

Forum:[Hack Forums](#)

Thread: [Health Boosting Smoothies](#)

Koyote - March 1, 2021, 4:33 am

If you've seen some of my other posts, you'll know I bought a blender a while back and love using it all the time. I use it to make things like hummus and pastes for other meals, but mostly for making a smoothie that I'll enjoy over the day or two. I try and keep them as healthy and beneficial as possible, so this is the recipe for my regular drink, which is inexpensive and full of nutrients.

Ingredients:

3 or 4 small apples or 2 large apples (any variety, cheapest is fine)
1 lemon (size depends on how much you like lemons, so if you like it a lot, pick a big one)
2 carrots (about 6 inches long) but if you're outside in the sun a lot, maybe throw another one or two in, as they're good for your skin
1 banana
1 handful of blueberries
4 strawberries
5 cashew nuts
1 to 2 cups of water.

It seems like a lot, but a quick breakdown in costs from Aldi (cheap shop in the UK, generic) was that 12 small apples cost me £3, 4 lemons was £0.50, a bag of carrots was £0.80, 6 bananas was £1.20, blueberries were £1.20 also, strawberries were £1.40 and cashew nuts were £1.80 for a bag with about 150 in. Total cost was £9.90 for enough to make about 5 smoothies over the course of a week!

Instructions:

Peel the carrots and apples, then slice them into smaller chunks about 2cm thick, then putting them straight into the blender.

Slice your lemon in half and squeeze as much juice as you can over the apple and carrot pieces. You can throw the pulp in if you want, but discard the skins.

Slice your banana and put that on top. Depending on the ripeness, go for about 2cm thick too. Drop your blueberries in.

Now pour half your water in, so it can settle and pull some smaller bits down toward the gaps underneath.

Slice your strawberries up to 2cm thickness too, and discard the uppermost parts.

Add your cashew nuts to the top, then pour the rest of your water in.

Blast your blender on the pulse or lowest setting in periodic bursts. This is to help break up the bigger parts at the bottom and encourage the water to move.

Once the bottom looks a thick mess, blast the blender at the highest setting for about 30 seconds.

Let it sit for a moment, and see if the consistency is how you like your smoothies.

If too thick, add some more water. If too runny, add a little more banana.

I sometimes add a little honey to it too at the end, and give it a final blast, but you're basically done! If you're feeling a little fancy, or it's a cold day, a bit of cinnamon will blow your balls off.

Pour into a glass and enjoy, and store the rest in your fridge so it stays fresh. It'll give you energy thanks to the high natural sugars, and has a lot of nutrients that you may not otherwise be getting in your diet. Remember to cut down on other sugars during the day if you do choose to start with this, and be sure to have a balanced diet.

Now

Forensic - March 1, 2021, 4:49 am

Good thread and good tips. Here's my issue. Whenever I make them they're too lumpy. I want no lumps at all. So now I just buy already made ones from supermarkets. Do you have a solution?

Koyote - March 1, 2021, 5:19 am

(Mar 1, 2021 05:49 AM)Forensik Wrote: [\[CITE\]](#) Good thread and good tips. Here's my issue. Whenever I make them they're too lumpy. I want no lumps at all. So now I just buy already made ones from supermarkets. Do you have a solution?

Thank you! I think you should probably add a little more water then, because it sounds like the chunks aren't moving enough. If you don't have enough free fluid in there to help physically move the chunks around, they just won't reach the blades well enough to chop up smaller. It feels counterintuitive like you'll weaken the taste, but it adds to it by allow the other elements to dilute into it evenly :)

Verethragna - March 1, 2021, 6:15 am

(Mar 1, 2021 05:33 AM)CuriousCoyote Wrote: [\[CITE\]](#) If you've seen some of my other posts, you'll know I bought a blender a while back and love using it all the time. I use it to make things like hummus and pastes for other meals, but mostly for making a smoothie that I'll enjoy over the day or two. I try and keep them as healthy and beneficial as possible, so this is the recipe for my regular drink, which is inexpensive and full of nutrients.

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Pour into a glass and enjoy, and store the rest in your fridge so it stays fresh. It'll give you energy thanks to the high natural sugars, and has a lot of nutrients that you may not otherwise be getting in your diet. Remember to cut down on other sugars during the day if you do choose to start with this, and be sure to have a balanced diet.

Now

Thanks for taking the time to write this post! Drinking smoothies is definitely a great way to absorb beneficial nutrients. I used to be a lot more proactive with my smoothie making lol. I would buy organic fruits/veggies, chop them up, and then freeze them.

What I've been doing for the past few years is buying mixed bags of frozen fruit (blueberries, bananas, strawberries, etc.) and I'll pour a handful in the blender. My typical recipe is:

- 1 handful of frozen mixed fruit
- 1 handful of kale or spinach (can be found in the fresh vegetable aisle)
- 1/2 teaspoon chia and flax seeds
- Almond milk or Coconut milk
- 1 scoop organic plant-based vanilla protein (approx. 10 grams protein)
- 1 - 2 teaspoon organic honey
- Half of an avocado (refrigerate the other half for the next day)
- 1 tablespoon almond butter
- 1 tablespoon plain greek yogurt

Instructions: Fill blender container halfway with milk of choice. Put all the ingredients in the blender container and blend. After contents are blended, I pour more milk in until the smoothie has reached my preferred consistency. After optimal consistency is reached sit back and enjoy =D

This smoothie is recommended for those that are working out and want to build some muscle. I have a larger blender so if this recipe seems like it would be too much you can trim it down until you get it right. I've found that smoothie recipes are more like guides, so feel free to experiment to discover what You like. It may not always be the perfect one, but trying new things are fun. Don't be afraid to step outside of your comfort zone from time to time. What I like to do is search "healthy smoothie recipes" on Pinterest and go thru a few recipes to pick ingredients I think would taste good together. I have a plethora of smoothie recipes tho if anyone ever wants to exchange some.

