

Blood Pressure PROTOCOL

Super
Smoothie
Bible



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Introduction

When a group of researchers spent time studying the Yanomamo Indians in the Brazilian Amazon jungle some two decades ago, there wasn't a blender in sight. But there were plenty of fresh green vegetables. There was also an abundance of health-giving fruits such as bananas, papaya and mango. The Yanomamo ate them as-is, and that's the reason they didn't have one single case of hypertension. Even the blood pressure of villagers in their 90s was as healthy as those in their teens!



Fast-forward 20 years to the United States, and we are facing a hypertension epidemic. Fortunately, despite some very powerful entities trying to suppress it, the findings of those dedicated researchers have been resurrected. In applying those findings to a modern setting, there are certain adaptations that will make it easier to adopt the eating pattern of the Yanomamo Indians. Getting into the smoothie habit is one of the most powerful.

A key message the researchers took away from their time with the Yanomami is to eat more green vegetables. Yet, the Western world has seen a decline in vegetable consumption over the last 20 years. The preference for fast foods, combined with lack of time and general life pressures, have seen the humble lettuce, broccoli, cucumber and parsnip relegated to the vegetable bin while people pig out on pizza and French fries.

The smoothie has the power to bring back vegetables, along with juices in a superconvenient, delicious way. In this book, you'll discover 17 blood pressure-lowering recipes that will make you healthier and happier – enjoy!

Start Your Day The Smoothie Way

Breakfast is the most important meal of the day, but the majority of us find that mornings are a rush of showers, getting kids ready and rushing out the door. More often than not, most of us do not fuel our bodies until the morning tea break. Our bodies work like a fire – at night, the embers die down; in the morning, we need to stoke the flames to get through the day. Breakfast is like a nice piece of wood that gives us the energy to get through our stress-filled days with ease.



It should be obvious, then, that breakfast is the one meal we should NOT skip. One great way of ensuring that you are getting a good breakfast in each day is to prepare it the night before. Even better is preparing a breakfast you can have on the run - this is great for people who find themselves stuck in early morning traffic each day.

The best thing about these recipes is the fact that they are designed with you, a busy person, in mind. With the sip-and-seal lid, you can enjoy your breakfast from wherever you may find yourself. With your trusty bender, there is no excuse to be skipping that most important meal – take time to ensure that your internal fire is stoked so you are ready to take on whatever challenge is thrown at you on any given day.

A breakfast smoothie needn't follow any hard and fast rules. To create a morning pick-me-up that will be healthier, tastier and all-around better than your usual mid-morning coffee, just follow these guidelines:

Get some fruit in there.

Fresh, canned, frozen - it doesn't matter. I recommend buying fresh seasonal fruit and freezing it. Doing this not only saves money, it reduces the need to add extra ice to your smoothie (which equals maximum flavor!).

Add liquid

My personal preference is a fruit juice/almond milk combination, but any type of juice or dairy-free milk works wonders. Some even use fruit or green teas, which can be delicious. It's all about personal choice; whatever you think tastes good is a winner.

Thicken Up

Smoothies can vary from very runny to ones where a spoon stands up in them, yet again this is all personal preference. The kind of fruit and liquid you have used will determine how much (if any) thickener you will require. Common thickeners are ice, canned coconut milk, and nut butters, though my favorite type of thickener is a ripe banana. It thickens whilst adding vitamin B and potassium to my diet.

Season to Taste

The healthiest smoothie in the world is no good if it's not nice to drink. The fun part is trying different flavor combinations until you find one that works for you. Whilst flavoring such as maple syrup and honey are common, adding some mint to a fruity smoothie adds a whole new level of flavor, and spices such as cinnamon go particularly well with banana smoothies. Experiment and see what you come up with!

