

ELIQ MARANIK

VEGAN SMOOTHIES

Natural and energizing drinks for all tastes

*h.f.*ullmann

THE UTENSILS YOU WILL NEED

To prepare smoothies you don't really need anything more than a sharp knife and a blender, but there are a lot of utensils that make the work easier and make the results both tastier and more elegant.

BLENDER. This is a must for making smoothies. A hand-held blender with its own bowl also works well but I recommend investing in a proper blender with a jug. They are more fun and easier to work with. Pour all the ingredients in, press the button, and the smoothie is ready to serve. Blenders are sometimes called *mixers*.

There are a few things to think about when you are choosing a blender, for example how powerful the motor is, how many speeds it has, how much it can hold, and whether it can crush ice. I recommend a blender with a glass jug as they are more robust, easier to keep clean, and not as easily scratched or discolored as the plastic ones. Nowadays there are jugs made of high quality plastic that do not get scratched or discolored, but they are usually considerably more expensive. A blender does not have to be able to crush ice but it is definitely an advantage if it does.

If you are choosing between different machines, think about how often you want to make smoothies and how many. If you only make smoothies two or three times a month maybe the hand-held blender you already have in the kitchen drawer will be good enough, but if you want to become a smoothie freak, as I am, it is worth investing in a high quality machine that costs more, lasts longer, has a long guarantee, and can basically blend anything. A good blender pulverizes the ingredients thoroughly, which makes it easier for the body to absorb the nourishment. I use a *Vitamix* that can blend anything from seeds, nuts, ice, frozen fruit, and small berries to hard vegetables such as carrots, beets, and all kinds of leaves.

JUICER. To make smoothies with hard vegetables and fruit you need a juicer that first releases the juice. There are two kinds of juicer: a juice extractor and a juice press. When you are choosing your model, remember that performances differ and they produce different quantities of juice. If it is going to be used frequently it is probably better to invest in a proper press rather than in a juice extractor.

PRESS. Chops the fruit and vegetables into small pieces. These are then pressed through a fine metal sieve. Juice presses are slightly more expensive than juice extractors but can cope with bigger volumes and are more efficient. Also the juice is more nourishing since more enzymes are preserved in the process. Juice made with a press should be drunk within 48 hours, preferably immediately. The press should be washed up immediately after use to avoid the fruit residues getting dried and stuck on.

WHOLE FRUIT JUICER. Tears up the fruit and vegetables and whizzes the fruit flesh through a fine mesh. Whole fruit juicers are usually cheaper than presses but extract less juice. Also they destroy some of the enzymes as the rotating blades can get very hot. That also means that the juice oxidizes and has a somewhat shorter shelf-life. Juice made in a whole fruit juicer should be drunk within 24 hours, preferably immediately. It is important that the machine is washed up immediately after use, otherwise the fruit can get dried and stuck on.

CITRUS PRESS. You can go a long way with a simple manual citrus press. There are a lot of different variants, both electric and manual, and it is the quantity of juice that determines which model you need. If you are going to make one or two glasses of juice at a time it is easiest to use an ordinary manual citrus



WATERMELON, RASPBERRY, & MINT

Watermelon is one of the few foods that contain considerable quantities of the powerful antioxidant lycopene, which is said to reduce the risk of heart disease and certain types of cancer—for example cervical and prostate cancer. Watermelon is also a good source of vitamin A, vitamin C, and vitamin B6.

There are many kinds of watermelon. Most of them have dark pink to red flesh but there are also some varieties that have a yellowish color. The watermelon is round to oval in shape and weighs between 2 and 20 lb / 2 and 20 kg. Most varieties taste roughly similar but there can be considerable differences in sweetness. I prefer the big, oval watermelons with red flesh.

Choose melons with no cracks or blemishes. The skin should be firm, smooth, and yellow on the underside where the melon has ripened against the soil. Ripe watermelons have a slight aroma and should feel quite heavy—they are 92 percent water.

2 glasses of smoothie

3½ cups / 500 g watermelon,
cubed (approx. ¼ medium-
size watermelon)

1 cup / 120 g raspberries
(frozen or fresh)

juice of half a lime

5–6 mint leaves

generous ¾ cup—1½ cups /
100–200 ml crushed ice

sweetener to taste

Split the watermelon, remove the pits and scoop out the flesh. Add the raspberries, lime juice, and mint leaves. Blend until you have a smooth consistency.

Then blend in the ice for a chilled smoothie. Serve in large glasses and decorate with raspberries.



ORANGE & BANANA

Most people know that oranges contain a lot of vitamin C, but it is perhaps not equally well known that they also contain a number of other useful substances that an effervescent tablet cannot give you. Apart from boosting the immune system, lowering the blood pressure, and protecting against colds and infections, oranges provide extra protection against eye disease, rheumatism, cardiovascular disease, and cancer. In addition the vitamin C in oranges is revitalizing for the skin.

Vitamin C makes it easier for the body to absorb several nutrients, for instance iron, zinc, copper, calcium, and vitamin B9 (folic acid). Vitamin C also has an antioxidant effect on other substances in the body and helps to break down harmful free radicals. Vitamin C cannot be stored in the body but needs to be supplied every day.

2 glasses of smoothie

4 oranges

½ lemon

2 bananas

generous ¾ cup—1⅓ cups / 100–200 ml
crushed ice (optional)

Press the oranges and half lemon. Make sure that no pits get in as they can produce a bitter taste. Blend with the bananas to a smooth, thick consistency. Blend in the ice for a chilled smoothie.

TIP! Add a few strawberries or raspberries for a beautiful color and an unusual flavor.



