

Eliq Maranik

# SMOOTHIE BOWLS

Inspiring Healthy Foods

*h.f.*ullmann

# Ingredients

Consider buying organic and raw as much as possible. That way, your food will retain all the goodness that was in it from the start. Find out more about berries, fruit, and vegetables on pages 17–18.

Below is a handy guide to various ingredients you should have at home:

**FROZEN FRUIT and BERRIES:** Banana, blueberries, cherries, dates, kiwi, mango, melon, nectarines, papaya, peaches, pineapple, plums, raspberries, strawberries, and all kinds of berries freeze well. Apples, citrus fruits, pears, and watermelon are best frozen as juice.

**FRESH FRUIT:** All fresh fruits make a fine smoothie bowl, but, for best consistency, use frozen fruit and berries. That way, you won't have to use ice, which impairs flavor.

**VEGETABLES:** You can “smuggle” avocado, beets, carrots, celery, kale, pumpkin, spinach, zucchini, and many other vegetables into a smoothie bowl. Go easy in the beginning, taste your way forward, and make sure you don't use too many vegetables.

**NUTS:** Preferably, choose natural, unsalted, organic, raw, unroasted almonds, Brazil nuts, hazelnuts, pecans, pine nuts, pistachios, and walnuts. Nuts go rancid fairly quickly, so if you don't use nuts in large quantities, freeze them instead. Most nuts benefit from prior soaking, anywhere from a couple of hours to overnight, which removes indigestible enzymes. Pre-soaking will also ensure that your body absorbs more nutrients from nuts.

**NUT and SEED BUTTER:** Raw, preferably organic, nut butters are a good source of energy and rich in both minerals and protein. Nut butters made of roasted nuts are not as nutritious, so go for raw on principle. Almond butter, cashew butter, hazelnut butter, peanut butter, pistachio butter, tahini (sesame paste), walnut butter, and many others are available in health food stores. Nut butters are not difficult to make at home and can be flavored with raw cacao, cinnamon, vanilla, and other goodies.

**SEEDS:** Chia seeds, flaxseed, hemp seeds, psyllium seeds, pumpkin seeds, sesame seeds, and sunflower seeds make a perfect addition to smoothie bowls. Besides, chia seeds, flaxseed, and psyllium seeds form a gel that provides a thicker consistency.

**PROTEIN:** Brown rice protein, hemp protein, oat protein, pea protein, and many other great vegan protein mixes are available in health food stores. Find out more about protein on page 23.

# Nut, seed, and oat milks

Making your own nut milk is both easy and delicious. It's a healthy alternative to regular milk and an excellent substitute if you're lactose-intolerant or vegan.

Alternative milk can be made from various nuts and seeds, such as hemp seeds, cashews, hazelnuts, pumpkin seeds, pecans, pistachios, walnuts, sunflower seeds, or almonds. Go for unsalted, unroasted, and organic nuts and seeds: they taste the best, contain the most nutrients, and are free of pesticides and other harmful substances.

Soak the nuts and leave them in a cool place overnight in order to remove indigestible enzymes and to make the taste milder. Hazelnuts don't need presoaking, as they don't contain enzyme inhibitors. You can also blend coconut flakes and shelled hemp seeds without presoaking.

Strain off the water and rinse the nuts properly. Add more water and blend until the nuts are finely distributed in the liquid. Strain the milk through a nut-milk bag or fine sieve (shelled hemp seeds require no straining) and squeeze out as much of the liquid as possible. Flavor the milk with real vanilla, cinnamon, cardamom, or raw cacao and sweeten to taste with organic figs, apricots, medjool dates, coconut sugar, organic agave syrup, maple syrup, or honey.

Store the milk in a glass bottle or jar (it will keep longer than in a plastic bottle) for approx. 3–5 days in the refrigerator. Nut milks can also be frozen in ice-cube molds. You can use the remaining nut pulp to make nut balls, granola, muesli, and bread, or you can blend it into a porridge or smoothie bowl. The nut pulp freezes well, too, for later use.

