

Eliq Maranik

WINTER SMOOTHIES

Enjoy Hot and Cold

*h.f.*ullmann



Smoothies as a way of life

I love smoothies! The more I drink them, the more I like them. I have made smoothies a way of life, and I would love to be able to inspire you to do the same.

The body likes what is good for it. The more you focus on eating and drinking healthily, the less you will crave those things that are less good for you. What is more, you will feel really positive and have lots of energy, a contented stomach, beautiful hair and skin, strong nails, a strengthened immune system, less need for sleep (but you will feel rested nevertheless), and greater motivation to exercise—all this will also help you to keep your weight down. Purely and simply, a healthy way of life.

You might not notice a difference straight away, but try to introduce a smoothie or some freshly-squeezed juice every day. If you do not have much time, make a big batch for the freezer at the weekend. Or make and freeze smoothie parcels that you can put straight into your blender (see page 22), add liquid (water, nut milk, coconut water, etc.) and press the button—your smoothie will be ready in minutes, and you can easily take it with you to work, school, exercise class, or wherever you need to go.

Lars Pietzschmann at Ullmann Publishing is responsible for bringing this book into being. He gave me the idea for it a few years ago, but at the time I thought: What is the difference between a “regular” smoothie and a winter smoothie, apart from a few winter spices? But after a while, I started to test out a few ideas. One thing led to another, and eventually I realized that you could use hot herbal infusions as a base. I kept trying things out, testing again and again, and the results are what you see in front of you. Winter smoothies are quick to make, can be prepared in advance, and can also be put into a thermos for when you are on the move.

I hope this book brings you lots of inspiration, and that you will enjoy reading it and discovering new and exciting flavors, while at the same time boosting your body with vitamins, minerals, and antioxidants and gaining in energy and strength. What could be better than starting a wintry day with a hot, spicy smoothie? But of course the recipes work perfectly well in spring, summer, and fall too.

Warm winter hugs
Eliq Maranik





Mango, Orange, and Pineapple with Dandelion Tea

Dandelion is naturally detoxifying and has long been thought to have many uses, including purifying the blood and as a weapon against diabetes, gout, atherosclerosis, and constipation. It is also beneficial to the intestines, the kidneys, the pancreas, and the liver.

Naturally rich in vitamin C, vitamin B, iron and alkaline substances such as calcium and magnesium, it is also a diuretic and good for the kidneys and liver.

You can buy inexpensive dandelion tea and dandelion leaf tea at health food stores. Buy organic if you can.

Makes two glasses

1½ cups / 350 ml
dandelion tea

1 ice cube

1 lemon

1 orange

3½ oz / 100 g mango,
fresh or defrosted

3½ oz / 100 g pineapple,
fresh or defrosted

1. Make the tea according to the instructions on the packet. Pour 7 tablespoons / 100 ml of the hot tea into a mug and cool it down to around 120 °F / 50 °C with the ice cube.
2. Squeeze the lemon and the orange.
3. Peel and chop the fresh mango.
4. Peel the fresh pineapple, then cut away the hard core and chop the flesh into small pieces.
5. Blend the ice cube liquid with all the ingredients to a smooth consistency.
6. Pour into a large, heat-resistant glass and mix in the rest of the hot dandelion tea.
7. Drink while hot.



Mandarin, Vanilla, and Almond Smoothie

What is the difference between a clementine, a mandarin, a tangerine and a satsuma?

Clementines have an orange-colored skin somewhat thicker than a satsuma's. They are almost always seedless, and have a sweet, refreshing taste. The clementine was originally a hybrid between a mandarin and a bitter orange. Of all the small citrus fruits, this is the one we eat most.

Satsumas are orange and often have tinges of green in their skin even when ripe. They have thinner skin than clementines but are also nearly always seedless. Satsumas are mild and have a sweet-sour taste. They originate from the Japanese province of Satsuma.

Tangerines are named after the city of Tangier in Morocco, which is where the fruit first arrived in Europe. They have a deep, orange-red skin.

Mandarins range in color from yellow to pale orange, have a thin skin, and lots of seeds. Their taste is very like that of clementines but is more intense and sweeter.

Makes two glasses

6 mandarins (or other small citrus fruit)

1-2 dates, preferably medjool

generous $\frac{3}{4}$ cup / 200 ml almond milk,
unsweetened

2 tbsp almond butter

1-2 tbsp vegan protein powder

1 banana, frozen

1 tsp vanilla extract

1. Squeeze the mandarins and strain to remove any seeds.
2. Pit the dates.
3. Put all the ingredients into the blender and blend into a fluffy, frothy drink.





Green Mint Chocolate



Raw cacao nibs are crushed cocoa beans that have been roasted at a temperature of no more than 105 °F / 40 °C. This means that virtually all the nutrients are preserved and no sugar is added. Cacao contains over 300 nutritious components, including large amounts of antioxidants, magnesium, iron, chromium, and vitamin C. It also contains endorphins, which induce feelings of pleasure and help to relieve depression.

