

Cait's Sensational Summer Smoothies: A Guidebook



**Get the Gorgeous Summer Glow You've Always
Wanted Starting from the Inside Out!**

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Sensational Summer Smoothies: A Guidebook

Smoothies are a fantastic way to boost your veggie intake and provide what I like to call a daily “insurance policy” for your nutrient needs. They’re also amazing for boosting your daily beauty nutrient intake so that *you’re left with glowing skin, shiny hair, strong nails, and a super-charged immune system!*

There really is no limit to what you can do with smoothies and the more you drink them, the less you’ll crave the super sweet, sugary concoctions passed off as health food at smoothie bars.

Most of those offerings contain enough carbs, typically in the form of sugar, to last you an entire day and seriously mess up your blood sugar balance. They are usually made with little real fruit, lots of juice, almost zero veggies, and conventional, acne-forming dairy products. That is not a beauty food!

When making our smoothies we want to ensure *they contain fat, protein, and fibre to balance out the carbohydrate content and prevent blood sugar spikes*. When we eat too much sugar without these nutrients to balance it we can promote inflammation in the body, which leads to a whole host of unpleasant symptoms such as:

- Red, inflamed skin
- Acne
- Eczema
- Arthritis—anything that ends in “itis” is an inflammatory condition
- Weight gain
- Water retention
- Puffy faces and eyes
- Chronic illnesses
 - Diabetes
 - Heart disease

Formula for Perfect Blood-Balancing Beautifying Smoothies

Protein

Great protein options:

- Nut and seed butters
 - Almond, cashew, sunflower, sesame, walnut, macadamia
- Hemp hearts
- Cashews—soaked to soften
- Full fat, natural, unsweetened Greek and plain yogurts
- Protein powders
 - Vegessentials
 - Vega
 - Whey if tolerated

Fat

- Coconut milk, oil, or kefir
- Hemp oil—added after blending to prevent rancidity
- Nut and seed butters
- Avocados
- Full fat, natural, unsweetened Greek and plain yogurts

Carbs

- Fruits and veggies!
- Go wild with fresh seasonal produce for the most nutrient bang for your buck.
- For a base I like to use:
 - Cucumbers
 - Zucchini

Veggie to Fruit Ratio

- I aim for a 3:1 ratio of veggies to fruits... However, sometimes a girl just needs a strawberry daiquiri!
- Lots of veggies in your smoothie adds satiating fibre that keeps you fuller longer and prevents the dreaded blood sugar spikes!

Bonuses!

• Fresh Flavours:

- Ginger
- Turmeric
- Cilantro
- Parsley
- Lemon
- Lime

• Warming Flavours

- Cinnamon
- Clove
- Nutmeg
- Ginger
- Allspice
- Cayenne—just a pinch!

Veggie Staples

Carrot

The vibrant orange color found in carrots is a sign that it contains tons of beautifying *beta-carotene*. BC is amazing for skin, hair, and nail health thanks to its antioxidant function in the body and because it is the precursor to vitamin A. This vitamin is necessary for building healthy epithelial tissues in the body and because it *promotes healthy cell division, helps regenerate collagen, regulates oil production, and helps protect our eyesight as we age*. They also contain biotin, which is a B vitamin that helps regulate blood sugar and promotes healthy hair growth!

Celery

Long touted solely as a food that will help you lose weight because it takes more calories to digest it than it contains, celery is actually super charged with nutrient goodness. Because of its healthy balance of *sodium and potassium* it acts as a natural diuretic leading to a cooling and detoxing action in the body. It also helps us *flush extra fluid so that we look svelte in our gorgeous summer frocks*. Like some of our other beauty staple veggies, it contains silicon to help promote healthy hair, hydrated and elastic skin, and strong nails. And finally, like many of our other friends from the plant kingdom, it contains *antioxidants that help prevent inflammation and premature aging*—say bye-bye to wrinkles!

