



21

SUPER

SLIMMING

Smoothies

**SO HEALTHY & DELICIOUS,
EVEN FOODIES APPROVE!**

BY YURI ELKAIM

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HEALTHY EATING DOESN'T HAVE TO MEAN RABBIT FOOD AND LETTUCE LEAVES. NOW MORE THAN EVER, HEALTH FOOD IS FOR FOODIES. YOU CAN EAT GOOD AND EAT REAL GOOD, ALL AT THE SAME TIME.

Of course, in order to truly enjoy healthy eating, you've got to have the right recipes. The perfect blend of good-for-you ingredients PLUS chef-approved flavor combos. My wife and I are passionate about food and fitness, and have a whole treasure trove of delicious, healthy recipes that truly taste amazing.

We don't want to keep all this goodness to ourselves. In our experience, food is best when it's shared. And so, I've pulled together 21 of the best smoothie recipes I've ever found and I'm delighted to get them into your hands.

These recipes aren't just healthy, they're delicious. They're not just nutrient-packed, they're flavor packed. A great way to drink in more veggies, get more greens, and feel like you've just enjoyed a restaurant-quality meal.

I encourage you to make every one, then stop by my blog or Facebook page and share your favorites. Sharing food is one of the most satisfying experiences in life. Especially when that food is good food.

**ENJOY THIS ABUNDANCE OF GOOD FOOD.
HERE ARE 21 HEALTHY SMOOTHIE RECIPES YOU'LL
LOVE AS MUCH AS YOUR BODY DOES.**

WHY SMOOTHIES?

I'VE MADE IT MY MISSION TO DESIGN AN ARSENAL OF HEALTHY SMOOTHIES THAT TASTE ABSOLUTELY AMAZING. WHEN I WAS FIRST INTRODUCED TO RAW FOODS I WAS AMAZED AT HOW AMAZING SO MANY OF THE RECIPES TASTED. I FELL IN LOVE WITH BEAUTIFUL FOODS I NEVER EVEN KNEW EXISTED.

However, I quickly realized that some of the raw food recipes I was making from other raw food books were taking way too long to make. They required the use of ingredients that I could barely find and so many of them needed to sit in a dehydrator for 24 to 48 hours!

I don't know about you but I don't like preparing my dinner 2 days ahead of time. I'm a busy guy and I'm sure you're busy as well. But that shouldn't mean that your nutrition be compromised.

So I started adding in smoothies—and particularly greens smoothies everyday. They're great way to get all the raw food benefits without any prep time at all. In fact, if you have a hi-speed blender, many of the smoothie ingredients don't have to be prepped, cut, or peeled at all.

It's unlikely that you'll sit down every morning and chew your way through 8 cups of lettuce, 2 carrots, a tomato, spirulina, nut butter, and a cup of water. But toss them into a blender and you'll enjoy all of the above through a straw in minutes.

Smoothies are a great way to start your day, boost your raw intake, and increase the nutrition in your diet. And these smoothies are a delicious way to do all of that.



WHY THESE SMOOTHIES?

SMOOTHIES CAN BE FULL OF RAW, REAL FOOD INGREDIENTS AND STILL BE “UNHEALTHY” FOR YOU. HOW IS THAT POSSIBLE? BECAUSE SO MANY SMOOTHIE RECIPES ARE MADE WITH HIGH-SUGAR FRUITS. THE SWEETER FRUITS TASTE DELICIOUS, BUT YOUR BODY CAN’T TELL THE DIFFERENCE BETWEEN A SMOOTHIE AND A GRANOLA BAR. SUGAR IS SUGAR AND YOU CAN KICK OFF CRAVINGS AND BLOOD-SUGAR MOOD SWINGS IF YOU’RE DRINKING FRUIT-ONLY SMOOTHIES.

Instead of offering recipes that taste great, I wanted to compile favorite smoothies that taste great AND offer incredible, balanced nutrition. Here are the guidelines I followed when creating the ingredient combinations in this book:

LOW IN SUGAR

- This means no use of agave or honey; limited use of maple syrup, and very little the stevia (2–3 drops max).

100% PLANT-BASED

- Every smoothie in this book is made with raw, organic plants, nuts, seeds, or nut milks. No dairy, no gluten, no processed products.



70/30 VEGGIES TO FRUIT

- Vegetables and leafy greens offer an alkalizing effect on your internal system. They help reduce inflammation, boost immunity, and combat chronic ailments. To encourage a more balanced, alkaline diet, every smoothie in this book has a high ratio of veggies to fruit.

LOTS OF VARIETY

- In this book you’ll find a great variety of smoothies that can support all of your health, fitness, and weight loss goals. Many are lower in calories. Some are high in calories and protein, perfect as post-workout options (more calories+protein).

