

22 Rawkin Smoothies for a Radiant You!



Amanda Froelich

Copyright 2012

ISBN: 978-1-105-99382-4

Amanda Froelich

Introduction:

Thank you for sharing/reading/or checking out this book! Raw food and holistic health is a passion of mine. Through Detoxification and Holistic Nutrition studies, I find that a predominately raw (uncooked, unheated under 115 degrees) plant based diet is the most optimal for human beings and especially supports the healing and regenerative properties of the body. It is my hope that more and more will start adopting easy and healthy raw recipes into their lifestyle.

Even if you are not 100% raw or vegetarian, you will still benefit greatly from increasing your fiber, live-food intake, minerals, vitamins, and enzymes through your food, which can help alleviate and even eliminate many degenerative diseases that plague most Americans.

Genetics are no longer to blame, as what consistently kills the average human being stems from lifestyle choices. Heart Disease, Diabetes, Cancer, and many more ailments are tied to what you put in your body.

This recipe book is comprised of many delicious and healthy smoothies that the entire family can share. By choosing one of these a day (minimum) you most definitely will feel a difference in your health and overall well-being!

Why smoothies?

Smoothies are all the craze because they are:

Super fast and easy to make

Digested easily

Filled with fruits, vegetables, and leafy greens

Taste Amazing!

Can help you achieve a wide variety of health benefits: weight loss, clearly mentality, more energy, alleviated dis-ease symptoms, alkaline body, an easy way to get more nutrients, better hair, skin, nails, etc..., and better improved bodily function with everything imaginable!

Most of the recipes in this book are a minimum of 2 servings, while some are made for an entire meal. It may take some work getting used to eating a large quantity of a meal as a blended smoothie, but you will inevitably feel lighter, have more energy, and will find you don't crave 'heavy foods' as much.

There are no excuses when it comes to preparing a delicious breakfast, meal, or treat with this recipe book, and I hope you'll give yourself a chance to experience the most vibrant and radiant you through nature's medicine – live plant foods!

Live Blissful,

Amanda Froelich

Frequently Asked Questions:

Should I spend a lot of money on Super-foods?

In my opinion as a Detoxification Student & Holistic Nutrition student, it's more important about what you subtract from your diet than what you add. Although super-food powders that include a variety of grasses, greens, algae's, nutrients, and minerals are amazing for your body, you will still experience wonderful health benefits by subtracting refined and processed foods, meats, and dairy while transitioning to a high-raw, plant based lifestyle.

Do I have to buy all Organic?

It's no secret organic is more expensive, but I firmly believe that if you have the resources to buy local and pesticide free, you should whenever possible.

First of all, organic is usually higher in nutrients in minerals, sometimes up to 300%. Plus, if you're going through the effort to detoxify and heal your body, do you really want to put deadly hormone-disrupting and cancer causing chemicals back into your body?

Either way – do the best you can. There are positives to finding local farmers that may not be 'certified organic' but still practice natural farming methods. This is what counts the most when it comes to your food: doing your best for your body, the planet, and the local community.

What equipment will I need?

The great thing about smoothies is that all you need is a blender! In no way do I get paid by saying this, but I highly recommend the Vita-Mix, as it is great for really immersing yourself in the raw and vegan lifestyle. You can make completely smooth soups, smoothies, and delicious raw food treats and it's definitely worth the investment.

Will all this sugar make me fat?

Americans didn't get obese off of eating too much fruit. In fact, all our health problems should never even be linked with nature's most perfect food: fruit.

Too many refined sugars (completely different structures), fats, denatured proteins, and cooked foods have been causing the acidosis and toxicity which is rampant in human culture.

Fruits are perfect foods for humans (frugivores) because they 1) require no insulin to digest, 2) have fiber to balance blood sugar, and 3) come with perfect combinations of vitamins and minerals which are easily absorbed and balanced by the body.