Studies have shown that cacao increases the nitric oxide content of blood vessels, which makes them dilate so that blood pressure falls, reducing the risk of brain hemorrhage and heart attacks.

Makes two glasses

1¼ cups / 300 ml almond milk,
unsweetened

1 avocado

⅔ cup / 150 ml Greek yoghurt

1 tbsp agave syrup or honey

2 tbsp vegan protein powder

1 tsp vanilla extract (or ½ tsp vanilla
powder)

a few drops of peppermint oil

1 oz / 30 g kale or spinach, chopped

1 tbsp raw cacao

1 tbsp raw cacao nibs

1 tbsp dark chocolate, chopped

1. Put all the ingredients apart from the chocolate into your blender in the order they appear in the list.
2. Blend to a creamy consistency.
3. Add the chocolate and blend for 10-15 seconds.



Cool ★
drinks

Index of recipes

Hot smoothies

Raspberry, Melon, and Passion Fruit with Rooibos Tea.....	27
Kiwi, Mango, and Orange with Green Tea.....	28
Mango, Orange, and Pineapple with Dandelion Tea.....	31
Strawberries, Banana, and Passion Fruit with Nettle Tea.....	32
Nordic Berry Smoothie with Chamomile Tea.....	35
Pineapple, Mango, and Turmeric.....	36
Warming Raspberry and Chamomile Smoothie.....	39
Hot Orange, Ginger, and Carrot.....	40
Hot Vanilla and Blueberry Smoothie.....	43
Orange, Lingonberry, and Ginger Zing.....	44
Hibiscus, Pomegranate, and Grapefruit.....	47
Apple, Jasmine, and Pomegranate Smoothie.....	48
Spicy Cranberry and Apple Smoothie.....	51
Hot Chocolate and Cashew Smoothie with Roasted Coconut.....	52
Hot Green Hazelnut Chocolate.....	55
Mexican Hot Chocolate.....	56
Mulled Green Smoothie.....	59
Hot Cinnamon Apple Smoothie.....	60
Hot Oat Mocha.....	63
Hot Coco-Chocolada.....	64

Cold, fruity, spicy, and light winter smoothies

Winter Sunshine.....	69
Spicy Citrus Kick.....	70
Very Berry Beet Smoothie.....	73
Mango Carrot Goji Rosehip Smoothie.....	74
Hot Strawberry, Pear, and Hibiscus Smoothie.....	77

Green Winter Fruits Smoothie.....	78
The Illusory Smoothie.....	81
Sprout Smoothie.....	82
Supergreen Winter Smoothie.....	85
Pineapple Paradise Green Smoothie.....	86

Substantial, creamy, satisfying smoothies

Mango Chai Smoothie.....	91
Chocolate Cherry Chia Smoothie.....	92
Raspberry Dream.....	95
Gingerbread Smoothie.....	96
Cinnamon, Oat, and Raisin Smoothie.....	99
Strawberry, Banana, and Oat Smoothie.....	100
Blueberry Vanilla Superfood Smoothie.....	103
Superfood and Almond Mocha Smoothie.....	104
Kumquat and Mango Smoothie.....	107
Mandarin, Vanilla, and Almond Smoothie.....	108
Pear, Oat, and Maple Smoothie.....	111
Pumpkin Protein Smoothie.....	112
Pumpkin, Cashew, and Cinnamon Smoothie.....	115
Spicy Mango Lemon Kombucha Smoothie.....	116
Superpower Avocado Chocolada.....	119
Strawberry Almond Cacao Smoothie.....	120
Hazelnut Carob Chocolate.....	123
Walnut Smoothie with Cranberries.....	124
Pink Power Smoothie.....	127
Goji Berry and Orange Smoothie.....	128
Almond Quinoa Breakfast Smoothie.....	131
Plum Fig Quinoa Morning Glory.....	132
Blackberry Vanilla Coconut Smoothie.....	135
Blueberry Buckwheat Bliss.....	136
Green Tropical Fruit Smoothie.....	139
Green Mint Chocolate.....	140

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 = 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 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.

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

© Eliq Maranik and Stevali Production

Original title: *Vinter Smoothies - värmande vitaminbomber*
ISBN 978-91-88397-02-7

Text: Eliq Maranik

Photos: Eliq Maranik and Stefan Lindström

Except pages 8-9, 10, 16-17, 18, 19, 20-21: iStockphoto

Art Director: Eliq Maranik

Layout: Alan Maranik/Stevali Production

Editor: Eva Stjerne Ord & Form

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

Translation from Swedish: Edwina Simpson in association with First Edition Translations Ltd, Cambridge, UK

Cover photos: Eliq Maranik and Stefan Lindström

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

Printed in Germany, 2016

ISBN 978-3-8480-1030-1

10 9 8 7 6 5 4 3 2 1

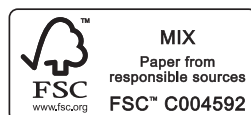
X IX VIII VII VI V IV III II I

www.ullmannmedien.com

info@ullmannmedien.com

facebook.com/ullmannmedien

twitter.com/ullmann_int





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.