

Your Guide to Incredible Smoothies

There's something about smoothies...they can be sipped up as a healthy start to the day, a pre- or post-workout drink, a meal replacement, an easy way to help detox, a sweet treat, healthy fast food for on the go, a thirst quencher and hydrator and can be made to please any age, any taste or any lifestyle.

Our guide isn't about recipes, it's about inspiring you to try as many SUPER foods as possible in liquid form!

Cheers!

Content, product testing and layout by Borden Communications + Design



How to use our Smoothie Guide

Drinking organic smoothies is good. And, they are good for you. By drinking them, and raving about them to others, you will inspire more good, which is naturally good for us all. So, we figured we'd put a little inspiration together for you to use, and share.

This guide is all about being open-minded and trying as many **super** foods as possible. We've made it easy for you by creating pages with little tick boxes - you can make sure you get to trying everything...at least once. And, because we pride ourselves on being a little unconventional, we've given you a rating scale from 1-11 for each ingredient, and obviously, we hope many things rank above 10!

Drink and be well!



P.S. Please remember, in the following pages there are tons of great options, but the lists are by no means comprehensive - and the value of each ingredient goes well beyond what we've listed. If you want to get great health advice, and get your diet and lifestyle cleaned up, we highly recommend connecting with a holistic nutritionist near you - and online.

10 ways to make your smoothies **even better** than you do now!

It's always best to continually improve, right?

IMPORTANT PLEASE MAKE SURE EVERYTHING IS ORGANIC!
SUPPORT YOUR HEALTH AND THE FOOD SYSTEM WE ALL NEED.

- 1. Use frozen fruit instead of fresh
- 2. Use food-grade, organic, essential oils (peppermint is really good in a chocolately green smoothie)
- 3. Change up your liquid base
- 4. Add more vegetables try squash, it's a great thickener
- 5. Freeze your favourite adds into ice cubes and add them, adds all of the goodness, plus froth and chill! (from wheatgrass to cultured coconut)
- 6. Add a crunchy topping to the finished glass (and a sprinkle of cinnamon)
- 7. Eat it with a spoon, in a bowl instead
- 8. Sip up safely through a reusable (and super durable) glass straw
- 9. Freeze it into "popsicles" or make it into ice cream!
- 10. Make a huge one and enjoy it as a family





Liquid Bases

SWITCHING UP YOUR BASE IS AN EASY WAY TO GET A VARIETY OF VITAMINS AND MINERALS INTO YOUR DIET BONUS, YOU CAN MAKE MOST OF THESE PLANT BASED LIQUIDS AT HOME.

	TRIED IT	RATING SCALE
Coconut water high in electrolytes, low in calories		1 11
Brewed herbal tea healing, comforting, and caffeine-free		1 11
Kombucha sparkling fermented live tea		1 11
Nut milks lactose and cholesterol free		1 11
Seed milks allergy friendly, good source of healthy fats		1 11
Oat milks high in protein and fibre		1 11
Water the ultimate hydrator		1 11
Rice Milk good source of vitamin B and antioxidants		1 11
Coconut Milk healthy fats, promotes weight maintenance		1 11

Fruits

FRESH, LOCAL, SEASONAL ORGANICS ARE ALWAYS GOING TO BE THE MOST DELICIOUS AND NUTRITIOUS, BUT DON'T GET STUCK IN A RUT. TRY THEM ALL FOR A VARIETY OF TASTY FLAVOURS AND HEALTH BENEFITS.

	TRIED IT	RATING SCALE
Apples high fibre, prevents high blood pressure		1 11
Mango promotes eye health and clear skin		1 11
Fresh or frozen berries lowers cholesterol and blood pressure		1 11
Lemon good source of electrolytes, balance PH levels		1 11
Pineapple promotes teeth and gum health		1 11
Peaches kidney cleanser and detoxification		1 11
Melon reduces blood pressure, builds immunity		1 11
Goji berries strengthens immune and adrenal function		1 11
Grapefruit low in calories, high in fiber and lycopene		1 11
Pear relieves constipation, high in folic acid		

Vegetables

REGARDLESS YOUR HEALTH GOALS, THE ONE THING WE ALL HAVE IN COMMON IS THE MORE VEG THE BETTER. CONSUME MANY AND OFTEN.