Cucumber

This delicious summer veggie is perfect in smoothies for adding extra hydration, sweet antioxidants, and beautifying nutrients. *They're chock full of silicon, a mineral necessary for building shiny hair, glowing skin, and strong nails*. They also contain some potassium to help with electrolyte balance since we tend to sweat more in the summer and lose lots of our healthy minerals. Make sure to buy organic so you can eat the skins, which are a great source of vitamin C (another important component for healthy skin, not to mention immunity!) and chlorophyll.

Greens: Kale, Romaine, Spinach, Chard, Dandelion, Endive

One of the most abundant beauty boosters in the greens we add to our smoothies is a molecule called chlorophyll. This molecule gives plants their green colour and essentially functions as their “blood” by aiding in

the process of photosynthesis whereby sunlight, water, and carbon dioxide are turned into carbohydrates. Pretty frickin' amazing, no?! *Chlorophyll* has some pretty spectacular health benefits. The centre atom of chlorophyll is *magnesium, which means that plants are naturally a fantastic source of this mineral* whose functions include hundred of enzymatic reactions in the body. Magnesium is also essential for the following:

- Relaxation of muscles—making it an excellent mineral for women who suffer from menstrual cramping or individuals who have a hard time falling asleep.
- Slowing the aging of skin by stabilizing RNA and DNA, meaning fewer wrinkles and a more glowing complexion!
- Promoting healthy hair growth, and strong bones, nails, and teeth, which are all necessary to keep us glowing from the inside out!

Chlorophyll also functions as an *excellent blood purifier, liver supporter, detoxifier, and anti-inflammatory molecule in our bodies*. Improving our detoxification capacity and ensuring that we eat as many anti-inflammatory foods as possible helps prevent and soothe skin issues such as:

- Acne
- Eczema
- Red patches and skin discoloration

As a bonus all these different greens contain tons of sweet antioxidants, vitamins, and minerals to help us glow from the inside out!

Zucchini

I like to add this veggie to my smoothies for an extra creamy texture without relying on inflammatory and mucus forming dairy products. As a bonus they are also a great source of *vitamin C, which is also needed for proper collagen formation* and so combines well with the cucumbers above. They also contain some awesome carotenoid antioxidants, *lutein and zeaxanthin*. These antioxidants have wonderful anti-inflammatory benefits for the body and help prevent macular degeneration. Since our eyes are often exposed to the bright summer sun all season, we'll definitely benefit from adding some eye protective zucchini to our smoothies.

Fruit Staples

Apples

That age old adage “An apple a day keeps the doctor away” has its foundation in scientific fact! Apples contain some great nutrients that help *balance our blood sugar and boost our immune function*. Certain polyphenols in apples have been shown to decrease the absorption of glucose in the digestive tract. If we’re absorbing less of the glucose we’re consuming it won’t have as much of an impact on our blood sugars, which means less chance of a spike after a meal. Apples also contain *quercetin*, which boosts our immune system. Quercetin *inhibits enzymes involved in the breakdown of complex carbohydrates into simple sugars such as alpha-amylase and alpha-glucosidase*. Again, if our bodies have fewer simple sugars to deal with our blood sugar will be much more likely to remain in a stable, healthy range.

Avocado

A major portion of the fat found in avocados comes from *phytosterols and polyhydroxylated fatty alcohols (PFAs), two fats that help modulate the inflammatory response in the body*. They also contain oleic acid, which not only helps lower blood pressure, but also helps increase absorption of fat-soluble molecules, such as carotenoids. Avocados contain an impressive array of *carotenoids (phytonutrients) and the proper fats required to properly absorb these important nutrients*, making them a pretty perfectly complete food in my eyes. They are also a great source of potassium, a mineral that helps regulate blood pressure and fluid balance in the body. Getting enough potassium is one great way to help protect yourself from the risk of high blood pressure or stroke.

