Blended Greens
For Health and Longevity

Harnessing the Magic of Green Living Foods for Energy and Vitality

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Greens: The Missing Link For Vibrant Health

What does the Standard American Diet (SAD) have in common with the diets of most macrobiotic enthusiasts, vegetarians, vegans, and raw foodists? What common pitfall is seen across the board in all these seemingly diverse dietary regimes? What food group is sadly lacking in the diets of most modern day people worldwide?

The answer to all of these questions is the same: **Greens**!

Research shows that we are genetically 99.4% similar genetically to the chimpanzee. So why is it that our diets are so different? What benefit would be gained by adopting a dietary regime that is more similar to that of the chimpanzee? This and many other questions are explored in Victoria Boutenko’s book *Green for Life* and described at length in a very entertaining yet impactful manner in her DVD, *Greens Can Save Your Life*.

So, what is it that discourages many people from eating the quantity of raw greens ideal for optimal health? The nutrients in greens are locked within the cell wall and are difficult to release without very careful, thorough and, therefore, slow chewing. Chimpanzees are estimated to spend 6 hours or more per day chewing!

I don’t know about you, but I’d have a difficult time spending 6 hours a day chewing. Not only would my jaw get very tired, but I’d have to put my busy life on hold as well.

Face it; we do not have the luxury of grazing all day on greens like the chimpanzees do. In lieu of that, Victoria suggests that we blend a significant proportion of our greens in order to optimize digestion.
The Incredible Health Benefits of Greens

So what’s the big deal about greens?

Greens are packed with nutrients, especially vitamin C, vitamin B6, calcium, iron, zinc, folate, lutein, beta carotene, chlorophyll and protein. **Yes, protein.** Greens contain a large percentage of calories as protein.

As you can see from the chart on the next page, one bunch of kale supplies above the recommended daily allowance for many of the essential amino acids, the building blocks of protein, and close to the RDA for many others -- all in roughly 225 calories.
Kale’s Nutritional Kick

One bunch of kale, about a pound, supplies the following nutrients:

<table>
<thead>
<tr>
<th>NUTRIENT</th>
<th>RDA</th>
<th>QUANTITY IN 1 LB. KALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>CALORIES</td>
<td>VARIATES: 1500-3000 OR HIGHER</td>
<td>226</td>
</tr>
<tr>
<td>MINERALS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CALCIUM</td>
<td>1000 MG</td>
<td>615 MG</td>
</tr>
<tr>
<td>IRON</td>
<td>10-15 MG</td>
<td>7.5 MG</td>
</tr>
<tr>
<td>MAGNESIUM</td>
<td>400 MG</td>
<td>155 MG</td>
</tr>
<tr>
<td>ZINC</td>
<td>15 MG</td>
<td>2 MG</td>
</tr>
<tr>
<td>COPPER</td>
<td>1.5 MG</td>
<td>1.4 MG</td>
</tr>
<tr>
<td>MANGANESE</td>
<td>10 MG</td>
<td>3.4 MG</td>
</tr>
<tr>
<td>VITAMINS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FOLIC ACID</td>
<td>400 MCG</td>
<td>132 MCG</td>
</tr>
<tr>
<td>VITAMIN C</td>
<td>90 MG</td>
<td>547 MG</td>
</tr>
<tr>
<td>BETA CAROTENE</td>
<td>900 MCG</td>
<td>21,012 MCG</td>
</tr>
<tr>
<td>B1- THIAMIN</td>
<td>1.2 MG</td>
<td>.68 MG</td>
</tr>
<tr>
<td>B2- RIBOFLAVIN</td>
<td>1.3 MG</td>
<td>.68 MG</td>
</tr>
<tr>
<td>B3 - NIAVIN</td>
<td>16 MG</td>
<td>4.8 MG</td>
</tr>
<tr>
<td>B6</td>
<td>1.3 MG</td>
<td>68 MG</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>VARIATES: 45-75 G</td>
<td>15 G</td>
</tr>
<tr>
<td>ESSENTIAL AMINO ACIDS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HISTADINE</td>
<td>560 MG</td>
<td>313 MG</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>700 MG</td>
<td>895 MG</td>
</tr>
<tr>
<td>LEUCINE</td>
<td>980 MG</td>
<td>1051 MG</td>
</tr>
<tr>
<td>LYSINE</td>
<td>840 MG</td>
<td>895 MG</td>
</tr>
<tr>
<td>METHIONINE + CYSTEINE</td>
<td>910 MG</td>
<td>345 MG</td>
</tr>
<tr>
<td>PHENYLALANINE + TYROSINE</td>
<td>980 MG</td>
<td>1298 MG</td>
</tr>
<tr>
<td>THREONINE</td>
<td>490 MG</td>
<td>668 MG</td>
</tr>
<tr>
<td>TRYPTOPHAN</td>
<td>245 MG</td>
<td>182 MG</td>
</tr>
<tr>
<td>VALINE</td>
<td>700 MG</td>
<td>820 MG</td>
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</tbody>
</table>
The above chart is offered as an illustration of the nutrient density of greens. A chart further down contains other greens and a few of the nutrients for comparison.

