



# SMOOTHIES & SPICE

*and everything nice*

ALANNA MINTA JORDAN



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NATUROMINTA

[contact@naturominta.com](mailto:contact@naturominta.com)

[www.naturominta.com](http://www.naturominta.com)



# contents

<b>ABOUT ME.....</b>	<b>2</b>
<b>INTRODUCTION.....</b>	<b>3</b>
<b>A FEW TIPS.....</b>	<b>4</b>
<b>THE RECIPES.....</b>	<b>5</b>
<b>GET YOUR BEST SPICE &amp; HERB PAIRINGS FOR YOUR FAVORITE FRUIT &amp; VEG CHART.....</b>	<b>56</b>

# About Me

HI MY NAME IS ALANNA!

I am a naturopath, specialised in helping busy moms release weight and cultivate energy using whole foods plant-based nutrition, Bach Flower Elixirs and Massage.

I live on the Atlantic coast of France and I summer in Maine where I was born and grew up.

I am a mama with 3 small children and we all love smoothies!

I have been gung-ho about smoothies since I started drinking them on a regular basis 2 years ago.

They brought me a delicious time-saving solution to release excess weight (35 pounds to be exact!)

They also provided me with the ability to get my sons to eat more greens and vegetables without them even realising it.

I've always loved herbs and spices but didn't know how to best utilise them in smoothies.

I decided to expand my horizons and spend some time in the kitchen inventing these recipes...

I hope that you enjoy these flavor combinations and that you will be inspired to create some of your own!

*xoxo - alanna*



# INTRODUCTION

Spices and herbs have been used for centuries for both culinary and therapeutic purposes.

Spices and herbs flavor our food but also lift our spirits, they even contain natural chemical compounds that have the power to impact how our bodies function.

"Smoothies & Spice and Everything Nice" is a collection of recipes made with 24 individual spices/herbs. These smoothies do not contain therapeutic amounts of herbs and spices but rather serve to rediscover each spice and herb individually.

A brief description of each "star ingredient" serves to give a little more background on these ingredients that are often overlooked. Perhaps we do not know where they originated? Or even what part of the plant they come from? Perhaps we do not know what they are capable of doing beyond making our food "taste good"?

As a naturopath, part of my mission is to help people open their eyes to the magic that plants bring to this planet and to our lives. It's exciting for me to inspire others to treat their bodies with more careful attention and tune into what they are fueling their most sacred temple space with.

When trying out these recipes, I urge you to start with a smaller amount of spice if you feel inclined to do so. You can always "add more" but you can't get that extra flavour out of the blend once it's in!

I hope that this book will help you tune into the spices and herbs contained within. May these recipes fill your belly with satisfying smoothies and your heart with a rainbow of positive emotions... tickling your tongue the all the way!

Enjoy! xx

*naturominta*

*feed your  
temple  
wisely*

# A FEW TIPS

## QUALITY SPICES & HERBS

It's important to be mindful of where you source your spices & herbs from and aim for the highest quality possible.

Growing plants to produce your own spices and herbs is a fun activity and a great way of making sure to have the best quality. Depending on the spice and where you live, some spices and herbs may be easy to produce yourself... and others impossible.

If you are buying your spices and herbs, I recommend aiming for quality organic products and avoid buying in huge quantities because they can go stale.

If you are picking the plants yourself out in nature it's important to be accompanied by an expert who knows how to identify them correctly. Some plants have "look alike" that appear almost identical... some might be dangerous, even deadly!

*only the  
best for  
you!*

## FRESH OR DRY?

These recipes were created with the intention of using simple spices and herbs most readily available to everyone year round. That being said, if you have the option of using fresh ingredients, do it! Side note: most spices and herbs sold on the market are not raw. A few of the spices and herbs here can easily be made with with a dehydrator on its lowest setting if keeping them raw is important to you.



## MEASURING SPOONS

Most of these recipes require very small amounts of spices to "do the job." I would recommend procuring a set of measuring spoons that can measure: a tad (1/4 teaspoon), a dash (1/8 teaspoon), a pinch (1/16 teaspoon) and a smidgen (1/32 teaspoon). Once you decide to create your own recipes, these spoons will come in handy.