Banana

Bananas, like avocados, are one of *the best food sources of potassium*, an essential mineral for maintaining normal blood pressure and heart function. In addition, *bananas contain pectin*, a soluble fiber (called a hydrocolloid) that can help normalize movement through the digestive tract and ease constipation to ensure that one of your most important detox pathways remains active and healthy.

Blueberries

The antioxidant content in one cup of blueberries is truly mind-boggling! There are very few foods on the planet that even come close to matching this powerhouse of a fruit. One of the major groups of AOs, *anthocyananins, help boost your skin's elasticity and connective tissue, which helps keep your skin younger, firmer, and stronger!* They also *protect against UV damage*, a critically important function during the steamy summer season. Another AO family, *catechins* (also found in green tea) *help prevent wrinkles*. Blueberries are also a great source of vitamins C and E, both of which work together to prevent oxidative damage in the body, build new tissues, and generally keep you healthy and glowing!

Cherries

These tart or sweet berries contain *anthocyanins* to help keep your skin firm, your connective tissue strong, and protect your DNA from oxidative damage. They're also a great source of *quercetin that acts as a natural antihistamine*, so these are a wicked fruit to incorporate into your smoothies during allergy season. Cherries are also a fabulous *anti-inflammatory* food that can help alleviate the pain and discomfort associated with burns, aches, and generalized pains.

Cantaloupe

Much like carrots, cantaloupe is a great source of *beta-carotene*. It also contains an impressive amount of vitamin C to help maintain skin health and immune function and to support our stress response. Like bananas it contains potassium, but it also contains *vitamin B6*, which helps regulate sodium and potassium balance in the body thus preventing dehydration or unwanted water retention. Finally it contains a powerful enzyme called *superoxide dismutase that supports mitochondrial health*. Since mitochondria act as the power houses of our cells we want to keep them as happy and healthy as possible!

Mango

This tropical fruit is an excellent source of flavonoids like *beta-carotene, alpha-carotene, and beta-cryptoxanthin*. As we've seen BC is a potent antioxidant and a precursor to vitamin A. Together, these compounds are known to have potent antioxidant properties and are necessary for healthy eyes and excellent vision. Vitamin A is also required for maintaining healthy mucus membranes and skin. Mangoes are also a great source of *potassium*, which is an *important*

component of cell and body fluids that helps controlling heart rate and blood pressure. It is also a very good source *of vitamins B6, C, and E*. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and *scavenge harmful free radicals*. Vitamin B-6 or *pyridoxine* is required for GABA hormone production within the brain, which is necessary for *relaxation and deep sleep, which we need in order to look fresh and radiant!*

Pear

These fruits are a great low-glycemic choice to add to smoothies. Not only do they contain healthy soluble fibre to help slow stomach emptying time, scientists now know that *pear flavonols* (including isorhamnetin, quercetin, and kaempferol), flavan-3-ols (especially epicatechin), and the anthocyanins (found in red-skinned pears) all *help improve insulin sensitivity*. Recent studies have shown that the skin of pears contains at least three to four times as many phenolic phytonutrients as the flesh, so make sure you buy organic so you can take advantage of the nutrient density of the skin. These phytonutrients include *antioxidant and anti-inflammatory flavonoids, and potentially anti-cancer phytonutrients such as cinnamic acids*.

Pineapple

Looking for some *fantastic anti-inflammatory digestive compounds* to help boost your digestive fire and break down proteins? Well you've found it with our good friend pineapple! This tropical party in a glass also contains vitamin B6 and copper, which *are essential nutrients for healthy, shiny, vibrantly colored hair*. Don't go too crazy on this fruit though as it is high in natural plant sugars. Half a cup will give you plenty of benefits and a great tropical flavour, without too much sugar.