We often see problems with people combining too much fruit **and** fat because the fat blocks the absorption of glucose into cells. Hypoglycemia and Hyperglycemia tend to result. If you'd like to learn more on the science behind raw foods and eating a lot of fruit, I highly suggest 80/10/10 by Dr. Douglas Graham.

Baby Blue Smoothie

2 Cups Blueberries

2 Banana

1 C Ice

1 ½ C Greens

½ C Blackberries

¾ C Water

Directions:

- 1) In a blender, combine all ingredients.
- 2) Blend on high until completely emulsified



Blue Foods are a great source of anti-oxidants and can increase heart health, brain function, control blood sugar fluctuations, and support eye health!

Peculiar Persimmon Smoothie

2 Persimmons (without skin)

1 Mango (peeled and cut)

1 Cup Grapes

1 Orange (peeled)

½ Cup Red Cabbage

1 ½ Cups Ice

Directions:

- 1) Place all ingredients into a blender
- 2) Blend on high until completely emulsified



Red Cabbage can reduce the likelihood of prostate cancer by 60%!

Rainbow Rain Smoothie

1/3 Cucumber

2 Cups Blueberries/Blackberries/& Strawberries (Frozen)

1 Tablespoon Lemon juice

1 Large Carrot (chopped roughly)

¾ Cup Spinach

1 Mango (peeled and cut)

¾ - 1 Cup of Water

Directions:

- 1) Combine all ingredients in a blender.
- 2) Blend on high until completely emulsified with no chunks.



Mangos, Carrots, and Spinach are all great sources of Vitamin A. For healthy skin, include these foods!

Wilderness Smoothie

1 Bunch (or a handful) Dandelion Greens

*(You can find these outside your door! Just make sure they weren't sprayed with Pesticides!)

2 Cups Berries (Frozen)

1 Apple

Orange Zest

1 ½ Cups Freshly Squeezed Orange Juice

Directions:

- 1) Combine all ingredients in a blender.
- 2) Blend on high until completely emulsified and smooth.



Dandelion Greens are a super-food when it comes to cleansing and healing the liver! They're also free – just be sure to get a good source that hasn't been sprayed with pesticides!

Banana Blunder Smoothie

3 Bananas

1 Cup Strawberries/Blueberries

1 Cup Pineapple

2 Cups Spinach

1-2 Cups of Ice

Water to cover 2/3 full

Directions:

- 1) In a high-speed blender, combine all ingredients and blend until smooth and well combined.
- 2) Enjoy!



Did you know? Bananas are the ONLY foods that continue to become more nourishing after they are picked? The starches convert into sugar the further along their ripening process and they become even easier to digest. Look for the spotted bananas at the store or let them ripen to get the most benefits from them!

Exercise Enhancer Smoothie

3 Bananas

1 Mango

6 Figs

½ Cup – 1 Cup Water

1 Cup Ice

Directions:

- 1) In a high-speed blender, combine all ingredients until well-combined and smooth.
- 2) Feel a rush of energy, enjoy(!), and then go outside and play!



Figs are beauty foods – not only are they nourishing with an abundance of fiber, manganese, potassium, and B6, but they are very hydrating with their high water content and help create beauty from the inside out.

Frisky Feelin Smoothie

Want some excitement in the bedroom? These ingredients are amazing aphrodisiacs and will ensure an exciting night. ;)

1 Cup Cherries (pitted)

3 Tbsp Raw Cacao Powder

¼ Cup Pomegranate seeds

2 Bananas (cut and frozen in the freezer)

*optional ¼ Avocado

4 Dates

Water to desired consistency

Directions:

- 1) Add all ingredients in a blender and blend on high until whipped and delicious.
- 2) Use as you please! ;)

Compared to animal 'libido boosters', these plant foods actually increase oxygen in your body helping  with all aspects of your health. Look forward to long-term benefits in all ways by choosing your 'medicine' through food!

Sun Gazer Smoothie

2 Bananas

1 Handful Dandelion Blossoms*

1 Mango

2 Tbsp Lemon

1/8 tsp Vanilla

*optional – vanilla stevia (4-5 drops) makes it sweeter!