HOW TO MAKE A PERFECT GREEN SMOOTHIE

HERE'S A QUICK AND EASY WAY TO MAKE YOUR OWN SMOOTHIES WITHOUT A RECIPE. JUST FOLLOW MY SIMPLE FORMULA AND YOU'LL BE MIXING UP PERFECT RAW FOOD SMOOTHIES EVERY TIME!

70% GREENS	ABOUT 1 CUP	15% LIQUID	ABOUT 1 CUP
	ROMAINE SPINACH KALE COLLARD GREENS ARUGULA SWISS CHARD RAINBOW CHARD MUSTARD GREENS PARSLEY CILANTRO FRESH MINT		WATER COCONUT WATER GREEN TEA NUT MILK HEMP MILK COCONUT MILK VEGGIE JUICE
10% FRUIT & VEGGIES	1-3 SERVINGS	5% BOOSTER	1-3 TABLESPOONS
	APPLE BANANAS BERRIES AVOCADO SWEET POTATO CARROTS TOMATOES ORANGE LEMON LIME		YURI ELKAIM'S ENERGY GREENS* PROTEIN POWDER CHIA SEEDS HEMP SEEDS SESAME SEEDS NUT BUTTER FRESH GINGER MACA VANILLA CINNAMON STEVIA MAPLE SYRUP RAW HONEY

CHOOSING ORGANIC PRODUCE—THE CLEAN 15 AND THE DIRTY DOZEN

IN A PERFECT WORLD, WE'D ALL BE EATING AND DRINKING ORGANIC PRODUCE ALL THE TIME. HOWEVER, I REALIZED THAT THAT'S NOT NECESSARILY POSSIBLE FOR EVERYONE. WITH THAT SAID, DO YOUR BEST TO BUY THE FOLLOWING "DIRTY 12" FRUITS AND VEGETABLES IN THEIR ORGANIC STATE...

THE DIRTY DOZEN

1. Peaches
2. Apples
3. Sweet Bell Peppers
4. Celery
5. Nectarines
6. Strawberries
7. Cherries
8. Pears
9. Grapes (Imported)
10. Spinach
11. Lettuce
12. Potatoes

Notice how most of these 12 foods would be eaten skin and all.

Rule of thumb: any food you would eat in its entirety (including the skin) is best to buy organic.

And since the following 15 foods are the least problematic from a pesticide perspective, don't stress about getting them organic if you don't want.

THE CLEAN FIFTEEN

1. Onions
2. Sweet corn
3. Pineapples
4. Avocado
5. Cabbage
6. Sweet peas
7. Asparagus
8. Mangoes
9. Eggplant
10. Kiwi
11. Cantaloupe (domestic)
12. Sweet potatoes
13. Grapefruit
14. Papayas
15. Mushrooms

HOW TO CHOOSE THE BEST BLENDER

IF YOU COULD ONLY BUY A BLENDER OR A JUICER, I WOULD RECOMMEND GETTING A BLENDER SIMPLY BECAUSE YOU CAN GET MORE USE OUT OF IT. PLUS, SMOOTHIES (MADE IN A BLENDER) ARE A COMPLETE MEAL (THANK YOU FIBER) AND TAKE MUCH LESS TIME TO MAKE THAN MOST JUICES.

The most important consideration is choosing a blender is a powerful motor (high RPM) so that it can blend ice and other tougher ingredients without blinking.

I personally use (and love) the **Vitamix**. It's easily the best \$500 I've ever spent. However, there are other solid high-speed blenders like **Blendtec** that are less expensive and will still do the job.



WHAT YOU WON'T FIND IN THESE RECIPES

THROUGHOUT THIS RECIPE GUIDE, YOU WILL NOT FIND ANY DAIRY, GLUTEN, ANIMAL PROTEIN, OR EXCESSIVE USE OF SUPPLEMENTS.

All of these smoothie recipes are 100% vegan, dairy-free, and for the most part raw. Adding 1–2 of these juices and smoothies into your diet each day will take your health to a new level as you'll be getting 5–10 servings of vegetables and fruit without even thinking about it.

I'm not a fan of dairy and don't believe that humans are suited to digest it properly. It's micro- and macronutrient content are also way out of whack for human needs. I could go on and on but I'll just stop there. So, I don't include cow's milk or yogurt in any of these recipes. Instead, the more beneficial coconut and nut milks are used.

Obviously, you won't find gluten in any of these recipes since it is generally not a common ingredient in most liquids. Just wanted to make that clear.