Raspberries

Does anything say summer more than fresh raspberries? Like some of the other berries we've seen, they're a great source of *anthocyanins*, but they also contain *ellagic acid*, a powerful antioxidant that fights toxins and signs of aging. These potent little berries also increase enzyme activity, oxygen consumption, and heat production in certain types of fat cells via their phytonutrients, such as *rheosmin*, and so may be able to *decrease obesity and fatty liver risks*.

Strawberries

This fruit is a great blood sugar balancing addition to any smoothie as recent studies have shown that consuming about 1 cup of *strawberries helps regulate the blood sugar response*, even when eating refined table sugar! And though none of us fabulous healthy eating types ever do that, it's still going to have great balancing benefits in conjunction with all the other sweet summer produce you're consuming. Scientists believe that *it's the polyphenol content, which includes this impressive list of phytonutrients anthocyanins, ellagitannins, flavonols, terpenoids, and phenolic acids that causes this effect*. Regardless of the mechanism by which it happens, strawberries are a great fruit to incorporate into your summer diet as balanced blood sugar + anti-inflammatory phytonutrients are key for preventing inflammation in the body. If we don't have to fight in-house inflammation, our bodies can do a better job protecting us from the summer sun, thus ensuring we're sporting a healthy glow rather than irritated redness.



The Goods: Smoothie Recipes

Apple Carrot Ginger Zing

Ingredients

- 1 apple
- 1 carrot
- 1.5 inches ginger
- 1 inch turmeric
- 4-6 inches cucumber
- 4-6 inches zucchini
- ½ cup cantaloupe
- ½ cup coconut milk/kefir
- 3 tbsp. hemp hearts
- 1 cup water



Directions

1. Combine all ingredients in a blender until smooth and creamy.
2. Serve and enjoy!

Makes about two 500ml servings.

Contains	Good For
Probiotics	Digestion Immunity Skin health
Silicon	Building strong hair, skin, nails Skin hydration & elasticity
Beta-carotene	Antioxidant benefits Building strong skin Promoting healthy eyesight
Curcumin	Anti-inflammatory Promotes liver detoxification
Vitamin C	Building collagen Supporting immune function

Beta Blast Skin Soothing Smoothie

Ingredients

- 1 carrot
- ½ zucchini
- 4 inches cucumber
- 1 inch fresh turmeric
- ¼ cup mango
- ½ cup cantaloupe
- ¼ cup pumpkin puree
- ½ banana
- ½ inch ginger
- ½ cup coconut milk or coconut milk kefir
- 1 scoop protein powder or 3 tbsp. hemp hearts



Directions

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a mason jar and enjoy!

Hint: If not using any frozen fruits add 1 cup of ice cubes to make this bevvie cool and creamy!

Contains	Good For
Beta-carotene	Antioxidant Promotes skin health and regeneration
Potassium	Regulates water balance Maintains electrolyte balance and proper hydration
Zeaxanthin	Prevents macular degeneration
Medium Chain Triglycerides	Promote fat burning Anti-viral Anti-bacterial
Ginger	Digestive aid Immune booster Anti-inflammatory

Cait's Kitchen Sink Smoothie

Ingredients

- 1 handful of spinach
- 2 leaves of kale
- 1 pear
- 5 inches cucumber
- 5 inches zucchini
- 1 carrot
- ½ banana
- 1 inch ginger
- 1 inch turmeric
- ½ cup coconut milk kefir (or coconut milk)
- 3 tbsp. hemp hearts
- 1 cup water
- 1 cup ice



Directions

1. Combine all ingredients in a blender until smooth.
2. Enjoy!

Makes about two 500ml servings.

