

# **An E-Guide to Super Smoothies**

Super smoothie tips, shopping list  
and my favorite recipe.

# Super Smoothies: The Formula

## **Choose a base.**

I like to choose a base that is low in sugar, or with no sugar. Avoid juices. I typically just use water, or I'll use a 50/50 split of water and my favorite milk alternative. Faves for me include hemp milk, coconut milk, & oat milk. Other alternatives are rice milk, almond milk, cashew milk, macadamia nut milk, etc. If you're buying these alternative milks, opt for the least amount of ingredients, no added sugars, and try to avoid carageenan.

## **Add fruit.**

Smoothies are a great way to get your fruit, which gives natural sugars and quick energy. Great for the morning! Fruit is all I use as a sweetener in my smoothies. Organic or wild berries are amazing and low in sugar, so you can eat a lot of them! My favorites are blueberries. Also try strawberries, raspberries, or cherries! Why not add pineapple? Add some banana for extra creaminess (yum!) and extra sweetness.

## **Add veggies.**

Why not get a dose of vegetables in your morning brew? It's a way to get 1-2 servings of veggies before you even get to breakfast and lunch. The possibilities are endless. The easiest for me? Add a serving of raw or frozen spinach. Spinach blends well and you won't taste it. You can also try kale or other greens. I also love throwing in carrots and beets. They are sweet veggies, and add a wonderful flavor! Finally, while technically a fruit, AVOCADO IS MY FAVORITE. A ripe avocado gives you an amazing dose of good fats and it makes the smoothie unbelievably creamy. You won't regret it.

## **Add protein.**

Protein helps to keep you feeling a bit more full. I love plant-based proteins. One of my favorites right now is pumpkin seed protein, but you can use pea protein, rice protein, hemp protein, quinoa protein, or any other plant-based blends. Just make sure your protein has no added sugar or strange-looking chemicals that you can't pronounce.

## **Add superfoods and/or good fats**

Add optional superfoods or good fats for additional health benefits or even for flavor (raw cacao powder with a few dashes of cinnamon = chocolatey goodness). For good fats, I like to add coconut oil, coconut butter, nut butters, chia seeds, or tahini. Some more of my favorite superfoods are turmeric, chlorella, chaga mushroom, reishi mushroom, ashwaghandha, lucuma powder, maca powder, and cacao powder. There are so many more superfoods that will bring healing properties into your smoothies - do a google search for the top superfoods and try adding some of them in!

## Extra tips for amazing smoothies

### **Gear**

Use a high quality blender for your smoothies. No one wants chunks of kale or carrot (been there) in their gulp. You can go crazy and buy a Ninja, Vitamix, or Blendtec... But for less money and a more "on the go" option, I love my Nutribullet 900 series. I got it a few years ago for Christmas and after two moves it's still going strong.

You can buy the whole set for \$80 here: <https://amzn.to/2vBxiw9>

### **Online shopping**

Some ingredients are best found in the grocery store, but others are available at a much better rate online. I love to use Thrive Market for my dry or canned goods, superfoods like chia seeds & mushroom powder, and even nut butters and cooking oils. They have great healthy brands at a price much lower than the grocery store, and they are always running promotions for free shipping and free new products with your order.

Use this link for 25% off your first order: <http://thrv.me/wanderfree>

### **Plan ahead**

Purchase extra nut milk to have on hand that you can keep in the pantry for later. While fresh is usually best, I do keep some boxed options in my pantry for "just in case." See below for more on choosing nut milks.

Purchase frozen fruits or veggies so that you always have smoothie options available. I love to purchase the largest bags of Wyman's wild blueberries or their berry and kale mix. I also love raspberries, strawberries, cherries, chopped spinach for my veggies (when I don't have it fresh), and even frozen mango, pineapple, and coconut for tropical smoothies. I try to purchase organic wherever possible - it's worth it to have bug-spray-free fruit.

### **Do your research**

Use protein powders that are clean and free from added sugars, artificial flavorings, strange chemicals you can't pronounce, or any funky colors or dyes. I recommend plant-based proteins, as dairy is inflammatory and many whey proteins are still inflammatory. I have had some good luck with bone broth based proteins, but my vote is always plant-based for protein powders.

### **Purchase clean nut milks with minimal ingredients**

Nut milks are controversially "healthy" in my book, because there are so many thickeners and stabilizers that are added to the commercial versions. If you aren't making your own (which is easy!) please read the label of any you purchase. Look for milk alternatives with no added sugar and no carageenan. Carageenan is a thickener and emulsifier that is linked to inflammation, stomach problems, and is a known carcinogen. And a good rule of thumb with all packaged foods: the fewer ingredients, the better.

# Smoothie Stock-Up Shopping List

## Fresh Produce Section

Choose your favorite fruits & veggies from the ideas below.

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| <input type="checkbox"/> Bananas     | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Berries     | <input type="checkbox"/> Kale    |
| <input type="checkbox"/> Pineapple   | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Other faves | <input type="checkbox"/> Beets   |

## Frozen Food Aisle

Choose any frozen fruits or veggies so you have smoothie ingredients at the ready, at all times.

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Mango           |
| <input type="checkbox"/> Raspberries  | <input type="checkbox"/> Pineapple       |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Spinach or Kale |

## Dry Goods

Typically the middle aisles of the grocery store, sometimes in the "health food sections" of a standard supermarket.

- Milk alternative of choice (hemp, almond, coconut, oat, rice, cashew, macadamia, etc.)
- Coconut oil (optional good fat)
- Coconut butter (optional good fat)
- Nut butters (optional good fat & more protein. Choose no added sugars or oils - just NUTS!)

## Protein & Superfoods

Be discerning when in a standard supermarket...follow my tips on previous pages. Or check online or health food stores.

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Plant Protein Powder | <input type="checkbox"/> Cacao Powder |
| <input type="checkbox"/> Chia seeds           | <input type="checkbox"/> Maca Powder  |
| <input type="checkbox"/> Chlorella            | <input type="checkbox"/> Ashwaghandha |
| <input type="checkbox"/> Reishi Mushroom      | <input type="checkbox"/> Turmeric     |
| <input type="checkbox"/> Chaga Mushroom       |                                       |

Find my amazon links to some of these ingredients at [www.wanderfreewellness.com/recipes/supersmoothies](http://www.wanderfreewellness.com/recipes/supersmoothies) or get 25% off Thrive Market: <http://thrv.me/wanderfree>

# My Favorite Smoothie Recipe

## Crazy in Cacao Love

### Ingredients:

- 1/2 banana
- 1/2 avocado
- 1 cup of spinach
- 20 oz. water or  
60/40 water & milk alternative
- Optional: 1/2 - 1 cup berries
- 1 serving protein powder
- 2 tbsp cacao powder
- 1/2 tsp or few dashes  
cinnamon

### Recipe:

Combine all ingredients in a blender (add the liquid first).  
Blend until smooth.

*(Without the berries this is just  
pure chocolate banana goodness.  
With the berries, it's a fruity chocolate surprise.)*

This is just one recipe of countless that you can create using the  
formula at the beginning of this guide.

Use it as a blueprint and then wander free in your creations.  
You never know - often the weirdest combinations or the accidental  
mistakes become the best surprises.

Have questions or comments? I'd love to hear how your smoothies  
are turning out! Connect with me!



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