If you are not in the mood to experiment and want a quick recipe that delivers on health, flavor and cost, look no further than the following recipe. Because it's made with almond milk, it has a subtle nutty taste. The cinnamon and maple syrup work well together to give a 'sweet and spicy' flavor combination. It also takes all of two minutes to prepare the night before, and is a great 'out the door and go' breakfast option.

A Note on Protein

Some, especially people on a vegetarian diet, find it difficult to get sufficient amounts of protein. Breakfast smoothies are a great way to sneak in extra protein sources.

Sneak the following into your breakfast smoothies to get a protein boost that will keep you firing on all cylinders:

- Leafy greens (silverbeet, spinach, and kale are all excellent protein boosts)
- Other green vegetables (broccoli, brussels sprouts, green peas, and asparagus)
- Nuts and nut butters (like almonds, walnuts, cashews, cashew butter, and almond butter)
- Seeds and seed butters (like hemp seeds, flaxseeds, chia seeds, and sunbutter)
- Some protein powders (egg white protein, hemp protein, and pea protein)

Now, let's get to the recipes...

Busy Bee Banana Smoothie

Prep Time: 2 minutes

Serves: 1

Ingredients

- 1 banana
- 1 cup almond milk
- 2 tablespoons raw cashews, soaked overnight in cool water
- 1 teaspoon honey
- Pinch of cinnamon



Steps

1. Place the ingredients in a blender and place in the fridge overnight.
2. In the morning, blend the ingredients for 15 seconds. Take the cup with you and enjoy your nutritious on-the-run breakfast.

Nutritional Breakdown:

180 calories; 13g fat; 27g protein; 8.9g carbohydrate; 3.4g dietary fiber; 135mg sodium

Sunshine Smoothie

Prep Time: 2 minutes

Serves: 1

Ingredients

- 1 cup chopped pineapple
- 1 ripe banana
- 1 kiwi (peeled)
- 1 cup baby spinach
- A small handful of fresh mint
- 1 cup coconut milk



Steps

1. Place the ingredients in a blender and place in the fridge overnight.
2. In the morning, blend the ingredients for 15 seconds.

Nutritional Breakdown:

99 calories; 11g fat; 23g protein; 13g carbohydrate; 4.4g dietary fiber; 128mg sodium

Grapefruit Smoothie

Prep Time: 1 minute

Serves: 1

Ingredients

- 1.75 oz. pink grapefruit juice
- 1.75 oz. yellow grapefruit juice
- 1.75 oz. orange juice
- Crushed ice (optional)



Steps

1. Stir together the freshly squeezed juices.
2. Cover with crushed ice and serve.

Nutritional Breakdown:

44 calories; 0.2g fat; 0.9g protein; 10g carbohydrate; 5.8g dietary fiber; 175mg sodium

Avocado-Coconut Smoothie

Prep Time: 3 minutes

Serves: 1

Ingredients

- 1/4 large avocado
- 2 tablespoons coconut milk
- 1 tablespoon coconut oil
- 1/3 cup water
- Coconut flakes (optional)



Steps

1. Peel the avocado carefully, remove the pit and put the flesh in the blender.
2. Add the coconut milk, coconut oil and water. Blend until smooth.
3. Top with coconut flakes.

Nutritional Breakdown:

193 calories; 14.7g fat; 11.9g protein; 3.1g carbohydrate; 1.8g dietary fiber; 251mg sodium

Green Smoothies That Combat Hypertension

Veggie Bouquet Smoothie

Prep Time: 5 minutes

Serves: 1

Ingredients

- 1/3 cup chopped cucumbers
- 2 tablespoons chopped tomatoes
- 4 teaspoons chopped green onion
- 4 teaspoons chopped lettuce
- Fresh parsley, to taste



Steps

1. Wash the vegetables before chopping and leave them on a paper towel to dry out.
2. Place all chopped vegetables in a blender and blend for 5-6 minutes.