1 Cup Ice

Directions:

- 1) In a high-speed blender, combine all ingredients and blend on high until completely smooth.
- 2) Gaze at the sun while slurping, and feel the vibrancy coming through!

What? Eat the flower!? Yes! Dandelions are amazing for liver function – plus, they're a free source of nutrition. Just make sure you pick from a source that is not sprayed with pesticides.



Funky n Fresh Smoothie

1 Cup Orange Juice or 3 Oranges

½ - 1 Cup Pineapple

1 Peach

1 Mango

1 Tomato (or 2 baby tomatoes)

1 – 1 ½ Cups Ice

Water (to desired thickness)

Directions;

- 1) In a high-speed blender combine all ingredients until smooth.
- 2) Pour in a glass, go sit in the sun, and enjoy! *You're now funky & fresh.*

You hear all the time about how tomatoes are higher in lycopene when cooked – but what you haven't heard is that they have a tremendous amount of other amazing vitamins and minerals that are best absorbed when raw(!) – such as



Chocolate n Green Tea Smoothie

-need I say more??

8 oz. Cold-Brewed Green Tea

¾ Cup Spinach

2 Bananas (chopped and frozen in freezer)

1 Cup Blueberries

1/8 Cup Cacao/Carob Powder

*(optional) 1-3 Dates

Directions:

- 1) Add all ingredients into a blender and process until entirely creamy and smooth!
- 2) Feel good that you're drinking a health tonic that supports your brilliant body!



Green tea is high in anti-oxidants and is commonly touted for its abilities to help ward off cancer, unwanted weight gain, heart disease, and many more illnesses.

Carob is low in fat, high in magnesium, and is a great substitute for the commonly used raw cacao.

Sweetie Pie Smoothie

-Drink up to memories of Grandma's pie in the kitchen!

1 Cup Raspberries

1 Banana (chopped & frozen)

5 Dates

1 tsp Cinnamon

3 Tbsp Chopped Almonds

½ Cup blueberries

Ice (optional)

Water (to desired consistency)

Directions:

- 1) In a blender, combine raspberries, banana, dates, cinnamon, blueberries, and *optional ice plus enough water to blend.
- 2) Blend until smooth, then throw in the almonds, and pulse until well combined. You will be chewin' this smoothie a little bit.
- 3) Enjoy it, sweetie pie!



Almonds are a great source of protein, Vitamin E, and manganese.

Bedtime Dreamer Smoothie

-Sometimes a creamy, bedtime drink is just the recipe for a wonderful night's rest...

4 oz. Chamomile Tea (let sit to cool off)

½ Cup Almond Milk (raw & homemade!)

1 tsp Cardamom

2 Bananas (chopped and frozen)

1 Tbsp Chia Seeds (soaked 10-15 minutes in enough water to cover)

*optional – stevia to sweeten (4 drops)

Directions:

1) Brew chamomile tea and let sit for 10-20 minutes to cool off. Soak chia seeds in enough water to cover for at least the same amount of time.

2) In a blender, combine all ingredients and blend until smooth and creamy. If you want it thicker and more 'smoothie-like', add more bananas (and ice if not frozen).

Sweet dreams!



Chia seeds are among the best source of protein on the entire planet! They are high in omega-3's, 6's, and 9's, and pack a punch of filling fiber! Being a complete protein, they will also help satiate you while helping you go to bed satisfied.

Wet n Wild Smoothie

-Nothin says fruity summer like this smoothie! Get wild!

4 peaches (*optional – freeze before hand)

1 Orange

1 Apple (cored)

2 Cups Watermelon

1 Cup Ice

Directions:

- 1) In a blender, combine all ingredients and blend until smooth and well-combined!
- 2) Enjoy!

The #1 way to avoid heatstroke in the summer is to eat fruit! The sugars supply your body with glucose and the high water content in fruits (especially water-melon) can combat dehydration!



