



## Meal-in-a-Drink Smoothie [for 2 persons]

Healthful, natural, easy to make... and liked by all ages

1. Peeled mango (must be very ripe),  $\frac{1}{2}$  or  $\frac{3}{4}$  fruit. This provides vit A, C and energy
2. Almonds (soaked overnight in fridge), 10+ pcs, provides minerals (iron, calcium...) protein.
3. Cashews, 10+ pcs. This provides protein and a creamy texture.
4. Flax seeds (soaked in fridge). 2 tsp. This is a good source of omega 3 oils.
5. Whole limes, 3pcs (include skin). Besides the vit C, it gives a refreshing flavour.
6. Goji berries (soaked in fridge).  $\frac{1}{4}$  cup. This wonder fruit is rich in vit A, C, iron and much more.
7. Bananas, 3pcs. (must be very ripe). Acts as a base. Provides iron, phosphorous and energy.
8. Water and ice, as needed to provide the desired consistency and temperature.

### Optional

9. Sunflower seeds (soaked overnight in fridge)
10. Pineapple
11. Passion Fruit
12. Dragon fruit, 1/3 or half a fruit (red type has more nutrients)
13. Papaya
14. Beetroot or ginger 1 small slice
15. Alfalfa or Green (mung) beans sprouts, half cup.
16. Parsley
17. Romaine lettuce
18. Mint leaves, abt 10 leaves
19. Dried figs (soaked in fridge), Another wonder fruit, rich in calcium.
20. Soy milk
21. Avocado, half a fruit
22. Strawberries (or blueberries), to taste
23. Dates (stones removed)
24. Durian

The list goes on...

### Directions

Put the soft fruit like the mango into the blender first, then the almonds, cashew, flax seeds, wolfberries and limes. Blend until smooth (about 20 to 30 seconds), Add the banana last because it oxidises easily. Consume within 5 minutes

### Note

- Fruit at or just past its peak of ripeness contains its highest level of healthful compounds.
- Fruits plus seed-nuts provide a good ying-yang balance. Juicy fruits alone may be too ying.
- Vit C helps the absorption of other nutrients.
- For additional sweetness, add blackstrap molasses, brown sugar, dates, or raisins (or water from soaking raisins). Molasses is one of the richest sources of iron (1 tablespoon has the iron of 7 eggs!)
- Best not to mix a raw fruity meal with cooked food (because it can delay digestion).

**Raw food** (fruits, nuts, seeds and vegetables) **is not only healthy and natural, it is the most planet-friendly food.** The benefits of unheated, unprocessed raw food:

1. **No fuel** or energy is needed for cooking.
2. **Processing food involves more energy**, usually requiring more machinery and **more carbon dioxide production**. Example, fried noodles:
  - a. grains are refined or polished
  - b. grains are ground into flour
  - c. flour is mixed and extruded into noodle form
  - d. noodles are fried over a fire**All 4 stages contribute to more global warming.**
3. **Cleaning up** is easy - no sticky oil to scrub. Less water and detergent are necessary.
4. **A planet-friendly diet is also a body-friendly diet.** Health benefits:
  - The richness of **phytonutrients** can help **many chronic diseases**, including heart disease, cancer, stroke, hypertension and diabetes.
  - The **vitamins, proteins and fats** are unmodified by heat and may be better absorbed by the body.
  - Raw food is full of revitalising moisture, keeping our body **well hydrated** and which may lead to **beautiful skin**.

**Save the Earth. We can live healthily with less food processing.**