I'm also not a fan of most animal protein powders (personal preference) so I haven't included whey or casein protein in these recipes. If you want to use them, then that's fine but I've included a number of amazing vegan protein sources that are just as good, if not better, than typical animal-based proteins.

GO CRAZY AND MIX AND MATCH YOUR OWN, IF YOU FEEL LIKE EXPERIMENTING.



A NOTE ON SUBSTITUTIONS

IF YOU NEED TO MAKE A SUBSTITUTION IN ANY OF THESE RECIPES, KEEP IN MIND THAT THE FLAVOR AND TEXTURE MAY CHANGE. HOWEVER, HERE ARE A FEW BASIC TIPS TO KEEP IN MIND WHEN MAKING SUBSTITUTIONS.

If your recipe calls for kale and you don't have any, then just use another leafy green like spinach, Swiss chard, etc. If you don't have almond butter go with organic peanut butter, cashew butter, etc. You can use the "How to Make a Perfect Green Smoothie" chart above for a basic list of substitutions that work within each ingredient category.

A NOTE ON SERVING SIZES

Nutritional calculations have been included for each recipe. Unless otherwise noted, the calculations include the *entire recipe* as '1 serving'.

A few of the nutritional calculations indicate the recipe numbers for '1 batch.' These are richer, higher calorie smoothies and are best as a meal replacement, post-workout replenisher, or a recipe for sharing. To cut the calories, split the recipe into two or more servings. Or blend just half the listed ingredients for a single serving smoothie.

Your friend and coach,



YURI ELKAIM, BPHE, RHN



A close-up photograph of a silver and black blender. The clear plastic pitcher is filled to the brim with fresh, vibrant green spinach leaves. Below the spinach, several whole orange carrots and slices of green apples are visible. The blender's base is metallic and reflective. The background is a soft-focus kitchen setting with a bowl of fruit visible in the distance.

The Recipes

1. THE FEISTY CARROT



INGREDIENTS

- 3 carrots
- 2" piece fresh ginger
- 1 orange, peeled
- $\frac{3}{4}$ cup ice water

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
151	1G	9G	21G	3G

2. EVERYTHING-BUT-THE-KITCHEN SINK PROTEIN SHAKE

INGREDIENTS

- 2 cups kale
- ½ cucumber
- 3 stalks celery
- 1 pear, cored
- 1 cup coconut water
- 1 small handful fresh mint
- 1 small handful fresh parsley
- 1 lemon, peeled
- 1 frozen banana
- 2 tablespoons almond butter
- 2 tablespoons hemp seeds
- ½ tablespoon chia seeds
- 1" ginger root
- Pinch cayenne, cinnamon, and turmeric

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 BATCH				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
660	28G	22G	44G	20G

3. BROCCOBERRY CRUNCH



INGREDIENTS

- 1 ½ cups broccoli
- 1 avocado
- 1 cup frozen strawberries
- 1 cup almond or hemp milk
- Stevia to taste (if desired)

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 BATCH				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
799	35G	24G	88G	19G

4. ROCKET FUEL

INGREDIENTS

- 4 cups arugula
- 2 green apples
- 1" piece fresh ginger, peeled
- 1 lemon, peeled
- 1 cup ice water

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
196	1G	10G	32G	4G

5. THE FAT BLASTER



INGREDIENTS

- 4 cups of greens
- 3 stalks celery
- 2" piece fresh ginger
- 1 lemon, peeled
- 1 handful cilantro
- 1 apple or 1 cup frozen berries
- 1 cup ice water

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
161	1G	5G	5G	10G

6. WAKE-UP GREENIE

INGREDIENTS

- 1 cup cilantro
- 4–6 cups kale
- 1 lime, peeled
- 1 cucumber, peeled
- 1 apple, peeled and cored
- 1 frozen banana
- 1 cup chilled coconut water

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
475	4G	20G	39G	19G

7. DAILY VEGGIE BOMB



INGREDIENTS

- 1 romaine heart
- 1 tomato
- 1 carrot
- 1 red bell pepper
- 1 whole cucumber
- 1 avocado
- 1 whole lime peeled
- 1 garlic clove
- 1" piece jalapeno (optional)
- 1 cup ice water
- Sea Salt and pepper to taste

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 BATCH				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
558	32G	35G	23G	16G

8. CUCUMBER PEAR BLAST

INGREDIENTS

- 1 cucumber
- 1 pear, cored
- 2 tablespoons almond butter
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon
- 3–4 drops stevia
- 1 cup almond or hemp milk

