



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

Seasonal Smoothies

3 Recipes for a Healthy Start to Your Day

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GINGER PEAR SMOOTHIE

Serves 2. This is a light, refreshing, and sweet-tart smoothie that I love to make after I've been through a relatively indulgent phase. Plus, who doesn't love pears this time of year? This is great smoothie to make if you overdo it at the farmers market and come home with a case of pears.

INGREDIENTS

- 1 cup unsweetened coconut milk (or filtered water)
- 1 cup filtered water
- 1 romaine heart, or 1/3 of a large head of romaine
- ½ zucchini, chopped
- a large handful of baby kale
- 2 tablespoons raw pumpkin seeds
- 1-2 ripe pears, cored and chopped (if extra large, you'll probably only need one)
- 1 teaspoon freshly grated ginger (add more if you like)
- the juice from ½ lime (lemon is good too)
- 1 ½ cups frozen peaches (or a banana, frozen and in chunks)
- ½ cup of ice (optional)

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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PUMPKIN SPICE SMOOTHIE

Serves 2. Pumpkin is a detox-friendly and “whole food” carb, and it also has some great nutrients such as beta-carotene, which is a precursor to Vitamin A (anti-aging!). Also high in Vitamin C. Bonus points for extra veggies: cauliflower! You’ll never know it’s there. Trust me.

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup filtered water
- 2 tablespoons hemp seeds
- 2 tablespoons pumpkin seeds
- 1 tablespoon unsweetened almond butter
- 1 tablespoon blackstrap molasses
- 1 cup of pure pumpkin puree (unsweetened)
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- 1 cup frozen cauliflower florets
- 1 frozen banana
- optional — a pinch of cayenne for some heat

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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BLUEBERRY BEET SMOOTHIE

Serves 2. I'm a big beet fan, but they can take a lot of work — the scrubbing, the peeling, etc. How happy was I when I found them in the frozen section — perfect for smoothies! Beets are rich in antioxidants and super detoxifying. And they've been shown to improve athletic/running performance and breathing function by increasing blood oxygen levels and reducing blood pressure.

INGREDIENTS

- 1 cup of unsweetened almond or coconut milk
- 1 cup of filtered water
- 2 tablespoons ground flax seed
- 2 tablespoon chia seeds
- the juice from half a lemon
- 1 teaspoon grated fresh ginger
- 1 cup frozen sliced beets, or raw (peeled and chopped)
- 2 cups frozen blueberries
- ½ frozen banana (optional), or 1 medjool date (pitted)
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into blender, adding ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!