

Blended Salads

Blended salads are a way to get nutrient dense foods fast. They can be complex or simple depending on your needs. The goal is help restore and detoxify your body daily. If you don't have time to sit and eat a salad or if you know your time will be limited for lunch and/or you are under a lot of stress, this is a great insurance you will have one nutrient dense, whole meal in your day. For me, the best time to drink this is in the morning. I often have one with a base of coconut water after a workout. I have nothing else except this and I am full until lunch. Others may need food with it, such as a handful of nuts (if not in the blended) or oatmeal with fruit.

I like my blended salads sweet but it is a personal preference. I have included three recipes here but you can include your favorite fruits and vegetables. For example, last week I included fresh pineapple because I had it. When I do not have fruit, but I still want a little sweetness, I add dried, pitted, dates.

Following are some recipes but the list is endless. Blended salads should be made and drank immediately.

This recipe is from Bernie Epstein, a chiropractor from upstate New York. His ingredient list has influenced mine. He sometimes adds purple cabbage, kale and beet. This is a savory blended for two.

Bernie's Blended (for two)

1. 1 whole tomato
2. ½ red/green pepper
3. ½ avocado
4. 1 stalk celery
5. 1 whole cucumber
6. Handful of curly parsley
7. ½ large lemon, peel removed
8. 2 tablespoons ground flax seeds
9. 2 tablespoons nutritional yeast
10. 2 tablespoons almond butter
11. Fill to the top with romaine lettuce.

Blend at highest speed. Add more lettuce to get desired consistency.

Kathy's Super Simple Blended (for one)

1. 1 cup coconut water or green tea
2. 1 banana
3. 2-3 cups washed kale, stems removed (optional)
4. 1 tablespoon flax/chia

Blend at highest speed.

Morning Blended (Sweet) (for one or two)

1. 1 cup green tea, water or coconut water
2. 1 banana
3. 1 cup organic red grapes
4. 1 piece purple cabbage (about 1/4 – 1/2 cup)
5. ½ lemon (peel removed)
6. ¼ green or red pepper
7. ¼ cucumber (peeled if not organic)
8. ¼ avocado
9. 1 stalk celery
10. 3-4 baby carrots
11. 1-2 cups kale
12. 1-2 cups Hydroponic or romaine lettuce
13. 1 tablespoon flax
14. 3 tablespoons nutritional yeast
15. 1 small, ½ medium or ¼ large beet

Blend at highest speed.