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
434	21G	10G	33G	17G

9. CUCUMBER MOJITO



INGREDIENTS

- 1 avocado
- 1 cucumber, skinned
- 1 lemon, peeled
- 1 small handful fresh basil
- 1 small handful fresh cilantro
- 1 small handful fresh mint
- Sea salt to taste
- 3-5 drops stevia (if desired)

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
374	30G	17G	6G	6G

10. INVISIBLE SPINACH

INGREDIENTS

- 4–6 cups spinach
- 2 tablespoons cashew butter
- 1 cup frozen mixed berries
- 1 large, ripe banana
- 1 cup almond or hemp milk

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
442	19G	7G	30G	19G

11. LEAN, GREEN & HI-PROTEIN



INGREDIENTS

- 4–6 cups spinach
- 2 carrots
- 1 cup frozen blueberries
- 2 tablespoons almond butter
- 1 tablespoon hemp seeds
- 1 tablespoon flax
- 1 tablespoon liquid coconut oil
- 1 date, pitted
- 1 ½ cup ice water

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 BATCH				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
631	37G	18G	46G	16G

12. GRANDMA'S OVEN SMOOTHIE

INGREDIENTS

- 1 apple
- 2 small carrots
- 1 small zucchini
- 1 date, pitted
- 1 ½ tablespoons liquid coconut oil
- 1 lemon
- 1 cup almond milk
- 1 tablespoon vanilla
- ½ teaspoon pure almond extract (optional)
- 1 teaspoon apple pie spice
- 1 tablespoon cashew, almond butter or tahini
- 1 tablespoon chia

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 BATCH				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
728	35G	15G	66G	17G

13. MICROGREEN MUNCHER



INGREDIENTS

- 2 cups kale
- 1 cup spinach
- 1 large handful microgreens
- 1 apple
- ½ frozen banana
- ½ lemon, peeled
- 1 cup almond milk
- 2 dates, pitted

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
559	6G	15G	85G	18G

14. THE VEGGIE SNEAKER

INGREDIENTS

- 6 cups spinach
- 1 frozen banana
- 2 tablespoons almond butter
- 1 tablespoon flaxseed
- 1 cup almond milk

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 BATCH				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
504	26G	13G	29G	18G

15. BLUEBERRY BREAKFAST SMOOTHIE



INGREDIENTS

- 1 avocado
- 1 cup frozen blueberries
- ½ cup cooked quinoa
- 1 tablespoon almond or cashew butter
- 1 cup almond or cashew milk
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 1 tablespoon liquid coconut oil
- Stevia to taste (if desired)

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 BATCH				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
859	58G	21G	27G	20G

16. SWEET ROMAIN SMOOTHIE

INGREDIENTS

- 1 romaine heart
- ½ avocado
- 3 stalks celery
- 1 cucumber
- 1 apple
- 1" piece fresh ginger

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
404	17G	27G	28G	13G

17. SUNFLOWER PATCH SMOOTHIE



INGREDIENTS

- ¼ cup sunflower seeds or 2 t. sunflower butter
- 3 cups spinach
- 1 cups sprouts
- 2 carrots
- 1 yellow or red bell pepper
- 1 tomato
- Sea salt to taste

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
402	24G	15G	18G	18G

18. CUCUMBER APPLE & GINGER

INGREDIENTS

- 1 cucumber
- 1 apple
- ½ very ripe mango
- 1" piece of ginger, peeled
- 2 tablespoon fresh mint (if desired)
- 1 cup ice water

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
180	1G	6G	32G	3G

19. TROPICOOOL ZESTER



INGREDIENTS

- 1 head romaine
- 1 cucumber
- 1 cup honeydew
- 1 cup coconut water
- 1" piece ginger
- 1 lime, peeled
- 1 teaspoon lemongrass puree (optional)

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
277	1G	20G	32G	12G

20. LEMON CELERY

INGREDIENTS

- 1 romaine heart
- 1 cups bean sprouts
- 1 cucumber
- 4 stalks celery
- 1 lemon, peeled

DIRECTIONS

Blend all together until smooth. Serve and enjoy.



NUTRITIONAL INFORMATION

BASED ON 1 SERVING				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
212	3G	20G	20G	14G

21.CHAKA-LAKA



INGREDIENTS

- 2 tablespoons raw cacao
- 2 cups spinach
- ½ cup frozen blueberries
- 1 date, pitted
- 1 avocado
- ½ frozen banana
- 1 tablespoon vanilla
- ½ teaspoon cinnamon
- 1 cup almond milk

DIRECTIONS

Blend all together until smooth. Serve and enjoy.

NUTRITIONAL INFORMATION

BASED ON 1 BATCH				
CALORIES	TOTAL FAT	FIBRE	SUGARS	PROTEIN
753	35G	23G	61G	17G