I own a FoodSaver, a vacuum sealer that comes with a number of accessories, such as neat cans and bottle caps. It removes all the air from the container, which prolongs the nut milk's shelf life and preserves the flavor/appearance that little bit longer.

## **ALMOND, NUT, and SEED MILK**

1 cup / 150 g soaked nuts, seeds, or almonds + 4 cups / 1 liter water + 1 pinch of Himalayan salt.

## **OAT MILK**

1 cup / 90 g soaked organic rolled oats + 4 cups / 1 liter water + 1 pinch of Himalayan salt.

## **SESAME MILK**

1 cup / 130 g soaked sesame seeds + 4 cups / 1 liter water + 1 pinch of Himalayan salt.

## **SOY MILK**

1 cup / 175 g soaked soybeans or  $\frac{3}{4}$  cup soy flour + 4 cups / 1 liter water + 1 pinch of Himalayan salt.

## **COCONUT MILK**

1 cup / 90 g freshly grated or shredded raw coconut + 4 cups / 1 liter water + 1 pinch of Himalayan salt.

## **HEMPSEED MILK**

$\frac{3}{4}$  cup / 120 g shelled hemp seeds + 4 cups / 1 liter water + 1 pinch of Himalayan salt.



# Summer berries & kale

Kale in a berry smoothie? I'm sure you're thinking I'm nuts, but this combination actually makes a delicious smoothie. You'll hardly taste the kale, so do give this smoothie bowl a try before you slash this recipe!

Kale is called 'The Queen of Greens' because it has the highest vitamin content of all the brassicas (broccoli, cauliflower, cabbage, red cabbage, and Brussels sprouts). Kale is rich in vitamins C, A, K, and B6 and also contains calcium, iron, copper, manganese, phosphorus, potassium, and several other minerals. Like all brassicas, kale promotes beneficial intestinal bacteria, purifies the blood, and detoxifies the body. Kale has also been reported to contain anticancer substances; it and other brassicas have been shown to limit cell growth in pancreatic cancer and reduce the risk of lung, gall bladder, urinary bladder, prostate, ovarian, and colon cancers.

The great thing about kale is that it's available from October to March, when many other locally and naturally grown vegetables are not.

---

## Serves one

⅓ cup / 150 ml almond milk  
2 tbsp / 30 g almond butter  
1–2 tsp agave syrup or raw honey  
4 leaves kale or a handful of baby spinach, chopped  
1 tbsp bee pollen (optional)  
1 tbsp chia seeds  
1½ cups / 200 g mixed berries, frozen  
1 banana, frozen

## Toppings

strawberries  
raspberries  
blueberries  
coconut flakes, unsweetened  
bee pollen (optional)

1. Add the ingredients to the blender in the order listed and blend to a thick, frosty smoothie bowl. Add some ice for a more ice-creamy consistency.
2. Transfer to a bowl and top with the strawberries, raspberries, blueberries, coconut, and bee pollen.
3. Serve immediately and eat with a spoon.



# Cherry, maca, and mulberry

Maca is extracted from the root of maca, which grows high up in the Andes, in Peru. Maca is known for its invigorating and energizing properties and has been used as a medicine in South America for centuries. The root was sacred to the Incas, and eaten before long journeys and battles in the belief that it improved strength and endurance.

The root is rich in vitamin C, potassium, calcium, iron, zinc, copper, manganese, and iodine.

Maca is said to relieve PMS and menopausal symptoms, such as mood swings and hot flashes. Maca is also said to be good for the skin and can help with acne and blemishes.

