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# Smooth operators

What's fun to eat, easy to make, healthy, delicious, and loved by everyone? Smoothies! So what are you waiting for? Get out your blender and go!



Here's to your health – and a toast to the celestial smoothie! Whether you're tempted by a sweet treat or a savoury delight with a chilli spike, this mouth-watering collection, whipped up by Leah Shomron and Hani Borovsky, two chefs who are expert in the art of healthy, delicious cooking, has a palate-pleasing beverage for everyone.

## Spicy rabbit (pictured left)

Makes 1 glass

This bold smoothie combines traditional smoothie ingredients such as mangoes and carrot juice with just the right amount of chilli powder. It's refreshing and vibrant!

- ½ cup carrot juice
- 150g mango chunks
- 8 small ice cubes

In a blender, combine carrot juice, mango, chilli powder, and ice. Blend until smooth.

Always use seedless fruit if possible, since processed seeds can make your smoothie unpleasantly bitter.



## Secrets of a great smoothie

- 1. A good blender** This means one that is strong enough to handle ice cubes, frozen fruits, crispy vegetables, and nuts. Another thing you should have is a freezer with plenty of room for storing frozen smoothie essentials, like ice cubes, banana slices, chunks of watermelon, berries and yoghurt. If you have these handy, you'll always be able to satisfy a spontaneous smoothie craving.
- 2. The right ratio** The second secret to making a smoothie with just the right texture is in maintaining the right proportion between solids, liquids, and frozen ingredients. These recipes contain just the right amount of each of these elements. If you want to make adjustments to the recipes, try to keep the ratio of elements the same. For example, if a recipe calls for a 100g banana (about 1 medium fruit) and the one you have is about 150g, you'll have to increase the other ingredients (or use only part of the banana) to get the desired texture and flavour.
- 3. A bit of preparation** Many of the fresh ingredients need to be washed or peeled, and have their pits or seeds removed. If you plan on freezing ingredients, make sure you wash, peel, and chop them first. Be sure to cut fruits and nuts into relatively small chunks, since this makes things easier for your blender. Also, if you are freezing liquids, such as yoghurt, do so in small-cubed ice cube trays, so that the frozen items aren't too big.

## Spicy scarlet

Makes 1 glass

In this brightly-coloured smoothie, the complement between Indian flavours and raw beetroot is invigorating. Use goat's milk yoghurt instead of sour cream, if you like.

- 200g raw beetroot (about 1 medium beetroot), peeled and sliced
- ½ cup sour cream
- 1 teaspoon garam masala
- 6 small ice cubes

In a blender, combine beetroot, sour cream, spice, and ice. Blend until smooth.



### Adding extra goodness

Standard ingredients for smoothies include fruit, yoghurt, and nuts. You can also add nutrition and boost flavour with more exotic ingredients, like nut butters and seeds.

- **Almond butter** This protein- and calcium-rich paste, made from ground almonds, is available in health food and organics stores.
- **Dates** Juicy naturally sweet dates add a marvellous texture to smoothies. Medjool dates are particularly recommended.
- **Flax seeds** These natural seeds are high in omega-3 fatty acids and fibre. They can be found in health food stores and the natural foods section of supermarkets.
- **Muesli** Adding this to a smoothie makes it thicker and crunchy. Select muesli made without white sugar or trans fats.
- **Juices** Many recipes call for fruit or vegetable juices, such as orange, carrot, lemon or celery. If you have a juicer, use it to make fresh juice. If using readymade juice, choose ones that have no added salt or sugar.
- **Tahini** This protein- and calcium-rich paste is made from ground sesame seeds. It's available at healthfood stores and delicatessens. If possible, buy tahini made from wholegrain sesame seeds.

### Lusciously lychee

*Makes 1 glass*

Very possibly perfect, this smoothie combines pineapple, lychees, and coconut milk with creamy vanilla ice cream. For just the right texture, make sure the ice cream goes directly from the freezer to the blender.

- 150g frozen pineapple chunks
- 75g (about ½ cup) lychees, peeled and pitted
- ¼ cup coconut milk
- 1 scoop vanilla ice cream

In a blender, combine pineapple, lychees, coconut milk, and ice cream. Blend until smooth.

### Speckled spice

*Makes 1 glass*

Few things are as delicious as fresh passionfruit in season. They also lend a unique flavour and interesting texture to smoothies.

- 70g passion fruit (about 2-3 medium fruit) halved
- 150g mango chunks
- cinnamon, to taste
- 6 small ice cubes

Scoop out contents of passionfruit and transfer to a blender. Add mango, cinnamon, and ice. Blend until smooth.



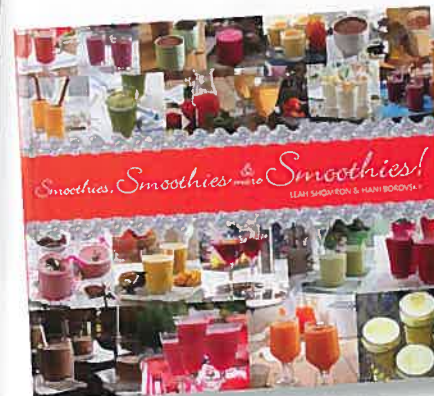
### Avocado experience

*Makes 1 glass*

Rich creamy, and nutritious, avocados are an excellent smoothie ingredient. Be sure to serve this smoothie immediately after blending, since avocado changes colour quickly once it's been chopped.

- 100g avocado chunks (about ½ medium fruit)
- 150g pear chunks (about 1-2 medium fruit)
- ¼ cup apple puree
- 50g pitted dates (about 3 large fruit)
- 1/3 cup water
- 4 small ice cubes

In a blender, combine avocado, pears, apple puree, dates, water, and ice. Blend until smooth.



### READER OFFER!

We have five copies of *Smoothies, Smoothies & More Smoothies* to give away. Email [lizgarcorz@yaffa.com.au](mailto:lizgarcorz@yaffa.com.au) for your chance to win one!



Together, culinary consultant **Leah Shomron** and chef **Hani Borovsky** are the authors of *Smoothies, Smoothies, & More Smoothies* (Charlesbridge Publishing, [www.charlesbridge.com](http://www.charlesbridge.com)); distributed by Capricorn Link, [www.capricornlink.com.au](http://www.capricornlink.com.au)), from which this extract is reproduced with permission.