Nutritional Breakdown:

63 calories; 2g fat; 17g protein; 9.8g carbohydrate; 6.9g dietary fiber; 344mg sodium

Green Island Dream

Prep Time: 1 minute, plus overnight refrigeration

Serves: 1

Ingredients

- 2-3 large handfuls of fresh kale
- 1 banana
- 1 cup coconut water
- 2 tablespoons bee pollen



Steps

1. Place all ingredients in the blender and refrigerate overnight.
2. In the morning, blend for 30 seconds.

Nutritional Breakdown:

311 calories; 4.1g fat; 21g protein; 12.3g carbohydrate; 4.1g dietary fiber; 411mg sodium

Lean Green Machine

Prep Time: 2 minutes

Serves: 1

Ingredients

- 2 cups raw spinach
- 1 small head broccoli
- Large handful raw kale
- 1 cup chopped cucumber
- 1 tablespoon chia seeds
- 1 slice medium pineapple
- 1 slice medium mango
- 1 medium carrot
- Ginger (as much as you can handle)
- 1-2 cups almond milk



Steps

1. Blend spinach and almond milk together first.
2. Once the mixture is creamy, add the remaining ingredients and blend for 45 seconds.

Nutritional Breakdown:

398 calories; 4.3g fat; 23g protein; 18.4g carbohydrate; 6.2g dietary fiber; 344mg sodium

Veggie Mix

Prep Time: 5 minutes

Serves: 1

Ingredients

- 1 small red beet
- 1 medium carrot
- 1 green apple (cored and chopped)
- 1 medium pear (chopped)
- 2 cups water
- 2 tablespoons lemon juice (fresh)
- 1 tablespoon ginger (minced)



Steps

1. Blend all ingredients together until smooth.

Nutritional Breakdown:

371 calories; 3.1g fat; 23g protein; 12.9g carbohydrate; 4.6g dietary fiber; 421mg sodium

Dessert Smoothies to Drive Down Blood Pressure

Dark Chocolate Coconut Smoothie

Prep Time: 3 minutes

Serves: 1

Ingredients

- 1.5 oz. dark chocolate (99% cocoa)
- 1/2 cup coconut milk
- 1 tablespoon coconut flakes
- 1 tablespoon almond flakes



Steps

1. Melt the chocolate in a double boiler.
2. Blend the chocolate and coconut milk in a blender for 30 seconds.
3. Top with coconut and almond flakes to serve.

Nutritional Breakdown:

340 calories; 49g fat; 16.5g protein; 9.5g carbohydrate; 2.2g dietary fiber; 251mg sodium

Raspberry Smoothie

Prep Time: 1 minute

Serves: 1

Ingredients

- 1/3 cup raspberries
- 4 oz. vanilla flavored almond milk
- 2 teaspoons chocolate chips
- 1 tablespoon hemp protein powder



Steps

1. Blend the raspberries.
2. Add the almond milk and protein powder until smooth.
3. Top with chocolate chips to serve.

Nutritional Breakdown:

312 calories; 58g fat; 28g protein; 10g carbohydrate; 5.2g dietary fiber; 255mg sodium

Dark Chocolate Smoothie

Prep Time: 2 minutes

Serves: 1

Ingredients

- 1/2 cup coconut milk yogurt
- 1/3 cup dark chocolate, melted
- 1/2 banana
- 1 tablespoon unsweetened cocoa powder
- 2 tablespoons water



Steps

1. Puree the banana and dark chocolate in a blender.
2. Add the coconut milk yogurt and cocoa powder, then blend for a further 15 seconds.
3. Thin with water if needed.

Nutritional Breakdown:

510 calories; 78g fat; 23g protein; 9.8g carbohydrate; 3.4g dietary fiber; 288mg sodium

Mocha Surprise Smoothie

Prep Time: 2 minutes, plus chilling time

Serves: 1

Ingredients

- 2/3 cup brewed coffee, chilled
- 2 tablespoons coconut milk
- 1/3 cup almond milk
- 2 tablespoons cocoa powder
- Crushed ice (optional)



Steps

1. Prepare strong coffee and blend it with the almond milk and coconut milk for 7-8 seconds.
2. Add the cocoa powder. Blend for a further 15 seconds.
3. Add ice if desired and blend well.