---

## Serves one

⅓ cup / 150 ml almond milk  
2 tbsp vegan protein powder  
1 tbsp maca powder  
1 tsp chia seeds  
2 tbsp dried mulberries  
½ tsp vanilla extract or vanilla powder  
3 dates, pitted  
generous 1 cup / 200 g cherries, frozen  
1 banana, frozen

## Toppings

cherries, mulberries, coconut flakes, sprig of mint

1. Add the ingredients to the blender in the order listed and blend to a creamy, ice-creamy smoothie bowl.
2. Transfer to a bowl and top with the cherries, mulberries, coconut flakes, and fresh mint leaves.
3. Serve immediately and eat with a spoon.





# Granola and muesli

There's something special about homemade granola. When you make it yourself, it sends an aroma of a fresh-baked cake through your kitchen. And as with cakes, you can create an infinite number of flavors—only your imagination sets the limits. The best thing about it is that you know exactly what you're eating: you won't have to consume huge amounts of sugar, which is common in store-bought granola, and you'll be able to increase the nutritional value by using a lot of nuts, seeds, and other goodness.

Granola can be baked in a conventional oven or dried in a dehydrator. I own an Excalibur. It consists of 9 ventilated trays (fitted with a mesh across) with a 15-foot / 1.4 m total drying surface area, as well as a timer with a 1–26-hour dial. It's quite expensive but well worth the investment if you're a raw foodie or want to make raw granola and natural sweets, or if you want to dry berries, fruits, vegetables, spices, mushrooms, and other tasty and nutritious goodies. I often use my dehydrator in the summer and fall so I can stock up for the winter.

The dehydrator's drying time very much depends on the indoor temperature and air humidity, as well as on how much moisture your ingredients contain. Your best bet is to taste the granola and touch it so you're sure you know when it's completely done. NB! It's important you follow the instructions for use specific to your own dehydrator.

Most of the granola recipes in this book can be made in both a conventional oven and a dehydrator. If baking granola in an oven, make sure you add nuts and seeds when the granola is out of the oven. That way, they'll retain most of the nutrients. The same is also true of dried fruits and berries because they burn easily.

If you're on a raw food diet, you shouldn't heat granola above 107–113°F / 42–45°C— that way you'll preserve all of its goodness. The downside to raw granola is that it doesn't become as crispy as granola baked in an oven; and that it has to be dried much longer, in some cases, even up to a day. Granola will turn out much crispier in a conventional oven and will develop a toasted surface and flavor.

I usually use a combination of a little melted coconut oil and date syrup, or agave syrup, maple syrup, or honey, in order to bind the ingredients, and make it a little sweet and crispy. I sometimes add dates that I've presoaked in hot water for a few hours, which I then blitz to a paste. Occasionally I'll also use a mashed ripe banana.

Unless you're a strict vegan or using a dehydrator, you can also stir in lightly whipped egg white for extra crispness before putting the granola in the oven. The egg white lends a crispness that is difficult to achieve without adding a lot of sugar. Whether or not you want to use egg white is entirely up to you—up to two egg whites will be about right for approximately scant 6 cups / 700 g of granola.

The difference between granola and muesli is that granola contains oil and sweeteners, and that it's baked, while muesli is fully raw, and doesn't contain any oil or liquid. Otherwise, the ingredients tend to be almost the same.

Making your own granola and muesli is dead easy. Granola takes a little longer to prepare and, if you're using a conventional oven, you'll need to watch it so it doesn't burn. In the following section I give some