**Greens are Rich in Healing, Alkaline Minerals**

Greens provide essential alkaline minerals such as calcium and magnesium that are not found in sufficient quantities in fruits, nuts and seeds. When animals are fed a low calcium diet that is high in phosphorus, they develop bone disorders and dental problems.

To provide enough minerals in the diet, we need a sufficient quantity and variety of green vegetables. We also need to eat greens in such a way that the body can easily assimilate the nutrients.

Most people don't eat a great variety of greens, and sadly, when it comes to the most important greens, they don't eat hardly any of those at all. The most important greens are the ones that contain the most minerals such as kale, broccoli, mustard greens, and collards.

Unfortunately, these greens are not eaten raw very often because people often find them too tough to enjoy raw in salads. And not only does their tough, fibrous nature make them tough to chew, the valuable nutrients aren't always released from the cell walls from chewing alone.

For optimal health, you need to include green vegetables daily, ideally several times a day, in a form that is easy for the body to assimilate. While salads are great, and should be eaten regularly, it’s often the case that they are not providing all of the nutrition necessary for optimal health because they are not chewed well enough to release all the nutrients from the cell walls.

The regular consumption of blended greens in the form of green smoothies, blended salads, “raw soups”, dressings, and many other dishes is an important part of a healthy diet.
I’m sure you’re now realizing that green vegetables are the foods most missing from modern diets, even those considered among the healthiest. Sadly, the Standard American Diet is only approximately 5% greens. Keep in mind that a healthy percentage is considered to be closer to 50% --- the amount chimpanzees eat!

**The Healing Power of Green**

Green vegetables are the food most missing from modern diets, even those considered among the healthiest. The Standard American Diet (SAD) is approximately 5% greens. A healthy percentage is considered to be close to 50%, which is about what chimpanzees eat.

Green vegetables have many life giving properties. They strengthen the blood and immune systems, prevent cancer, and fight depression naturally by supplying a plethora of nutrients needed to make neurotransmitters. The fiber in raw greens helps to keep the digestive tract moving, and many people report that greens are energy-giving foods, increasing mental clarity and sustaining energy.

Greens contain a lot of antioxidants and are protective of many disease states. For example, it is a well-researched fact that the whole family of cruciferous vegetables helps to prevent cancer.

The cruciferous family includes:

- collards
- kale
- cabbage
- bok choy
- broccoli
- cauliflower
- Brussels sprouts
- mustard and mustard greens
- turnips and their greens
- arugula
- watercress
- kohlrabi
- horseradish
- and rutabaga
Studies have shown that eating foods in this vegetable family speeds the liver’s ability to detoxify ingested toxins.

Many people ask if buying organically grown produce is worth it. Studies suggest that organic lettuce is definitely worth spending the extra money on, since it often tastes better, and since conventional lettuce leaves are sprayed directly with pesticides and herbicides that can be impossible to get off.

It is a good idea to include a variety of greens daily. There are many ways to include greens in your diet, including salads, soups, dips, dressings, marinades, slaws, roll-ups, and smoothies. Other ideas not in this book, but found in Dried and Gone to Heaven are veggie burgers, chips, and crackers. One of my favorite ways to eat greens is kale chips.

The table on the next page lists examples of the wide variety of greens available to us.
Choosing a Variety of Greens

<table>
<thead>
<tr>
<th>LEAFY GREENS</th>
<th>HARD GREEN VEGETABLES</th>
<th>SEA VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARUGULA</td>
<td>BROCCOLI</td>
<td>ARAME</td>
</tr>
<tr>
<td>BEET GREENS</td>
<td>CELERY</td>
<td>DULSE</td>
</tr>
<tr>
<td>BOK CHOY</td>
<td>ASPARAGUS</td>
<td>KELP</td>
</tr>
<tr>
<td>CARROT TOPS</td>
<td>CABBAGE</td>
<td>KOMBU</td>
</tr>
<tr>
<td>CHARD</td>
<td></td>
<td>HIJIKI</td>
</tr>
<tr>
<td>COLLARD GREENS</td>
<td>EDIBLE WEEDS</td>
<td>NORI</td>
</tr>
<tr>
<td>ENDIVE</td>
<td>DANDELION</td>
<td>SEA PALM</td>
</tr>
<tr>
<td>ESCAROLE</td>
<td>PURSLANE</td>
<td></td>
</tr>
<tr>
<td>FRISEE</td>
<td>SORRELL</td>
<td>SPROUTS</td>
</tr>
<tr>
<td>KALE - CURLY</td>
<td>LAMBSQUARTERS</td>
<td>ALFALFA</td>
</tr>
<tr>
<td>KALE - LACINTO</td>
<td>MALVA</td>
<td>BROCCOLI</td>
</tr>
<tr>
<td>(DINOSAUR)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KALE - RED RUSSIAN</td>
<td>PLANTAIN</td>
<td>RADISH</td>
</tr>
<tr>
<td>MIZUNA</td>
<td>CHICKWEED</td>
<td>CLOVER</td>
</tr>
<tr>
<td>MUSTARD GREENS</td>
<td>CLOVER</td>
<td>SUNFLOWER</td>
</tr>
<tr>
<td>RADICCHIO</td>
<td>MINER’S LETTUCE</td>
<td>BUCKWHEAT</td>
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<tr>
<td>ROMAINE LETTUCE</td>
<td>STINGING NETTLES</td>
<td>FENUGREEK</td>
</tr>
<tr>
<td>GREEN AND RED LEAF</td>
<td></td>
<td>MICRO GREENS</td>
</tr>
<tr>
<td>LETTUCE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BUTTER LETTUCE</td>
<td>HERBS</td>
<td></td>
</tr>
<tr>
<td>SPINACH</td>
<td>DILL</td>
<td>GRASSES</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BASIL</td>
</tr>
<tr>
<td>ALGAE</td>
<td></td>
<td>WHEAT</td>
</tr>
<tr>
<td>CHLORELLA</td>
<td>CILANTRO</td>
<td>BARLEY</td>
</tr>
<tr>
<td>SPIRULINA</td>
<td>FENNEL</td>
<td>KAMUT</td>
</tr>
<tr>
<td>BLUE/GREEN</td>
<td>MINT</td>
<td>RYE</td>
</tr>
<tr>
<td></td>
<td>PARSLEY</td>
<td></td>
</tr>
</tbody>
</table>