Contains	Good For
Chlorophyll	Magnesium—relaxation Detoxification Blood purification
Iron	Blood building Energy boosting via RBC creation
Pectin	Blood sugar balance Regulation of elimination
Silicon	Strong connective tissue <ul style="list-style-type: none"> • Bones, muscles, ligaments, tendons, cartilage
Omega-3 fats	Anti-inflammatory Healthy cell membranes Promotes brain health and function

Choco-Berry Smoothie

Ingredients

- 1 cup frozen blueberries
- 1 tbsp. cocoa powder
- 1 tsp. pure vanilla extract
- ½ banana
- ½ C coconut milk
- 1 scoop of Vegessentials
- 1 C cold water
- 1 tbsp. maca
- 1 tsp. Ashwagandha



Directions

1. Combine all ingredients in a blender and mix together until smooth.
2. Enjoy!

Makes approximately one 500ml portion

Contains	Good For
Anthocyanins	UV protection Support skin elasticity Anti-aging
L-tryptophan	Precursor to serotonin— our “happiness” neurotransmitter
Magnesium	Healthy hair growth Anti-aging—RNA and DNA protection
Maca	Nourishes endocrine system to promote hormonal balance
Ashwagandha	Adaptogen—helps modulate stress response in the body

Chocolate Pumpkin Sensation

Ingredients

- 6 inches cucumber
- 1 carrot
- ½ cup pumpkin puree
- 2 heaping tbsp. almond butter
- handful of greens—spinach, kale, romaine, chard
- ½ frozen banana
- 2 tsp. vanilla
- 3 tbsp.cacao
- 1 scoop protein powder or 3 tbsp. hemp hearts
- ½ cup coconut milk kefir
- 1 cup water
- 1 cup ice
- maple syrup or honey to taste



Directions

1. Combine all ingredients in a blender until smooth and creamy.
2. Serve and enjoy!

Makes two 500ml portions

Contains	Good For
Omega-3 fats	Anti-inflammatory Healthy brain Health cell membranes
Polysaccharides—pectin	Antioxidant support Insulin regulation Anti-inflammatory
Vitamin E	Healthy skin and eyes Healthy immune system
Assorted carotenes	Antioxidant support Prevents aging Smooth skin
Cocoa Polyphenols	Antioxidant support Neuroprotective—prevent neuronal death

Glowing Goddess Green Smoothie

Ingredients

- ¼ avocado
- 3 inches of zucchini
- 2 leaves swiss chard
- 2 leaves romaine
- 1 handful spinach
- ½ inch ginger
- ½ cup coconut kefir
- 1 celery stalk
- 6 inches cucumber
- ½ banana
- 1 cup water
- ½ cup ice
- 3 tbsp. hemp seeds
- maple syrup or honey to taste



Directions

1. Cut zucchini, cucumber, and celery into small chunks.
2. Add all ingredients to blender and combine until smooth and creamy. Can drizzle with hemp oil & a few extra hemp hearts for an extra omega boost!

Makes about two 500ml servings.

Contains	Good For
Chlorophyll	Energy boost Detoxification—liver support Blood purification
Oleic acid	Supports heart health Supports absorption of fat-soluble nutrients—vitamins A, D, E, & K
Syringic acid (from chard)	Blood sugar balance
Vitamin C	Antioxidant Collagen production Stress support
Carotenoids	Anti-inflammatory Support skin health Prevent macular degeneration

Summer Strawberry Soother

Ingredients

- 2 cups strawberries
- 5 inches zucchini
- 5 inches cucumber
- 1 leaf swiss chard (optional)
- ½ banana
- ½ cup coconut milk kefir
- 3 tbsp. hemp hearts
- 1 cup water

Directions

3. Combine all ingredients in a blender until smooth and creamy.
4. Serve and enjoy!

Makes about two 500ml servings.



Contains	Good For
Flavonols, phenolic acid	Blood sugar balance Antioxidant support Anti-inflammatory
Probiotics	Support digestive tract health Support immune function Promotes healthy, glowing skin
Omega-3 fats	Smooth, healthy skin Weight management Anti-inflammatory
Silicon	Collagen production Skin elasticity and moisture Healthy bones and joints
Potassium	Maintain healthy blood pressure Supports heart health Maintains water balance in the body