research what were the best fruits and veggies. What foods had the most antioxidants? Fiber? Vitamins?

As in all things there are a wide range of opinions here, but when it came right down to it I knew I couldn't go wrong if I just stayed with deeply colored fruits and vegetables. Dark green Spinach, parsley, kale, broccoli, red, gold and orange peppers, blueberries, raspberries, strawberries, blackberries. Then I decided to add tomato paste, and pumpkin. Any produce is worth trying really.

Now here's the really important thing. I had been drinking this fruit/vegetable drink for about 5 months when I noticed that a precancerous skin spot that had been on my nose was GONE! I know it was precancerous because my dermatologist told me that all sun damage spots on my skin were, and the one on my nose was getting worse. One day it

was just gone.

Then (I don't really remember the time line) I noticed a mole on my back was getting bigger...oh that is a dreaded feeling. I was about to head to the dermatologist, when I reached back to check it out and it FELL OFF! Nice pink skin was underneath! Now, do I have any proof that my diet had anything to do with any of this? No, I don't. However, I do believe it did.

One more fantastic benefit of eating whole fruits and vegetables. **How you feel.** If you want energy and mental clarity. If you want your digestive system (colon) to work great, then just give this a try for a month! You only have one body, take care of it!

Basic Fruit and Vegetable Blender Smoothie

1 cup frozen Blueberries

1 cup organic spinach – fresh or frozen

1 tablespoon organic tomato paste

1 tablespoon canned pumpkin

½ banana

3-4 baby carrots

a few slices of red, yellow, orange or green bell pepper, if you like peppers.

just enough juice to blend.

I like grape juice, but use whatever you like.



Carrots, spinach, yogurt, bananas and blueberries, red bell pepper, tomato paste and pumpkin

This is just a basic recipe to which you can add anything!

Here's a few tips:

- I freeze almost everything, If you buy fresh spinach and freeze it, it stays separate like little frozen spinach chips. If you find it on sale, buy lots and pop it in the freezer!
- I don't freeze the banana because I find it provides a creamy texture when unfrozen, but not when it's frozen.
- The pumpkin and tomato paste can be mixed together and frozen in mini ice cube trays.
- I enjoy eating fresh carrots and they last, so I just throw them in as I go.
- If you really want to streamline the process, you can mix your fruit, berries and chopped veggies, keep them in a large container in the freezer and just scoop out a cup or two when you're making your smoothies.
- You can use frozen concentrated juice, put a spoonful in and then add water to the blender...easier than carting juice bottles, AND everyone won't drink the juice in the house faster than you can buy it!

Other things to consider adding:

- tofu
- beets – the leaves are edible.
- flax seed oil
- kale – strong flavor, so use to taste.
- Parsley
- sprouts
- cinnamon – great antioxidant!
- Nuts
- red cabbage
- Any kind of fruit you like
- Experiment!

Well you get the idea, the possibilities are endless!

Put it all in the blender, and enjoy!



The important thing is to nourish your body!



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