# *The Recipes!*





*Allspice*



*Anise*



*Black Pepper*



*Cardamom*



*Cayenne Pepper*



*Cinnamon*



*Cloves*



*Coriander*



*Cumin*



*Fennel Seed*



*Fenugreek*



*Ginger*





*Gingerbread Spice*



*Hibiscus*



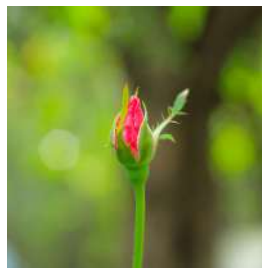
*Horseradish*



*Nutmeg*



*Paprika*



*Rosebud*



*Saffron*



*Stinging Nettle*



*Thyme*



*Tonka*



*Tumeric*



*Vanilla*

# ALLSPICE

Allspice is the berry of the *Pimenta dioica* tree, native to the Greater Antilles, Southern Mexico and Central America.

The berries are picked when green and unripe and are traditionally dried in the sun until they resemble peppercorns.

The spice contains high levels of eugenol, the same compound found in cloves, which gives it its warm, spicy flavor.

Allspice has been known to reduce inflammation, improve digestion, and promote healthy circulation.

If you can't get your hands on allspice, you can make a culinary alternative with: 1 part clove, 1 part nutmeg and 2 parts cinnamon.



SPICY · SWEET · COMFORTING

## GIVE IT YOUR ALL SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Mandarins, fresh, peeled, seeded and chopped : 7 mandarins / 7 cups / 1.3 kilos
- Cherries, frozen: 1 cup / 125 grams
- All Spice, powdered: 1 smidgen / 1/32 teaspoon

# ANISE

Anise, also known as aniseed, are dry, oblong fruit called schizocarps that come from the plant *Pimpinella anisum*.

Anise was cultivated in Egypt and the Middle East and then brought to Europe for medicinal uses. It's use in Egypt dates back approximately 4,000 years.

The natural compound anethole is found in high levels in Anise, it gives the spice its distinctive flavor and aroma. Anethole is an antioxidant and helps protect the body against damage from harmful free radicals.

Anise can also help with indigestion and gas, with anxiety and even sleep disturbances. It is also known to be an aphrodisiac and helps facilitate birthing.



FRESH • TART • UPLIFTING

## A NICE SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Grapefruit, fresh, peeled and chopped: 1 ½ large grapefruits / 490 grams peeled / 4 ½ cups
- Deglet dates, dried, pitted: 8 dates / 1/3 cup / 75 grams
- Anise Seeds, dried: 1/3 teaspoon



# BLACK PEPPER

Black Pepper is produced from the fruit of the *Piper nigrum*, a flowering vine in the family *Piperaceae*. The dark red fruit of the vine contains a stone that in turn encases a single pepper seed.

Native to India, black pepper was traded across the ancient world, valued for its bold, spicy flavor and its health benefits. Today it is cultivated in many other tropical regions.

Black pepper contains piperine, a compound that protects the the body from free radicals.

Black pepper is used to relieve digestive issues and respiratory problems to toothaches and joint pain. It is also helpful with reducing inflammation, improving digestion and promoting healthy circulation.



FULL-BODIED • BOLD • INVIGORATING

## DARK PEPPER "WINE" SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Wild Blueberries, frozen: 3 ½ cups / 350 grams
- Raisins, dried: 1/3 cup / 45 grams
- Water: 1 ½ cup / 360 milliliters
- Lime, juiced: juice from 2 limes / 4 Tablespoons
- Black Pepper, ground: 3/8 teaspoon



# CARDAMOM

Cardamom is a spice native to the Indian subcontinent and Indonesia and is made of seeds coming from different plants in the *Zingiberaceae* family (the ginger family.) *Elletaria cardamomum* is known as green cardamom and *Amomum subulatum* is known as black cardamom.

The seed pods of the plants are dried and either ground or left whole to be used for various culinary purposes.

Cardamom is a powerful spice that aids the digestive system. It helps to increase gastric secretions and induces the production of bile.

Cardamom is also a natural diuretic, helping to flush excess fluids from the body and promote healthy kidney function. In aromatherapy, the essential oil of cardamom is used to calm the mind and body.





VIBRANT · SUBTLE · CLEANSING

## MOM'S FRUITY CHAI SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Papaya, fresh, peeled, seeded and cubed : ½ large papaya / 2 cups / 275 grams
- Mango, frozen : 1 large mango / 2 cups / 150 grams
- Medjool Date, dried, pitted: 1 date
- Water: 1 ¼ cup / 300 milliliters
- Cardamom, ground: ½ teaspoon

# CAYENNE PEPPER

Cayenne pepper belongs to the *Capsicum annuum* family, along with bell peppers, jalapeños, pimientos, etc. It is a moderately hot chili pepper used that was used by the ancient Aztecs and Mayans.