On the next number of pages you’ll find a chart with some of the nutritional benefits from select greens, as well as descriptions of some of the more widely available greens.
## Major Nutrients in Greens

<table>
<thead>
<tr>
<th>Green (per lb = 454 grams)</th>
<th>kCal</th>
<th>Protein grams</th>
<th>Carb. grams</th>
<th>Fiber grams</th>
<th>Calcium mg</th>
<th>Vita A IU</th>
<th>Vita C mg</th>
<th>Water %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa</td>
<td>131.54</td>
<td>18.14</td>
<td>17.24</td>
<td>11.34</td>
<td>145.15</td>
<td>703</td>
<td>37.19</td>
<td>91</td>
</tr>
<tr>
<td>Broccoli</td>
<td>126.84</td>
<td>13.49</td>
<td>23.78</td>
<td>13.59</td>
<td>217.40</td>
<td>6985</td>
<td>422.20</td>
<td>91</td>
</tr>
<tr>
<td>Chard</td>
<td>86.18</td>
<td>8.16</td>
<td>16.78</td>
<td>7.26</td>
<td>231.33</td>
<td>14968</td>
<td>136.08</td>
<td>93</td>
</tr>
<tr>
<td>Chicory</td>
<td>104.33</td>
<td>7.71</td>
<td>21.32</td>
<td>18.14</td>
<td>453.59</td>
<td>18143</td>
<td>108.86</td>
<td>92</td>
</tr>
<tr>
<td>Collards</td>
<td>140.61</td>
<td>7.26</td>
<td>32.20</td>
<td>16.78</td>
<td>131.54</td>
<td>15104</td>
<td>105.69</td>
<td>91</td>
</tr>
<tr>
<td>Dandelion</td>
<td>204.12</td>
<td>12.25</td>
<td>41.73</td>
<td>15.88</td>
<td>848.21</td>
<td>63502</td>
<td>158.76</td>
<td>86</td>
</tr>
<tr>
<td>Endive</td>
<td>77.11</td>
<td>5.90</td>
<td>15.42</td>
<td>14.06</td>
<td>235.87</td>
<td>9298</td>
<td>29.48</td>
<td>94</td>
</tr>
<tr>
<td>Kale</td>
<td>226.80</td>
<td>14.97</td>
<td>45.36</td>
<td>9.07</td>
<td>612.35</td>
<td>40369</td>
<td>544.31</td>
<td>85</td>
</tr>
<tr>
<td>Kelp</td>
<td>194.79</td>
<td>7.61</td>
<td>43.35</td>
<td>5.88</td>
<td>761.04</td>
<td>525</td>
<td>13.59</td>
<td>82</td>
</tr>
<tr>
<td>Lambsquarters</td>
<td>194.79</td>
<td>19.02</td>
<td>33.07</td>
<td>18.12</td>
<td>1399.79</td>
<td>52548</td>
<td>362.40</td>
<td>84</td>
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<tr>
<td>Lettuce: iceberg</td>
<td>58.97</td>
<td>4.54</td>
<td>9.53</td>
<td>6.35</td>
<td>86.18</td>
<td>1496</td>
<td>17.69</td>
<td>96</td>
</tr>
<tr>
<td>Lettuce: leaf</td>
<td>81.65</td>
<td>5.90</td>
<td>15.88</td>
<td>8.62</td>
<td>308.44</td>
<td>8618</td>
<td>81.65</td>
<td>94</td>
</tr>
<tr>
<td>Lettuce: romaine</td>
<td>72.57</td>
<td>7.26</td>
<td>10.89</td>
<td>10.89</td>
<td>163.29</td>
<td>11793</td>
<td>108.86</td>
<td>95</td>
</tr>
<tr>
<td>Mustard greens</td>
<td>117.93</td>
<td>12.25</td>
<td>22.23</td>
<td>9.07</td>
<td>467.20</td>
<td>24040</td>
<td>317.51</td>
<td>91</td>
</tr>
<tr>
<td>Spinach</td>
<td>99.79</td>
<td>13.15</td>
<td>15.88</td>
<td>12.25</td>
<td>449.05</td>
<td>30458</td>
<td>127.46</td>
<td>92</td>
</tr>
<tr>
<td>Turnip greens</td>
<td>122.47</td>
<td>6.80</td>
<td>25.85</td>
<td>N/A</td>
<td>861.82</td>
<td>34472</td>
<td>272.15</td>
<td>91</td>
</tr>
<tr>
<td>Watercress</td>
<td>49.89</td>
<td>10.43</td>
<td>5.90</td>
<td>10.43</td>
<td>544.31</td>
<td>21318</td>
<td>195.04</td>
<td>96</td>
</tr>
<tr>
<td>Zucchini</td>
<td>63.42</td>
<td>5.25</td>
<td>13.13</td>
<td>5.44</td>
<td>67.95</td>
<td>1540</td>
<td>40.77</td>
<td>95</td>
</tr>
</tbody>
</table>
Some of the More Common, Widely Available Greens

