

A close-up, top-down view of a glass filled with a thick, pink smoothie. The smoothie has a frothy texture with many small, dark red bubbles on its surface. A fresh raspberry and several vibrant green mint leaves are garnishing the top of the drink. The glass is placed on a light-colored wooden surface with a visible grain. In the bottom left corner, another raspberry is visible on the wood. A dark grey rectangular box with a white border is overlaid on the right side of the image, containing the title text.

JUICE VS SMOOTHIE

Intro

Fresh juice and smoothies seem to get pitted against one another a lot. People like to argue over which one is better for you but honestly, they can BOTH be equally great for you! There isn't a "better" option other than whatever you feel is best for you.

Fresh juice is raw and unpasteurized. It has a short shelf life before the nutrients begin to disappear. Fresh juice is beneficial because much of the fiber is removed which allows our body to absorb more of the nutrients! It also allows us to consume a lot more, meaning it's easier to drink the juice of 3 ingredients than it is to eat 3 cucumbers. Downside is fiber helps keep us full and offers health benefits. Also, we absorb more of the sugar so when you make or buy juice, you want one with more VEGGIES than fruit. Pasteurized, store bought juice has had much of the natural vitamins and minerals removed... and then added back in with synthetic ingredients.

Smoothies can be filling, high in protein/calories/fat and more of a complete meal or snack. Soft fruit like bananas don't juice well but they work great in smoothies! You may not be able to pack in as many nutrients into a smoothie but you can get a good variety.

How to Make Smoothies

If you're adding leafy greens, add them first!
Then you can add ice or frozen fruit to thicken the smoothie.

You can also experiment by adding things like cauliflower, cacao powder, coconut, spirulina etc

Some great liquids to use include water, coconut water, non dairy milk, green tea, coffee, coconut milk, fresh juice etc

Remember you can always add MORE liquids so start with less.

Add protein with a protein powder, nuts, nut butters, hemp seeds or powder etc

How to Make Fresh Juice

There are two ways you can make juice, with a blender or with a juicer. With a juicer you'll simple peel and de-seed your produce before adding it to the juicer. With a blender there is an extra step where you'll need to strain the mixture to remove the pulp.

Masticating juicers use lower power but are quieter, often easier to clean, produce more juice and more nutrients. They are great if you plan on juicing leafy vegetables like wheatgrass but not as good for softer fruit like apples. The juice will also be good for 3 days. A centrifugal juicer is louder and powerful but a little messier and doesn't usually produce quite as much juice. The juice should be consumed within a day.

Two great brands are Breville and Omega.

Benefits of Juice

- Consume more vegetables/fruit
- Nutrients directly into your bloodstream
- Very healing
- Low calorie
- Helps with weight loss
- Lowers cholesterol
- Cancer-fighting and preventing
- Easy on your digestive system
- Supports our liver in detoxing
- Lowers blood sugar levels
- Can be kept in the fridge and consumed at a later time

Benefits of Smoothies

- More filling
- Taste best when consumed right away
- Fiber is important to our health
- Can use a wide variety of ingredients
- Helps with weight loss
- Stay full for longer
- Reduces cravings
- Helps with digestion
- Healthy fats help balance hormones
- Can be made with more protein, calories or fat

Recipes

Peach Mango Smoothie:

1 cup Peaches
1 cup Mangoes
1 Banana
1 cup Orange Juice
 $\frac{1}{4}$ teaspoon Turmeric
 $\frac{1}{4}$ teaspoon Ginger

Kale Pineapple Juice:

4 cups kale
1/2 cup pineapple (canned works fine)
2 cucumbers
1/2 lemon

Parsley Apple

1 bunch parsley Juice:
1 bunch kale
3 large Granny Smith apples
1 cucumber
2 lemons

Chocolate Cherry Smoothie:

2 cups of frozen cherries, pitted
1 banana
 $\frac{3}{4}$ cup coconut water
2 tbsp cacao powder

Nutritious Ingredients

Tumeric for reducing inflammation

Rhodiola, Ashwagandha, Astragalus, Siberian Ginseng,
Holy Basil to reduce stress in the body

Magnesium (cacao powder, almonds, tofu, avocado) to
relax

Vitamin C (camu powder) to boost the immune system

Selenium (brazil nuts, sunflower seeds) for the thyroid

Probiotics to rebalance the gut

Celery + cucumber to flush out toxins and improve
energy

Beets to detox

Folate (leafy greens), parsley to protect your cells

Antioxidants (wild blueberries, goji berries, dark
chocolate) to combat signs of aging

Spulina to fight candida

Maca to balance hormones and improve fertility

Omega 3 fatty acids (chia seeds, walnuts, flax, hemp)
to fight heart disease and mental disorders

Vitamin A (broccoli, leafy veg) to improve vision and
keep your bones healthy

Ginger to fight inflammation

Iron (molasses, nuts, oats) for brain function

Matcha powder for energy without the caffeine crash