Thanks again for making this thread and bringing some attention to simple ways we can increase our health! I also appreciated the tips on keep fructose levels down throughout the day. Many people don't realize that too much fruit can be detrimental, so that was awesome of you to caution others. Great work and I hope you're having a good day! Sending positive vibes =D

P.s. For anyone that is nervous about veggies in smoothies, you don't have to be. You don't even taste them with the fruit and all your other ingredients. Also, one reason I like to use frozen fruit, cold veggies, and almond/coconut milk so that my smoothie is always ice cold without me having to add ice. Hopefully, this is able to help someone =D

Koyote - March 1, 2021, 12:21 pm

(Mar 1, 2021 07:15 AM)Verethragna Wrote: [CITE](#) Thanks for taking the time to write this post! Drinking smoothies is definitely a great way to absorb beneficial nutrients. I used to be a lot more

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Hey thanks a lot for the great feedback, and that recipe too! You know what, I've never actually considered freezing fruit before for doing that, that's genius haha. I'm going to do that from tomorrow because I have to go shopping anyway, so I'll buy a bunch of fruit to do that with. And totally agree in that smoothie recipes are more of a guide, you get so much flexibility with it which I really do love. I'd also love to check out your other recipes if you don't mind!

You're so right about the taste too, the vegetables aren't noticeable at all, and it means you end up consuming so much more than you would choose to normally. I love it!

hfvenomous - March 1, 2021, 4:27 pm

I'll try this if I get myself to actually eat something
Very interesting dude

Verethragna - March 1, 2021, 7:25 pm

(Mar 1, 2021 01:21 PM)CuriousCoyote Wrote: [\[CITE\]](#) Hey thanks a lot for the great feedback, and that recipe too! You know what, I've never actually considered freezing fruit before for doing that,

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No problem at all and I'm glad you liked the recipes and idea of freezing the fruit =D In the spirit of being a guide, I'll give you the building blocks for all the smoothies I make.

For veggies, I usually go with Kale and or Spinach. Kale is one of the most nutritious foods on the planet with a plethora of great vitamins and it also helps prevent heart attacks and lowers cholesterol. Spinach has many of the same benefits as kale and they both make your bones stronger. A handful does the trick every time. Cucumber is also amazing! Full of water and vitamins!

Unsweetened almond milk is my go-to for the liquid because it's non-dairy, low sugar, low calories, and a great source of calcium. I believe it makes smoothies taste way better than with water because it adds flavor without too many calories. I also use coconut milk as much as almond milk. Coconut milk tastes even better than almond milk, however, I can never find it in large bottles ? lol.

As far as fruit goes my go-to is strawberries, blueberries, bananas, and pineapple/mango. I like to go to the frozen fruit aisle and get the mixed berries bag and a bag of frozen bananas and mango. I also use avocados from time to time, but I just throw them in the blender. I used to peel and freeze them, but I'm not a young man anymore ?

For protein powder, I only use organic plant-based protein. I researched it a while back and while I don't recall the specifics I fully trust my past self lol. In all seriousness tho I'm pretty sure that plant-based protein is good for digestion, heart health, and it has fiber on top of the benefits from vitamins and 20 grams of protein (the brand I buy). If you're trying to build muscle I recommend trying casein protein. It's like a "slow drip for your muscles" to quote an unknown source I read years ago. While you sleep it steadily feeds your muscles protein. Isn't it crazy what the human body is capable of? Little things like that blow my mind lol. I've been known to use collagen powder in my smoothies too. It's really good for your skin and I'm vain, so that's that ?

Chia and flax seeds are also something I add to every smoothie. They are great for fiber, fatty acids, and proteins if I remember correctly. There's also something called raw greens whole food powder. It's an amazing powder with a lot of healthy stuff lol. Sorry, I'm starting to get tired lol. You can find it on Amazon if you search raw greens whole food powder. Good stuff.

Greek yogurt is my best friend. Plain or vanilla, whichever you prefer. It's amazing and helps you feel fuller, so you don't overeat throughout the day. Lots of protein and also good probiotics for your tummy.

I'm sure I'm forgetting something, but this is usually what I use to make a smoothie. I used to overthink with measurements, but now I just eyeball it. If you're someone who needs precise measurements I definitely understand. You can always search for a smoothie recipe and see what measurements they use for their ingredients and copy for your ingredients.

If anyone is interested I also make detox water. It's great for energy and losing weight if that's something you're looking for. Here's a picture. I boil like 30 bags of green tea (great for you =D) and I pour it in the container. Then I fill it with water and I chop all the fruit and veggies and dump them in there.

Hopefully, this was able to help someone, and I wish you all the best. Sending positive vibes ?