Collard Greens

One of the milder of the sturdy greens, collards are an excellent source of folate, vitamin C and beta-carotene. Collards are especially high in calcium.

Bok Choy

Bok Choy is a Chinese variety of cabbage. It is an excellent source of vitamin C, beta-carotene and iron, as well as a good source of folate, vitamin B6 and calcium.

Kale

While sweet following a light frost, kale generally has a stronger flavor than collard greens and can be quite coarse and peppery when raw. The Lacinto (aka “dinosaur”) and red varieties are much more tender and less bitter than the more common curly leaf variety. To ensure a milder texture and flavor, choose smaller kale leaves. Marinating them softens them and makes them more tender. In addition to being an excellent source of vitamin C and beta-carotene, kale is also a good source of iron, vitamin B6, lutein and zeaxanthin.

Mustard Greens

Mustard greens have an even stronger flavor than kale, but milder varieties are grown in Asia and are sometimes available in the United States. They taste best when they are six to 12-inches long and have no seeds. They are best eaten in small quantities with a variety of other greens.

Swiss Chard

Swiss chard is a mild tasting green and is an excellent source of vitamin E, a nutrient that is usually only found in high-fat foods. It is also high in potassium, magnesium, vitamin C and beta-carotene. To preserve its crispness and
sweetness, be sure to keep it chilled.

**Spinach**

Spinach is another mild tasting green, and contains carotenoids such as beta-carotene, lutein and zeaxanthin. Besides carotenoids, spinach is higher in folate than other greens.

**Beet Greens**

Rich in beta-carotene, vitamin C, iron and calcium, beet greens are often more nutritious than beets (with one exception: beets are higher in folate). They are best for eating when young and tender.

**Turnip Greens**

The leafy tops of turnips are one of the bitterest greens available, so they are not often eaten raw. Like beet greens, they are best for eating when they are quite young. Although both turnips and turnip greens are nutritious, the best source of vitamins and minerals is the greens, which are high in vitamin C, beta-carotene and folate.

**Romaine and other Dark Green Lettuces**

These have a more mild taste than the dark green leafy vegetables; some are slightly bitter and they are commonly used in salads.

**Spring Mix (aka Field Greens)**

This is a mixture of young lettuces and other greens that are very commonly used in salads. The variety of greens in these combinations range from very bitter to aromatic and pungent. They are extremely high in calcium and iron and very low in calories.

**Common Weeds That Are Nutritious Greens**
Most people are able to find weeds like lamb’s quarters, purslane (one of the few plant based sources of EPA -- eicosapentaenoic acid -- an important fatty acid that decreases inflammation), chickweed, and clover.

**Unleashing The Hidden Power Of Greens**

**Blended Greens**

Blending greens has become very popular today, but the idea of blending greens for maximum nutrition was first introduced to the public by Ann Wigmore over 40 years ago.

Becoming raw, I knew that it was important for me to eat a lot of greens, but sitting down for hours each day chewing on salads just did not fit well into my schedule. So I would put my salad into the blender and then drink it.

I found some recipes in Ann Wigmore’s books for what she called “energy soup” and used them as guidelines. As I did not always have on hand all the ingredients that she had in her recipes, I started to improvise. When I was in Chiropractic school, I would make one of these concoctions, put it into a jar, hurry off to school, and drink it when I got there. Needless to say, many of my classmates thought I was a nut case. I have now been making blended concoctions for over 20 years.

Through the years, I have read reports about the value of blending greens. Apparently a lot of the nutrition is locked in the cell walls and, due to the fibrous nature of the walls, chewing does not do a very efficient job of breaking them all down and releasing the nutrients within. Blending the greens releases more of the nutrition.

A book by Victoria Boutenko has been published called *Green For Life*. In it, she describes her love affair with blended greens and discusses a study she performed with
the assistance of a medical doctor. She also provides some tasty recipes. Based on my own experimentation and research, that of Boutenko in *Green For Life*, and Ann Wigmore in her book *The Blending Book*, I recommend that everyone consume at least one 32 ounce green smoothie or soup per day -- ideally at least a pound of dark greens per day. The ratio of greens to fruit should be at least 40:60.

On most days, I include at least one blended green drink that is almost or entirely green. It would be of most benefit to include the equivalent of at least one pound of greens per day in this manner. It will take some time to work up to these quantities, but hopefully, this book will help move you in that direction.