# Recipe index

## Smoothie bowls

Blueberry, almond, and banana .....	29
Zucchini and banana with spirulina .....	30
Avocado, cacao, and açai bowl.....	33
Summer berries and kale.....	34
Blackberry and coconut .....	37
Mint and chocolate .....	38
Strawberry dream.....	41
Coco-choco with chia seeds.....	42
Açai, kale, and berries.....	45
Cashews, hemp, and pineapple.....	46
Wild strawberry and coconut bowl.....	49
Tasty maqui, blueberry, and rolled oats bowl.....	50
Piña colada bowl .....	53
Cashew, mango, and strawberry .....	54
Raspberry, melon, and baobab.....	57
Cherry, maca, and mulberry .....	58
Mango, lúcuma, and spirulina.....	61
Banana, peanut, cacao, and goji berry.....	62
Supergreen smoothie bowl .....	65
Apple crumble smoothie bowl .....	66
Hazelnut chocolate and hemp seeds .....	69
Strawberry, mango, and chia seed bowl.....	70
Peanut chocolate bowl.....	73
Coconut and oat bowl.....	74
Antioxidant smoothie bowl .....	77
Tropical superfood bowl .....	78
Superpower bowl.....	81
Sea buckthorn, vanilla, and pineapple bowl.....	82

Vanilla Nordic berry bowl .....	85
Plum and vanilla bowl.....	86
Buckwheat and blueberry bowl.....	89
Almond and chia seed bowl with cinnamon .....	90
Carrot cake in a bowl .....	93
Go-nuts-bowl!.....	94
Blackberry and vanilla bowl.....	97
Almond, açai, and vanilla bowl .....	98
Rosehip, pineapple, and papaya bowl .....	101

## Granola and muesli

Superseed muesli .....	107
Power muesli .....	108
Tropical fruit muesli .....	111
Fruit and nut mix.....	112
Millet granola with nuts and cinnamon.....	115
Crispy coconut and quinoa granola with chocolate .....	119
Buckwheat granola with chocolate, figs, and dates .....	123
Piña colada granola with amaranth .....	127
Cinnamon and apple granola .....	131
Blueberry, raspberry, and strawberry granola ...	135

## Abbreviations and Quantities

1 oz = 1 ounce = 28 grams

1 lb = 1 pound = 16 ounces 1

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 = 2½ 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.

© Eliq Maranik and Stevali Production

Original title: *Smoothie bowls*

ISBN 978-91-86287-75-7

**Photo:** Eliq Maranik and Stefan Lindström, except p. 20, iStockphoto

**Art Director:** Eliq Maranik

**Layout:** Eliq Maranik and Alan Maranik/Stevali Production

**Editor:** Eva Stjerne Ord & Form

© for the English edition: h.f.ullmann publishing GmbH

Special edition

**Translation from Swedish:** Casper Sare in association with First Edition Translations Ltd, Cambridge, UK

**Coverphotos:** Eliq Maranik and Stefan Lindström

**Overall responsibility for production:** h.f.ullmann publishing GmbH, Potsdam, Germany

Printed in Poland, 2016

ISBN 978-3-8480-0938-1

10 9 8 7 6 5 4 3 2 1

X IX VIII VII VI V IV III II I

[www.ullmann-publishing.com](http://www.ullmann-publishing.com)

[newsletter@ullmann-publishing.com](mailto:newsletter@ullmann-publishing.com)

[facebook.com/ullmann.social](https://facebook.com/ullmann.social)

The information and recipes printed in this book are provided to the best of our knowledge and belief and from our own experience. However neither the author nor the publisher shall accept liability for any damage whatsoever which may arise directly or indirectly from the use of this book. This disclaimer applies in particular to the use and consumption of untreated raw milk and/or raw milk products, which the author and publisher strongly advise against due to the associated health risks.

It is advisable not to serve dishes that contain raw eggs to very young children, pregnant women, elderly people, or to anyone weakened by serious illness. If in any doubt, consult your doctor. Be sure that all the eggs you use are as fresh as possible.

Please note that bee pollen can be dangerous to those with allergies to bees, their products or other seasonal allergies.





This excerpt by h.f.ullmann publishing is not for sale.

All rights reserved. The use of text or images in whole or in part, as well as their reproduction, translation, or implementation in electronic systems without the written consent of the publisher is a copyright violation and liable to prosecution.

© h.f.ullmann publishing, Potsdam (2016)

You can find this book and our complete list on [www.ullmannmedien.com](http://www.ullmannmedien.com).