Cayenne pepper is a potent source of capsaicin, the compound responsible for its spicy heat.

The pungency (heat) of chili peppers is classified using the Scoville scale that measures the concentration of capsaicinoids that it contains.

Capsaicin improves digestion and cardiovascular health. It is also used in topical creams and ointments for pain relief. Some studies suggest that capsaicin has metabolism-boosting properties, which could help with weight loss.



HOT · SWEET · STIMULATING

## VAMPIRE CAYENNE SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Blood Oranges, fresh, peeled and seeded: 6 small / 2  $\frac{3}{4}$  cups / 410 grams
- Strawberries, frozen: 1 cup / 125 grams
- Medjool Date, dried, pitted: 1 date
- Water: 1 cup / 240 milliliters
- Cayenne Pepper, ground: 1 smidgen / 1/32 teaspoon

# CINNAMON

Cinnamon is a spice that is obtained from the inner bark of several tree species from the genus *Cinnamomum* which are native to Southeast Asia.

Cinnamon is one of the spices that motivated early European explorers to seek out a sea route to India, in order to bypass the overland spice trade routes.

Cinnamon has been traded and coveted for centuries, and it was used as a currency in ancient times, once more valuable than gold.

Cinnamon has been used to aid with digestive issues, respiratory problems and menstrual cramps. It stabilizes blood sugar levels and improves insulin sensitivity, making it potentially useful for those with type 2 diabetes.



RICH · WARMING · SATIATING

## CINNA-NUT SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Banana, fresh, peeled and cut into thirds : 4 bananas / 4 ½ cups peeled / 325 grams peeled
- Hazelnuts, soaked overnight and rinsed: ¼ cup before soaking / 30 grams before soaking
- Water: 1 ½ cups / 360 milliliters
- Cinnamon, ground: ½ teaspoon

# CLOVES

Cloves are dried flower buds of the *Syzygium aromaticum* tree that is native to the Maluku Islands in Indonesia. This tree is an evergreen that grows up to 8–12 metres (26–39 ft) tall. It has large leaves and crimson flowers grouped in terminal clusters.

Cloves were used by ancient Greeks and Romans to freshen their breath, and by the Chinese to ease pain, like toothaches.

Cloves were used as a natural preservative in the Middle Ages and were believed to have mystical powers to ward off evil spirits.

The warm and spicy flavor of cloves comes from the compound eugenol. This compound is anti-inflammatory, antimicrobial, it helps to reduce pain and inflammation and may potentially treat conditions like arthritis, asthma, and digestive disorders.





COMFORTING · SMOOTH · CENTERING

## C-LOVE SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Red Apple, fresh, cored and cubed: 2 medium apples / 2 ½ cups / 200 grams
- Banana, frozen: 2 medium bananas / 2 ½ cups / 240 grams
- Water: 1 cup / 240 milliliters
- Cloves, ground: 1 smidgen / 1/32 teaspoon

# CORIANDER

Coriander comes from the seed of the Coriander plant, also known as cilantro or Chinese parsley.

Coriander is native to Southern Europe, Northern Africa and Southwestern Asia. It is a plant growing to 50 cm (20 in) tall.

Coriander seeds are the dry fruits of the plant that contain the compounds terpenes linalool and pinene, giving the spice its warm, lemony citrus flavor.

In Ayurvedic medicine, coriander is used to cool the body, treat digestive disorders and skin problems. In Chinese herbal medicine, coriander is used to treat nausea, vomiting, and diarrhea.

Coriander is also commonly used to help promote relaxation and improve sleep.





CITRUSY · LIGHT · CLEARING

## CORI & HER SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Oranges, fresh, peeled, seeded and cubed: 2 oranges / 2 ½ cups / 240 grams
- Wild Blueberries, frozen: 2/3 cup / 110 grams
- Deglet Dates, dried, pitted: 2 dates
- Coriander, ground: 1/8 teaspoon



# CUMIN

The spice cumin is made by grinding the seeds of the *Cuminum cyminum* plant. The cumin plant is part of the parsley family.

Cumin is the second most popular spice in the world, black pepper being the first.

Cumin contains several compounds that provide it with many health benefits and its unique taste: cuminaldehyde, terpenes, phenols, flavonoids and phytosterols.