- Watermelon is also a great source of Vitamin A, lycopene, and structured water!

Goldilocks Smoothie

The 'perfect' treat! –the three little bears will be jealous!

3 tbsp mesquite powder

1 tbsp carob powder

2 Bananas

2 Dates

¼ tsp vanilla powder

1/3 Cup Almond meal

Ice & Water

Directions:

- 1) In a high-speed blender or food processor – blend enough almonds to obtain 1/3 cup dry almond meal.
- 2) In a blender, combine all ingredients and blend until smooth and well-combined.
- 3) Pour in a cup, add a straw, and experience the most delicious 'just right' treat!



Relied heavily on by Native American ancestors, the mesquite pod (used as a raw powder) is amazing for balancing blood sugar levels and is high in the amino acid lysine, as well as digestible protein, calcium, magnesium, potassium, iron, and zinc.

Happy Heart Smoothie

-Everyone wants a healthy heart – especially with the prevalence of heart disease in America. Drink this up to strengthen, heal, and cleanse your body!

1 Apple

2 Apricots

2 Peaches

½ Cantaloupe

Ice & Water (desired amount)

Directions:

- 1) In a blender, combine all ingredients and do a dance while you blend to your good health!
- 2) Pour into a glass, and enjoy your smoothie, knowing you're taking a step in the right direction to heal your body!



Apples, Apricots, Peaches, and Cantaloupe are the best fruits for a healthy heart – they are high in alkalizing minerals & vitamins, are juicy and delicious to eat, and help remove arterial plaque and lipids in the blood stream that slow oxygenation!

See ya Later Smoothie!

For your colon health, try this one!

4 Oranges (or made into fresh orange juice *optional)

4-5 Stalks Kale (Ribbed – stems removed)

1 Apple

1 Banana

Ice & Water

Dash of cinnamon

Directions:

- 1) Remove stems from Kale and add all ingredients into a high-speed blender
- 2) Add enough ice to chill (approximately 1 – 1 ½ Cups & Water to allow it to blend easily.
- 3) This is enough for a meal, so enjoy over the course of an hour or save some for later!



There are two types of fiber – soluble, and insoluble. This recipe contains both = fiber, meaning plant cellulose. When you eat a lot of fiber, your digestive system naturally gets cleaned out and things move through much easier, reducing the risk dramatically for cancers such as ‘colon cancer’ and many other health problems that stem from gastro-intestinal issues.

Raisin the Relaxer Smoothie

2 Large Carrots

½ Cup Raisins

2 Bananas (cut in chunks and frozen)

1 Cup Cashew Milk (or 2 Tbsp Cashews & 1 Cup water)

1 tsp Cinnamon

Directions:

- 1) In a high-speed blender combine all ingredients until smooth and creamy.
- 2) Enjoy!



Carrots are a great source of beta-carotene, Vitamins A, K, and C!

Save-the-Elephants Smoothie

Dedicate this smoothie to the Elephants whom love these foods! The world would be a better place if poaching was eliminated.

2 Apples

1 Banana

1 Cup of Leafy Greens (Spinach)

1 ½ Cups Papaya

1 – 2 Cups Ice

Squeeze of Lemon or Lime

Directions:

- 1) In a high-speed blender combine all ingredients and blend until smooth and completely combined.
- 2) Pour in a glass and enjoy! Think about elephants and how cool they are.



There was a reason Popeye loved Spinach. It's super high in flavonoids which combat cancer, fiber which moves the digestive system, and vitamins and minerals like vitamin C, vitamin E, beta-carotene, manganese, zinc, and selenium which are strong anti-oxidants. Spinach is also well known to help support vision, immunity, blood pressure, skin, bones, and reversing calcification.