Green smoothies are very nutritious and easy to digest. When blended well, all the valuable nutrients in these fruits and veggies become homogenized, or divided into such small particles that it becomes easy for the body to assimilate these nutrients; the green smoothies literally start to get absorbed in your mouth. What a wonderful thought!

**Green Smoothies**

Green smoothies are a delicious way for people of all ages to meet their daily greens needs. When made with a ratio of fruits to veggies of 60:40, the fruit taste usually dominates the flavor while the green vegetables tend to balance out the sweetness of the fruit.

Green smoothies can be a great food for children of all ages, including babies of six months or older, when starting to introduce foods other than mother’s milk. As with the introduction of any new food, green smoothies should be introduced slowly to babies to assure that they are well tolerated.

Green smoothies are easy to make, and quick to clean up.
after. They can easily be freshly made at any juice bar, restaurant, or health food store. All you need to do is ask!

I’ve done it. I got quizzical looks, but once I explained what I wanted… a fruit smoothie (on the menu) blended with a couple of handfuls of whatever green leafy vegetables they had on hand. It was pretty tasty, too.

I encourage you to start playing with green smoothies and to discover the many joys and benefits of this delicious and nutritious drink. By consuming two or three cups of green smoothies daily you will consume enough of greens for the day to nourish your body, and they will be well assimilated.

There are no real rules. Experiment. Find combinations you like. Start out using the milder greens like romaine lettuce and spinach.

Experiment by adding a little bit of the darker leaves, starting with the field greens and working up to kale and collard greens.

Include some sprouts or young shoots. Add lemon or lime. Add ginger. Add cinnamon or cardamom. The addition of the spices not only enhances flavor but the nutritional content as well.

I usually keep a variety of organic frozen fruits on hand to add to my green smoothies: all kinds of berries, cherries, mangoes, peaches and tropical mix.

An additional advantage of drinking your greens, rather than eating them as salads, is that you can greatly reduce the consumption of oils and salt in your diet.

If you’re interested in learning how to use the healing power of greens to increase your energy naturally in just 7 days, please visit:
Taste Balancing Tips

You always have the options of adapting or creating your own recipes based on the guidelines you’ll find in this program. To assist you with your creations, follow the taste balancing tips below.

The 5 Primary Tastes:

There are 5 primary tastes that our tongues perceive:

1. Sweet
2. Salty
3. Sour
4. Bitter
5. Pungent

Although there are thousands of different tastes that we perceive in fresh, whole foods, when we balance the five major ones, the food is so delicious that everyone says, “Wow!”

If a food contains a balance of all 5 tastes, it is pleasing to the tongue. If it does not, the food is generally perceived as “okay”, good or pleasant, but not as amazing as when the tastes are balanced. I have been using this strategy in creating and modifying recipes with great success. When you learn to balance the five tastes, you will make delicious food.

A Balance of Tastes and Emotions:

While you are learning to balance the five tastes, you can refer to a list of foods for each of the five taste groups. The chart that follows lists some of the major foods in each category. When we take into consideration the Chinese Medicine associations of each flavor with emotions, we realize that balancing the tastes in a food brings us pleasure not only from a pure sensory perspective, but also from an emotional one as well.

When we feed our physical, emotional and spiritual bodies with comforting food, we achieve balance that transcends the taste buds alone.
**Example of Taste Balancing:**

The best way to demonstrate how to use the taste balancing principles is to present a real life example. My example is based on an experience I had one afternoon when I decided to make myself a green smoothie.

I had read that mango and kale made a good smoothie, so I put two mangoes and a whole bunch of kale in the blender and turned it on. The thick green concoction wasn’t bad, but it tasted to me to be too bitter and too sweet at the same time.

It was definitely palatable, and I could have easily consumed it, but I decided instead to experiment with the 5 tastes. I added half a bag of frozen strawberries to tone down the sweetness of the mangoes. It was better, but not quite there.

I then added the rest of the bag, and a 1/4 cup of fresh squeezed lime juice for a bit of sour. It was starting to taste even better. Now I had sweet from the mangoes and strawberries, bitter from the kale, sour from the lime, and a little bit more sour from the strawberries.

Next, I needed to balance for saltiness. I added two stalks of celery to the blender and tasted again. It was getting there, but needed a bit more salt. I added another stalk of celery, making three stalks in all.

The last taste to balance was pungent, also known as spicy. I sliced a 1 1/2 inch diameter piece of ginger about 1/8 inch thick and added it, along with about 1 teaspoon of dried mint.

It was delicious! I named the final recipe Green Mango Delight.

**The Taste Balancing Guide:**

I recommend that you experiment in your own kitchen with this. Whenever you are trying to perfect a dish, ask yourself the following questions:

1. Is it sweet enough?
2. Is it salty enough?
3. Is it sour enough?
4. Is it bitter enough?
5. Is it spicy (flavorful, pungent) enough?
For each question that evokes a negative response, reflect upon what ingredient can be added that is consistent with the theme of the recipe that can provide the missing flavor. Consult the chart on the previous page. With practice, you will be making foods that cause everyone who tries it to exclaim, "Wow"!