Cumin has anti-inflammatory and antimicrobial effects, and may help to lower blood sugar levels and improve cholesterol levels. It may also have potential therapeutic applications in treating digestive disorders and regulating intestinal flora. Cumin oil can be used topically to help relieve joint pain and inflammation.





CREAMY · UMAMI · GROUNDING

## CUMIN CUKE SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Fennel, fresh, cubed: 3 large leaves / 2 cups / 225 grams
- Cucumber, fresh, cubed:  $\frac{3}{4}$  large cucumber / 1  $\frac{1}{2}$  cups / 225 grams
- Avocado, fresh, peeled, cubed:  $\frac{1}{2}$  avocado /  $\frac{3}{4}$  cup / 75 grams
- Water:  $\frac{3}{4}$  cup / 180 milliliters
- Dulse, powdered and dried: 1  $\frac{1}{2}$  teaspoons
- Cumin, ground:  $\frac{3}{4}$  teaspoon

## FENNEL SEED

Fennel is a flowering plant species in the carrot family, the *Foeniculum vulgare*.

Fennel is indigenous to the shores of the Mediterranean. Today it grows in many parts of the world, especially on dry soils near the sea-coast and on riverbanks.

Fennel seed is used to aid in digestion as it treats bloating and gas. It can relieve menstrual cramps and stimulate the appetite. Fennel has anti-inflammatory and antimicrobial effects, and promotes healthy skin.

Fennel seed is highly nutritious: one tablespoon of dried fennel seeds provides 5% of the recommended daily intake (RDI) of calcium, 6% of the RDI of Iron and 5% of the RDI of Magnesium for an adult.



**BRIGHT · NECTAR · HYDRATING**

## **FENNEL FRUIT TRIO SMOOTHIE**



**For approximately 1 liter / 1-4 servings, blend:**

- Pears, fresh, cored, cubed: 2 pears / 1 ¼ cups / 225 grams
- Cucumber, fresh, cubed: ½ large cucumber / 1 ¼ cups / 180 grams
- Red apple, fresh, cored, cubed: 1 apple / 1 ¼ cups / 150 grams
- Water: 1 cup / 240 milliliters
- Fennel seed, ground: ½ teaspoon

# FENUGREEK

Fenugreek, *Trigonella foenum-graecum* is an annual plant in the family Fabaceae. It's leaves consist of three small obovate to oblong leaflets and it is cultivated worldwide as a semiarid crop.

The seeds are used as a spice that has a distinctive sweet and nutty flavor that is often used in Middle Eastern, Indian, and Mediterranean cuisine.

Fenugreek contains the compound Sotolon, which gives the plant it's distinctive maple syrup like smell.

Fenugreek aids in digestion, relieves menstrual cramps, lowers blood sugar levels, improves cholesterol levels, increases testosterone levels and boosts milk production. Fenugreek oil can be used topically for skin inflammation and healthy hair growth.





**STOUT · SOLID · DEEPENING**

## **FENUGREEK FUN SMOOTHIE**



**For approximately 1 liter / 1-4 servings, blend:**

- Red Pepper, fresh, seeded, cubed: 1 large pepper / 2 cups / 210 grams
- Spinach, fresh: 1 cup packed / 100 grams
- Avocado, fresh, peeled, cubed: ¼ avocado / ¼ cup / 40 grams
- Lemon, juiced: juice from ½ lemon / 1 ½ Tablespoons
- Water: 2 cups / 480 milliliters
- Fenugreek, dried, ground: ¾ teaspoon



## GINGER

Ginger is derived from the rhizome (mass of roots) of the flowering plant *Zingiber officinale*. Ginger is related to : Turmeric, Cardamom, and Galangal, as they all belong to the *Zingiberaceae* family.

Ginger originated in Maritime Southeast Asia and arrived in Europe with the spice trade.

Ginger contains the anti-inflammatory and antioxidant compound gingerol. Ginger has been shown to ease nausea and vomiting, and improve digestion. It boosts enzyme production and accelerates the transit.

Ginger can help relieve menstrual cramps, as well as strengthen the immune system. Ginger tea or ginger oil can be used topically to help relieve muscle pain and promote healthy skin.





SASSY · ASTRINGENT · CLEANSING

## GREAT FRUIT GINGER SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Grapefruit, fresh, peeled, seeded, cubed: 2 large / 3 ½ cups / 750 grams
- Cranberries, frozen: 3/8 cup / 75 grams
- Medjool Dates, dried, pitted: 5 dates
- Ginger, fresh: 1 ½ Tablespoons

# GINGERBREAD SPICE MIX

Gingerbread spice is an aromatic blend of: cinnamon, ginger, cloves, cardamom, nutmeg, and allspice. The exact proportions of ingredients can vary depending on the recipe.