Eat-Yer-Greens Smoothie

½ Cup Spinach

2 Stalks Kale (stems removed)

1-2 Tbsp Green Powder (I like *Vitamineral Green Powder!*)

1 Cup (fresh squeezed) Orange Juice

2 Banana

½ Cup Frozen Blueberries

½ - 1 Cup Frozen Mango

*optional – more water to thin if desired

Directions:

- 1) In a high speed blender, combine all ingredients with enough water to blend easily. If you want it colder, you may choose to add ice.
- 2) Enjoy your abundant greens! (That taste darn great)
- 3) Store extras in a mason jar and no longer than 24 hours.



Why are greens so amazing for us? Great sources of fiber, vitamins, minerals, nutrients, and anti-oxidants, leafy greens support almost every system of the body. They are very alkalizing (and sickness can't thrive in an alkaline body!), healing, and help flush toxins from the body while building it up at the same time. The first step I recommend to people in getting healthy is to *ADD greens and you WILL feel a difference!*

Tour-De-Endurance Smoothie

This is the ultimate go-to for athletic activities. You won't just be feeling the energy, you'll be zipping past your opponents with enough energy at the end to do it again!

8 Dates

3 Bananas

Directions:

1) Go for it. Blend it and Enjoy!



This is my absolute favorite smoothie in regards to simplicity and taste. There's no way to describe the amazing athletic performance you can experience by properly fueling your body with the **right carbohydrates** (simple sugars) which can conveniently be turned into glucose and used by every cell in the body.

Bananas and dates are excellent sources of potassium, fructose, and key vitamins and minerals that will ensure excellent body performance. Try this delicious smoothie out!

Grape Crush Smoothie aka “Lymph mover”

1 Bag of Grapes (organic, preferred)

1 – 1 ½ Cups Ice

(No, seriously, that’s it.)

Directions:

- 1) De-stem all grapes and put them in a blender
- 2) Blend on high until completely combined and smooth.
- 3) Enjoy! Usually fills 1 Mason Jar.



When it comes to moving the lymphatic system (which is associated with every single disease out there and therefore super important to help clean) grapes are number one. They help rid the body of mucus, toxins, and are very beneficial in regenerating your body’s natural healing methods. Not only that, they are an excellent source of vitamins A, C, B6 and Folate, as well as minerals such as potassium, calcium, iron, and phosphorous. **Want to gobble them up yet?**

Jingle-Frost Blast Smoothie

Smoothies in the winter? Heck yes!

1 Cup Hemp Milk (or your favorite)

½ tsp Cinnamon

2 Bananas (cut in chunks and frozen until hard)

2 sprigs Mint (approx. 6-8 leaves)

3 tbsp Cacao Nibs

1 Tbsp Spirulina

Ice (*optional)

Directions:

- 1) In a blender, combine all ingredients except 1 tbsp cacao nibs and blend on high until creamy and smooth.
- 2) Add in cacao nibs, and lightly pulse until combined.
- 3) Enjoy this delicious smoothie!

...and who said holidays couldn't be healthy?



Books could be written on the amazing health benefits of **Spirulina**. It's very well known for its high protein content, abundance of vitamins such as vitamins A, K, B1, B2, B3, and B12, and its high mineral content of Calcium, Iron, Magnesium, Zinc, Manganese, Copper, Chromium, and Potassium. You'll feel amazing if you take it regularly as it's a super-food blue green algae that is wonderful for you!

About the Author:

Amanda Froelich is a certified ACE Personal Trainer, works as a vegan chef in Phoenix, Arizona, and is a raw food educator and author. She is currently working on her Holistic Nutrition & Detoxification Specialist diplomas.

Her passion is sharing the power of living plant foods as natural medicine opposed to the overused pharmaceutical drugs and western medicine which promote 'disease-care' instead of overall true and vibrant 'health'. Through her personal experience, studies, and working with other individuals, she has witnessed the power plants have in restoring the regenerative capabilities the human body has been graced with and knows that sickness and the outrageous health problems currently being battled can be eliminated or dramatically reduced through lifestyle.

If you could do one thing for your health each day, it would be to add in a smoothie, and that is why she has published this book. To your health and the health of the world – Live Blissful!