	TRIED IT	RATING SCALE
Spinach maintains low blood sugar, curbs overeating		1 11
Kale rich in iron, calcium, and vitamin k		1 11
Squash aids calcium absorption, and bone building		1 11
Sprouts 100x more enzymes than other raw veggies		1 11
Wheatgrass abundant in enzymes, high in protein		1 11
Romaine high in protein and calcium		1 11
Parsley supports kidney function, relieves joint pain		1 11
Chard maintains strong and healthy bones		1 11
Broccoli cancer fighting, immune boosting properties		1 11
Cucumber rehydrates, replenishes vitamins		1 11

Proteins and Healthy Fats

DON'T BE AFRAID OF PLANT BASED PROTEINS OR HEALTHY FATS. YOUR BODY NEEDS AND WANTS THESE TO THRIVE. ADD MORE TO YOUR DIET AND SEE AND FEEL THE DIFFERENCE. (OTHERS WILL SEE THE DIFFERENCE TOO!)

	TRIED IT	RATING SCALE
Whole nuts reduces the risk of heart disease and cancer		1 11
Nut butter regulates energy, mood, and weight		1 11
Sprouted Seeds high in fiber, vitamin E and healthy fats		1 11
Seed butter supports reproductive and prostate health		1 11
Coconut anti-viral, anti-fungal, anti-bacterial		1 11
Coconut Oil prevents dry skin and wrinkles		1 11
Avocado stabilizes blood sugar, aids weight loss		1 11
Flax Oil aids in the growth of healthy hair and nails		1 11
Chia seeds good source of omega-3's, and dietary fiber		1 11
Hemp seeds easily digestible proteins and essential fats		1 11

Super Boosters

THROW A SCOOP (OR TWO, OR THREE) OF THE WORLDS MOST PURE AND POWERFUL MINERAL RICH FOODS INTO THE MIX. YOU HAVE NOTHING TO LOSE, AND EVERYTHING TO GAIN.

	TRIED IT	RATING SCALE
Spirulina removes toxins and heavy metals		1 11
Camu camu high in vitamin C, 50x that of an orange		1 11
Maca natural aphrodisiac, energy enhancer		1 11
Acai anti-oxidant, anti- aging, prevent disease		1 11
Chlorophyll anti-cancer, wound healer		1 11
Lucuma balances cholesterol and triglycerides		1 11
Bioflavia organic grape skin anti-oxidant		1 11
Turmeric natural liver detoxifier and painkiller		1 11
Aloe increases ability to cope with stress		1 11
Matcha increases ability to cope with stress		1 11

Real Natural Flavours

THERE IS NOTHING BETTER FOR YOU AND YOUR TASTEBUDS THAN THE REAL THING.

	TRIED IT	RATING SCALE
Cinnamon regulates blood sugar, helps menstrual pain		1 11
Vanilla anti-cancer, and pleasantly aromatic		1 11
Ginger soothes upset stomachs, clears congestion		1 11
Peppermint cold and flu remedy, aids digestion		1 11
Fresh herbs helps with stress and anxiety, soothe coughs		1 11
Cacao unrefined chocolate, rich in antioxidants		1 17
Cayenne pepper detoxifying, metabolic-booster		1 11











True Sweeteners

WHY USE ARTIFICIAL CHEMICALS, TOXIC SUGAR, OR A SWEETENER THAT CLAIMS TO BE NATURAL, EVEN THOUGH IT'S PROCESSED, WHEN YOU CAN GET REAL SWEETNESS THAT GREW ORGANICALLY JUST FOR YOU.

	TRIED IT	RATING SCALE
Coconut nectar high in potassium, magnesium, and iron		1 11
Coconut sugar unrefined, prevents blood sugar crashes		1 11
Yacon low calories, low sugar levels		1 11
Dates rich in iron and dietary fiber		1 11
Stevia plant based, no calories		1 11
Fresh or frozen berries prevents disease, aids weight loss		1 11
Frozen bananas improves mood, reduces PMS symptoms		1 11











Smoothie Tools

YOU DON'T NEED A LOT OF GADGETS OR GIZMOS TO MAKE A HEALTHY LIQUID MEAL.

INVEST IN HIGH QUALITY PRODUCTS FROM GOOD COMPANIES FOR A LIFETIME OF BLENDED ENJOYMENT.

	TRIED IT	RATING SCALE
Strawesome Glass Straw beautiful, reusable, lifetime guaranteed		1 1
High Speed Blender Blendtec or Vitamix get the job done		1 1
Klean Kanteen Insulated keeps hot for 6 hrs, cold for 24 hrs		1 1
Lifefactory Glass Bottle safely see-through, chemical free		1 1
Full Circle Bottle Brush made ethically from recycled materials		1 1
Straw Cleaner gets the gunk out of small places		1 1
Green Smoothie Cleanse 3 day program by Meghan Telpner		1 1
Open-Minded Person for ultimate well-being and happiness		1 1





















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Dishwashe Safe

Designed & Handmade in USA

Kid Friendl

It's a Drink Changer.



OUR LIFETIME GUARANTEED GLASS STRAWS MAKE DRINKING SAFE, FUN + ECO-FRIENDLY.