Besides using it to make gingerbread, it can be used in a variety of ways to promote well-being. Why not use gingerbread spice ingredients in an immune-boosting herbal tea with ginger, cinnamon, and cloves? In addition, the warming and comforting aroma of gingerbread spice can help reduce stress and anxiety and promote relaxation.

Simple gingerbread spice mix:

- 4 tablespoon Ground Cinnamon
- 3 tablespoon Ground Ginger
- 1 ½ teaspoon Ground Clove
- 1 teaspoon Ground All Spice
- ½ teaspoon Ground Nutmeg
- ½ teaspoon Ground Cardamom



FRAGRANT · CHEERY · WARMING

## NOSTALGIA SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Oranges, fresh, peeled, seeded, cubed: 2 large oranges/2 cups/275 grams
- Red Apples, fresh, seeded, cubed : 2 medium apples/1 ¼ cup/ 150 grams
- Figs, dried: ¼ cup/50 grams
- Water: ½ cup/ 120 milliliters
- Gingerbread Spice Mix, powdered: ¼ teaspoon



## HIBISCUS

Hibiscus Calyces (sepals) come from the *Hibiscus sabdariffa* flower.

Some believe that *Hibiscus sabdariffa* was domesticated in the Sudan 6,000 years ago. It was later introduced to India, the Americas and to Southeast Asia.

It is commonly consumed as an herbal infusion or spice.

Hibiscus contains various beneficial compounds: antioxidants, flavonoids, and organic acids. These compounds can help reduce blood pressure, improve cholesterol levels, and reduce inflammation.

Hibiscus tea is believed to have diuretic properties, helping alleviate water retention and promoting healthy kidney function.



TART · ASTRINGENT · FLOWERY

## RED HIBISCUS BLISS SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Bananas, fresh, peeled, cut into thirds: 4 small bananas / 2 cups / 300 grams
- Strawberries, frozen: 2 cups / 225 grams
- Lemon, juiced: juice from ½ lemon / 1 ½ Tablespoons
- Hibiscus sepals: 1 ½ teaspoons

# HORSERADISH

Horseradish, *Armoracia rusticana*, is a perennial plant of the family Brassicaceae. It is related to: mustard, wasabi, broccoli, cabbage, and radish).

It is cultivated as a root vegetable and used worldwide as a spice and a condiment. The species is probably native to southeastern Europe and western Asia.

Horseradish contains compounds called isothiocyanates that give it its characteristic pungent flavor and aroma. Isothiocyanates have antibacterial, anti-inflammatory, and cancer-fighting properties.

The pungent flavor of the horseradish can help clear the sinuses and relieve congestion, making it a popular remedy for colds and respiratory infections.





**HOT · PUNGENT · LIVENING**

## **HORSING AROUND SMOOTHIE**



**For approximately 1 liter / 1-4 servings, blend:**

- Cucumber, fresh, cubed: 1 large cucumber / 3 cups / 300 grams
- Celery root, fresh, peeled, cubed: 1 piece /  $\frac{3}{4}$  cup / 75 grams
- Avocado, fresh, peeled, cubed:  $\frac{1}{4}$  of a medium avocado /  $\frac{1}{4}$  cup / 30 grams
- Water: 2 cups / 480 milliliters
- Lime, juiced:  $\frac{1}{2}$  lime, 1 Tablespoon
- Horseradish, powdered:  $\frac{1}{2}$  teaspoon

# NUTMEG

Nutmeg is the seed of several tree species of the genus *Myristica*. Two spices may be derived from the fruit of the *M. fragrans* tree: nutmeg, from its seed, and mace, from the seed covering.

Nutmeg was once a valuable commodity that was sought after by European traders. It was grown on the island of Banda in Indonesia, making it extremely expensive. Nutmeg was used medicinally, particularly as a treatment for stomach issues and as a natural sedative.

Nutmeg contains anti-inflammatory and antioxidizing compounds. It has been shown to have potential as a natural pain reliever and to help lower blood sugar levels.

It has been used to aid digestion, relieve pain, and improve sleep. Nutmeg oil can be used topically to help relieve skin inflammation and promote healthy hair growth.