**Taste Balancing Flavor Chart**

<table>
<thead>
<tr>
<th>Sweet</th>
<th>Salty</th>
<th>Sour</th>
<th>Bitter</th>
<th>Pungent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, frozen, or dried fruit</td>
<td>Celtic sea salt</td>
<td>Lemon</td>
<td>Green leafy vegetables</td>
<td>Ginger</td>
</tr>
<tr>
<td>Red bell pepper</td>
<td>Olives</td>
<td>Lime</td>
<td>Green herbs</td>
<td>Mint</td>
</tr>
<tr>
<td>Carrots</td>
<td>Miso</td>
<td>Grapefruit</td>
<td>Cacao</td>
<td>All hot spices: cayenne, etc.</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Sea veggies, especially dulse</td>
<td>Apple cider vinegar</td>
<td></td>
<td>Indian spices: cumin, turmeric, coriander</td>
</tr>
<tr>
<td>Concentrated sweeteners: agave, yacon</td>
<td>Celery</td>
<td>Orange (if tolerated)</td>
<td></td>
<td>Fresh or dried herbs</td>
</tr>
<tr>
<td>Beets</td>
<td>Sauerkraut</td>
<td></td>
<td></td>
<td>Jalapeno peppers</td>
</tr>
<tr>
<td>Sweet spices: cinnamon, cardamom</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut water</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Recipes

Basic Green Smoothie

Ingredients:
- 2 - 3 pieces or cups of fruit
- 2 cups of leafy greens (any variety)
- 2 cups water

Directions:
1. Place a handful of green leafy vegetables in the blender.
2. Add enough water to get the mix blending and blend until greens are completely pureed.
3. Add fruit and blend until smooth.

Note: If you have a high-powered blender like a Vita-mix or Blendtec you can put all the ingredients together at once.

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Basic Green Drink

Ingredients:
- leafy greens on hand such as dark green lettuces, kale, spinach, parsley, or any others
- enough water for blending

Directions:
1. Place a handful of green leafy vegetables in the blender.
2. Add enough water to cover the vegetables and blend until vegetables are completely dissolved.
3. Pour liquid into a 1 1/2 to 2 quart container and fill with water.
4. Shake well before drinking.
5. Sip throughout the day in place of water.

Note: Adding fresh ginger root, lemon or mint to the blend adds a nice flavor. The resulting beverage should be a pale green, translucent color.

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Basic Blended Salad

**Ingredients:**
- several vegetables and or roots and mild salad greens (choose a selection as if you are making a salad)
- 1/2 – 1 avocado (optional)
- powdered dulse (a seaweed) and/or other seasonings of your choice (optional)
- lemon juice or apple cider vinegar (or enough water for blending)

**Directions:**
1. Place your greens and vegetables in the blender.
2. Add enough liquid to get things going and blend until vegetables are completely pureed.
3. Add the avocado if desired.
4. Add any desired dulse or seasonings and blend a final time.

**Note:** Blending salads is another good way to incorporate greens into the diet. While blended salads may not seem like the most appealing of meals, they can actually be quite tasty. Blended salads are important because they contain more green vegetables than do green smoothies and can include types of vegetables that do not combine well with fruit such as carrots and red bell peppers. They are easier to eat than whole salads, and they present the nutrients in a manner that is assimilated much more quickly than in a regular salad. There are many possible variations; remember this may be your very first blended salad, and it is merely a starting point for your particular palate. Have fun!

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Basic Green Soup

**Ingredients:**
- 2-4 cups leafy greens
- 1-2 cups water
- 1/4 cup oil or 1 avocado or 1/4 cup soaked nuts or seeds or 2 tablespoons coconut cream concentrate or 4 tablespoons nut butter (optional, but used to give a creamy consistency)
- seasonings
- herbs
- other vegetables like carrot, red bell pepper, tomato, cucumber

**Directions:**
Blend all these together and adjust your flavors to fit your particular taste.

**Note:** The difference between a green soup and a blended salad is subtle. Green soups tend to be a little creamier as a result of the nuts, avocado, or oil.

"Energy Soup" is a term Ann Wigmore used to describe her hearty blended green concoctions. They are basically the same as Green Soups, except that they include sprouts, an apple, and an avocado. Ann Wigmore also used Rejuvelac, a fermented beverage containing microorganisms that assist digestion.

**Notes:**
Basic Green Sorbet

Ingredients:
- 1 recipe of your favorite green smoothie

Preparation Options:
1. Put smoothie mixture into the container of an ice cream maker and follow manufacturer’s instructions. When it is done, enjoy the refreshingly delicious and nutritious sorbet.
2. Freeze smoothie in ice cube trays. When frozen, remove from ice cube trays and process in food processor or Vita-mix until smooth. You may need to add a small amount of liquid to help it process.
3. Get a snow cone maker and freeze smoothie into the containers recommended for your unit. Make snow cones as directed.
4. Freeze smoothies into popsicle molds.

Note: What an incredibly tasty and satisfying way to add more greens to your diet!

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Green Mango Delight

Ingredients:
- 2 mangoes
- 1 large bunch of kale
- 3 stalks of celery
- 1 bag of frozen strawberries or 1 1/2 cup fresh
- 1/4 cup lime juice
- 1 1/2-inch by 1/8-inch round slice of ginger
- 1 teaspoon dried mint leaves (or a handful of fresh)
- water to desired consistency

Directions:
1. Put mangoes in blender and blend until smooth.
2. Add kale and blend again.
3. Add celery, ginger, lime juice and mint.
4. Blend until smooth.
5. Add water if desired.