Nutritional Breakdown:

140 calories; 35g fat; 19g protein; 9g carbohydrate; 1.5g dietary fiber; 312mg sodium

Cranberry Cocoa Smoothie

Prep Time: 1 minute

Serves: 1

Ingredients

- 2 tablespoons fresh cranberries
- 1/3 cup almond milk
- 1 teaspoon unsweetened cocoa powder
- ¼ teaspoon cinnamon



Steps

1. Blend the cranberries and strain the mixture. Return the juice to the blender.
2. Add the almond milk, cocoa powder, and cinnamon.
3. Blend for a further 15 seconds.

Nutritional Breakdown:

80 calories; 13g fat; 27g protein; 8.9g carbohydrate; 3.4g dietary fiber; 135mg sodium

Wildberry Smoothie

Prep Time: 1 minute

Serves: 1

Ingredients

- 1/3 cup fresh or frozen wildberries
- 1/4 cup almond milk
- 2 tablespoons chopped mint
- Fresh mint leaves, to garnish



Steps

1. Blend all ingredients except garnish together until smooth.
2. Top with fresh mint leaves and serve.

Nutritional Breakdown:

112 calories; 23g fat; 17g protein; 4.9g carbohydrate; 1.4g dietary fiber; 125mg sodium

Mega Metabolism Smoothie

Prep Time: 2 minutes

Serves: 1

Ingredients

- 2 green apples, chopped (Granny Smith work well)
- ½ medium cucumber
- 1 raw beetroot, chopped
- 2 teaspoons fresh lemon juice
- ½ inch ginger root



Steps

1. Blend all the ingredients together until smooth.

Nutritional Breakdown:

80 calories; 13g fat; 27g protein; 8.9g carbohydrate; 3.4g dietary fiber; 135mg sodium

Note- If you really want to 'cold-proof' this drink, add a clove or two of raw garlic. It'll keep the germs and vampires at bay!

Toxin Terminator Smoothie

Prep Time: 2 minutes

Serves: 1

Ingredients

- 3 medium apples
- 1 stick medium celery
- Half medium cucumber
- Medium handful spinach
- Medium handful kale
- 1 cup ice



Steps

1. Blend all the ingredients together until smooth.

Nutritional Breakdown:

80 calories; 13g fat; 27g protein; 8.9g carbohydrate; 3.4g dietary fiber; 135mg sodium

And finally,

A super soup to kick your hypertension to the curb

Pumpkin Breakfast 'Soup' with Toasted Nuts

Ingredients

Pumpkin Soup:

- 1/3 cup raw cashews
- 1/3 cup almond milk
- 1/3 cup cooked pumpkin
- 1/3 cup coconut milk yogurt
- 1 large ripe banana
- 1 tablespoon chia seeds
- Dash of cinnamon



Toasted Nuts:

- 1 oz. raw nuts (your choice)
- ½ teaspoon coconut oil

Prep Time: 2 minutes, plus overnight refrigeration

Steps

Pumpkin Soup:

The evening before, place all the soup ingredients into your Ninja cup, cover, and place in the fridge. In the morning, place the cup (with lid off) onto the Ninja and whiz for five seconds. Pour into a bowl.

Toasted Nuts:

Melt the coconut oil in a small skillet over low heat. When it's warm, add the nuts and stir well. Cook the nuts, stirring often, until they are lightly toasted, then remove from heat to cool. Sprinkle the nuts over the soup to serve. For a more 'waist-friendly' version, simply leave off the garnish.

Nutritional Breakdown:

247 calories; 13g fat; 24g protein; 18g carbohydrate; 5.4g dietary fiber; 470mg sodium