RASPBERRY & PEAR

Pears contain twice as much fiber as apples. On the other hand pears have a shorter shelf-life, so it is a good idea to buy unripe pears and keep them in the refrigerator for a few days before they are to be used. If you want to speed up the process you can place the pears in a paper bag with an apple—apples give off ethylene gas, which makes other fruit ripen more quickly.

Fiber is an essential ingredient in our diet. It helps to keep the blood sugar level down and facilitates digestion. A diet with a lot of fiber reduces the risk of cancer and also counteracts cholesterol. Apart from fiber, pears are rich in potassium, riboflavin, and vitamins A and C.

2 glasses of smoothie

3 ripe pears
scant 2 cups / 200 g raspberries, frozen
7 tbsp / 100 ml freshly pressed apple juice
generous $\frac{3}{4}$ cup / 200 ml ice cold water
sweetener to taste

Cut the pears into quarters and cut out the cores. Blend the pieces of pear with the raspberries, juice, and water until the consistency is even and smooth—the harder the pears, the longer they take to blend. Taste and sweeten as required. Serve with raspberries.



GLOSSARY

ANTIOXIDANT. Protects the body against free radicals—that is, the residual products formed when the cells react with oxygen in the blood. A diet rich in fruit and vegetables is usually sufficient for us to absorb enough antioxidants. Vitamin C, vitamin E, beta-carotene, the co-enzyme Q, and selenium are particularly strong antioxidants. There is no evidence that extra antioxidants in the form of tablets can prevent disease.

BENZOIC ACID. Colorless crystalline substance with faintly sour characteristics. Benzoic acid is found in many kinds of fruit and vegetables and acts as a natural preservative. Lingon berries, cranberries, and cloudberry contain such high levels of benzoic acid that they can cause allergic reactions.

BETA-CAROTENE. A preliminary stage (provitamin) of vitamin A (retinol) that occurs chiefly in vegetables. Found in carrots, mangos, and kale amongst other things. In the body beta-carotene is converted into vitamin A.

BIODYNAMIC CULTIVATION. This is a form of organic cultivation in which factory-made, easily soluble fertilizers and chemical pesticides are avoided. Biodynamic agriculture also comprises a cyclical theory that is comparable with self-sufficient organic agriculture. The technique endeavors to create a complete cycle on a small scale and build up and reinforce the organic systems in the earth. Composting and grassland cultivation are two important methods.

CAROTENES. Natural, yellow to yellowish red colorants that are found in carrots, mangos, papaya, and egg yolks amongst other things.

CELL. The smallest building block in all living things: from bacteria and fungi to plants and people. Most cells are small and can be seen only through a microscope. It takes two billion cells to build up a fruit. New cells are formed by old ones dividing. Some scientists think that all living things on earth derive from one cell or a small number of prototype cells that lived 3.5 billion years ago.

DIETARY FIBER. This is chiefly found in vegetables, fruit, whole grains, seeds, and nuts. It helps to keep blood sugar levels stable and lower cholesterol. Extra fiber supplements such as oat germ, wheatgerm, linseed, psyllium seeds, and chia seed keep the body balanced. It is good to eat them in the morning. Dietary fiber cannot be broken down by the gut and is therefore not absorbed by the body. It slows down the digestion and gives a feeling of satiety without adding calories. It also means that food passes through the gut more quickly, which reduces the risk of constipation. Dietary fiber is thought to provide some protection against cancer of the large intestine.

ENZYMES. Proteins that help in chemical reactions in the body. For example the enzyme myosin is needed for the muscles to contract. Another enzyme is pepsin, which breaks down the proteins in food. Enzymes are vital to all organisms and they are also used in washing powder (for example to dissolve stains).

ETHYLENE GAS. Given off by certain fruit, they can cause other fruit and vegetables to ripen more quickly. Apples, pears, melons, bananas, peaches, nectarines, plums, apricots, and tomatoes give off a lot of ethylene gas.

FREE RADICALS or RADICALS. Occur when the cells use oxygen to obtain energy. This is perfectly normal and is regulated by various enzymes in the body. Through our food we take in antioxidants that neutralize the radicals. Carotene, vitamin C, and vitamin E are examples of antioxidants. Normally the body takes care of all free radicals that are formed, but the balance may be disrupted by—for instance—medicines, radiation, or a deficiency of certain substances. If there is an excess of radicals they may attack the cells and cause damage. It is thought that this may be one of the reasons why the body ages.

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Abbreviations and Quantities

1 oz = 1 ounce = 28 grams

1 lb = 1 pound = 16 ounces

1 cup = approx. 5–8 ounces* (see below)

1 cup = 8 fluid ounces = 250 milliliters (liquids)

2 cups = 1 pint (liquids) = 15 milliliters (liquids)

8 pints = 4 quarts = 1 gallon (liquids)

1 g = 1 gram = 1/1000 kilogram = 5 ml (liquids)

1 kg = 1 kilogram = 1000 grams = 2¼ lb

1 l = 1 liter = 1000 milliliters (ml) = 1 quart

125 milliliters (ml) = approx. 8 tablespoons = ½ cup

1 tbsp = 1 level tablespoon = 15–20 g* (depending on density) = 15 milliliters (liquids)

1 tsp = 1 level teaspoon = 3–5 g * (depending on density) = 5 ml (liquids)

*The weight of dry ingredients varies significantly depending on the density factor, e.g. 1 cup of flour weighs less than 1 cup of butter. Quantities in ingredients have been rounded up or down for convenience, where appropriate. Metric conversions may therefore not correspond exactly. It is important to use either American or metric measurements within a recipe.

The purpose of the recipes and advice in this book is simply to give guidance on quality nutrition and how to increase your energy. If you have a medical condition you should consult your doctor.

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