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Grapes and Greens Smoothie

**Ingredients:**
- 1 cup of grapes
- 1 lemon, juice of
- 3 cups spinach (about 1 bunch)
- 1 cup water
- 1/4 teaspoon cardamom
- 1/4-inch slice of ginger
- 1/4 teaspoon cinnamon

**Directions:**
1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

**Note:** Substitute spinach with romaine lettuce for a taste variation.

**Notes:**

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Lime Mint Drink

Ingredients:

- 1/4 cup lime juice
- 1 bunch fresh mint
- 3 apples
- 3 hearts of romaine
- 2 cups water
- ice cubes

Directions:

1. Blend all ingredients until smooth.
2. Adjust lime to taste.
3. Add water if too thick.
4. Add ice cubes and blend to cool down.

Note: Very refreshing!

Notes:
Tropical Green Smoothie

Ingredients:

- 2 cups papaya
- 1 mango
- 1/2 of a pineapple
- 3 - 4 cups spinach
- coconut (optional)

Directions:

1. Blend the pineapple until liquefied.
2. Add the mango and papaya and blend until smooth.
3. Add spinach a handful at a time to desired sweetness.
4. Add coconut if desired for a tropical, yummy sensation!

Note: I was surprised at how much spinach I could add and still have the smoothie taste sweet. I have tried this with other combinations of greens, but my favorite so far has been spinach.

This recipe makes a great sorbet. Pour into container of ice cream maker and run until frozen or follow the “Basic Green Sorbet” recipe instructions above.

Notes:
Lemony Mint Green Smoothie

Ingredients:

- 1 - 2 medium apples depending on desired sweetness
- 1/2 - 1 lemon, juiced
- 1 head romaine lettuce
- 1 handful mint leaves
- 2 - 4 cups water

Directions:

1. Start with the lower quantity of all ingredients and blend until creamy.
2. Adjust to desired thickness, sweetness, and lemon flavor.
3. Use different herbs. Add other green vegetables as desired.

Note: I always find this smoothie refreshing and very energizing any time of the day.

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Green Grapefruit Smoothie

**Ingredients:**

- 3 grapefruits, juice of (just over 2 cups)
- 3 cups each of young collards, kale, and spinach
- 2 cups green leafy lettuce
- 1 cup parsley
- 2 very ripe pears

**Directions:**

Blend all ingredients until smooth.

**Note:** This makes almost 64 ounces of smoothie.

**Notes:**

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Lemony Mint Energy Soup Version 1

Ingredients:

- 2 medium apples
- 1/2 lemon
- 2 cups “field greens” mix
- 1 medium avocados
- 1 cup fresh mint or 2 tablespoons dried mint
- 4 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker soup.
3. Adjust the lemon and mint to taste.

Note: This soup is very refreshing and can be enjoyed any time of day. Make up your own version. Use different herbs. Add other green vegetables. I have made it without the avocado, without the apple, and without the mint. I always find it refreshing and very energizing. I have made a version of this that is basically a blended salad. Lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar and herbs. It is an easy way to eat lots and lots of fresh, raw veggies.

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Lemony Mint Energy Soup Version 2

Ingredients:

- 1 medium apple
- 1 lemon, juiced
- 1 romaine heart
- 1/2 medium avocado
- 1 handful fresh mint leaves or 2 tablespoons dried mint
- 2 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker soup.
3. Adjust the lemon and mint to taste.

Notes:
Lemony Mint Energy Soup Version 3

Ingredients:

- 1 bunch kale (stems and leaves), chopped
- 4 large lemons for limes or both, juiced
- 1 dash sea salt
- 1 handful fresh mint leaves or 2 tablespoons dried mint
- 2 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker soup.
3. Adjust the lemon and mint to taste.

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Creamy Curried Broccoli Soup

Ingredients:

- 3 cups water
- 1 cup almonds or cashews or a combination (soaked and rinsed)
- 1 date, soaked in water
- 1 avocado
- 3 cups broccoli, stalks and florets
- 1 clove garlic
- 1 tablespoon olive oil (optional)
- 1/4 – 1/2 small onion
- 1 1/2 teaspoons sea salt
- 3/4 teaspoon cumin powder
- 1 teaspoon curry powder

Directions:

1. Blend almonds, date (if used), and water until smooth.
2. Add the remainder of the ingredients and blend until creamy.
3. Adjust seasonings to taste. Adjust water to desired consistency.

Notes:
Italian Green Soup

Ingredients:

- 1 1/2 cups dried tomatoes, soaked in 1 cup water
- 4 cups fresh tomatoes (I used Roma)
- 6 stalks celery
- 1 bunch basil
- a few springs of fresh oregano and fresh rosemary
- 2 heads of romaine hearts
- 1 clove garlic

Directions:

1. Blend all until smooth.
2. Add sea salt or other seasonings if desired.

Notes:
Spicy Cilantro Coconut Soup

Ingredients:
- 3 large handfuls spinach
- 1 large handful cilantro
- 1/4 cup coconut cream concentrate or the meat of one young coconut
- 2 limes, juiced
- 1/2 avocado
- 1/2 anaheim, poblano or other mild pepper
- 1/8 to 1/2 jalapeño or other hot pepper
- 2 cloves garlic
- sea salt to taste
- 1/2-inch piece of ginger, or to taste (optional)
- 1 - 2 cups water, or juice of a fresh young coconut

Directions:
1. Put all ingredients in blender and blend until smooth and creamy.
2. Adjust seasonings and liquid to taste.
3. Water can be increased or decreased depending on desired consistency.

Notes:
Spicy Kale Soup

Ingredients:
- 4 cups kale
- 1 clove garlic
- 1/4 cup lime juice
- 1/2 teaspoon cayenne
- 1/2-inch piece ginger
- 2 cups water

Directions:
1. Blend.
2. Add extra garlic, ginger, or cayenne to taste.
3. Play with the spices for variations.

Notes:
Very, Very Dark Green Soup

Ingredients:
- 3 stalks celery
- 1 cucumber
- 1 head romaine hearts
- 1 red bell pepper
- 4 cups “spring mix”
- 1 small handful of kale
- 1 small handful of collards
- 1 small handful of cilantro
- 1 cup sunflower sprouts
- 2 scallions
- a few chives
- 1 tiny piece of hot pepper
- 1 small piece ginger (1/2-inch long)
- 1/2 cup fresh lemon/lime juice
- 1 cup water
- 1 1/2 cups of cauliflower
- 1 young coconut (meat) or 1 - 2 tablespoons coconut butter (optional)

Directions:
1. Put all ingredients in blender and blend until smooth and creamy.
2. Adjust seasonings and liquid to taste and increase/decrease water to desired consistency.

Notes:
Creamy Green Salad Dressing

Ingredients:
- 1 large avocado
- 2 cups spinach, finely chopped
- 1/2 apple
- 1 teaspoon cayenne pepper
- 1 teaspoon sea salt

Directions:
1. Blend until smooth and creamy.
2. Add a handful of dill, parsley or basil for variety.

Notes:
About the Author, Dr. Ritamarie Loscalzo

Dr. Ritamarie Loscalzo is a leading authority on Nutrition and Health. She's an author, speaker and health practitioner with over 2 decades of experience with empowering health through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and heal as well.

She's been teaching the power of raw and living foods for over 2 decades and she lives the vibrant life that eating this was creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

As the mom of 2 energetic boys, raised on whole plant based foods, she has developed routines and recipes that kids of all ages love.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at www.DrRitamarie.com.

For a free packet of recipes and information on creating optimum health through good nutrition, visit www.JumpstartYourEnergy.com.
Other Health and Nutrition Programs, Books, and Videos

Programs:

**GREEN Cleanse**: A 7-day cleanse built around the healing benefits of eating leafy greens, rich in minerals and nutrition, is just what you need to transform exhaustion into energy, eliminate excess belly fat, and feel younger and stronger than you did in your teens!
http://www.GreenSmoothieCleanse.com

**Sweet Spot Solution Program**: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you’ll have an effective and balanced lifestyle approach to reclaiming your health.
http://www.TheSweetSpotSolution.com/

**FAST (Food Allergy Spy Training)**: You’ll be guided step-by-step through my clear, proven system to uncover your food allergy culprits, repair the damage, and remove the underlying causes of your food intolerances. The FAST program is built around the Gold Standard for identification of food allergens - the Food Elimination Provocation Process (FEPP) - and allows you to move through the healing process at your own pace.
http://www.FoodAllergySpy.com

**VITAL Community**: Dr. Ritamarie's VITAL Community offers Vibrant Ideas and Tools for Awesome Living! VITAL is a member community offering monthly features for those who want the networking support of like-minded people, are looking for chef-approved ways to "liven" up meals, appreciate cutting-edge science on natural health topics, and who enjoy the fulfilling benefits of Awesome Living!
http://www.VITALHealthCommunity.com

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[http://www.DrRitamarie.com/makeitrich](http://www.DrRitamarie.com/makeitrich)

**Dried and Gone to Heaven e-book/DVD Home Study Kit:** Here you’ll find the most complete and up to date information about how to use your food dehydrator to create mouth-watering comfort foods - without health-compromising ingredients like gluten, dairy, sugar, and processed or heated oils. All recipes are 100% plant based and all ingredients are uncooked.
[http://www.DriedAndGoneToHeaven.com](http://www.DriedAndGoneToHeaven.com)

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[http://drritamarie.com/classes/lunchdinner.htm](http://drritamarie.com/classes/lunchdinner.htm)

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Videos: Raw Food University

www.RawFoodUniversity.com

These classes include access to a private web page, a PDF format recipe e-book, and a separate video for each recipe.

Amazing Gluten Free Bread - The Ultimate Comfort Food Turned Health Food Online Video: There’s no need to feel deprived. With a little creativity and advance planning, you can enjoy mouth-watering sandwiches, bread, and pizza - all brimming with nutritious goodness.
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Thai Food Goes Raw Online Video: Gluten-free, dairy-free and brimming with exotic spices, these recipes are easy to make and will delight any palate.
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