DIVINE · FRAGRANT · CENTERING

## MEG'S NUTMEG SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Pineapple, fresh, peeled, cubed:  $\frac{1}{2}$  pineapple /  $1\frac{3}{4}$  cups / 250 grams
- Carrots, fresh, chopped: 2 carrots / 2 cups / 125 grams
- Raisins, dried:  $\frac{1}{4}$  cup / 50 grams
- Water: 1 cup / 240 milliliters
- Nutmeg, dried: 1 pinch /  $\frac{1}{16}$  teaspoon



# PAPRIKA

Paprika is a spice made from dried and ground red peppers, traditionally made from *Capsicum annuum* varieties in the *Longum* group. Peppers used for paprika tend to be milder and have thinner flesh than chili peppers who also belong in the same group.

This spice is known for its rich, smoky flavor.

Paprika is believed to have originated in Central and South America, and was first introduced to Europe by Christopher Columbus.

Paprika contains capsaicin, which is responsible for the spice and heat of paprika, as well as antioxidants and high levels of vitamin C.

Paprika is used to stimulate digestion and improve circulation.



SMOOTH · CHILL · FESTIVE

## PAPPY RIK'S SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Red Pepper, fresh, seeded, cubed: 2 peppers / 2 cups / 420 grams
- Zucchini, fresh, cubed: 1 large / 1  $\frac{3}{4}$  cups / 105 grams
- Avocado, fresh, peeled, cubed:  $\frac{1}{4}$  avocado /  $\frac{1}{4}$  cup / 30 grams
- Water: 2 cups / 480 milliliters
- Smoked Paprika, ground: 1 teaspoon

# ROSE

Certain flower petals are edible, like the *Rosa damascena*. This rose is a hybrid, derived from *Rosa gallica* and *Rosa moschata*. The *Rosa fedtschenkoana*, has also made some genetic contributions to the Damask rose.

The Damask rose is a cultivated flower; this species most likely originated in the foothills of central Asia or Iran.

Damask rose petals contain many compounds gallic acid, syringic acid, quercetin, kaempferol and epicatechin, terpenes, glycosides anthocyanins, carboxylic acids, vitamin C, tannins, and lipid compounds, including polyunsaturated fatty acids (PUFAs) and essential oils.

This rose is harvested for its oil and also for its edible flower petals that may be used to flavor food, as a garnish or as an herbal tea. The Rose can be very helpful with skin and digestive issues.



FLORAL · DAINTY · RELAXING

## BERRY TRIO ROSE SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Cherries, frozen : 1 cup / 150 grams
- Strawberries, frozen: ½ cup / 75 grams
- Raspberries, frozen: ½ cup / 75 grams
- Medjool Dates, dried, pitted: 2 dates
- Water: 1 ½ cup / 360 milliliters
- Edible Damask Rose Buds, dried: 3 small rosebuds  
(May be replaced with culinary rose water if necessary)



# SAFFRON

Saffron is a spice made from the stigma of the *Crocus sativus* flower. Saffron is believed to originate in Iran but Greece and Mesopotamia could also be possible places of origin.

Saffron's fragrance results from the phytochemicals picrocrocin and safranal. It also contains a carotenoid pigment, crocin, which imparts a deep golden-yellow hue to whatever it colors (food or textiles.)

In the 21st century, Iran produces 90% of the saffron in the world. At approximately \$3,000 US per kg or higher, saffron has long been the world's costliest spice by weight.

Saffron is used in natural remedies to promote healthy digestion, relieve menstrual cramps, and improve mood. Saffron oil can also be used topically to help relieve skin inflammation.



RICH · PUNGENT · EYE-OPENING

## SAFFRON TWISTER SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Carrot, fresh, cubed: 2 medium / 1 cup cubed / 160 grams
- Mandarins, fresh, peeled, seeded, cubed: 6 medium / 6 cups / 550 grams
- Saffron, dried: 1 smidgen / 1/32 teaspoon

# STINGING NETTLE

Stinging nettle, *Urtica dioica*, is a herbaceous perennial flowering plant belonging to the *Urticaceae* family.

It is found worldwide today but it originated in Europe, much of temperate Asia and western North Africa.

There are six subspecies of the *Urtica dioica*, some of them sting and some of them do not.

Stinging nettle contains various bioactive chemical constituents, such as: flavonoids, phenolic acids, amino acid, carotenoids, and fatty acids.

Stinging nettle has been traditionally used to treat a variety of health issues, including allergies, arthritis, and urinary tract infections. It has also been used as a natural diuretic.







DEEP · GREEN · ANCHORING

## NETTLE MEDLEY SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Celery, fresh, chopped: 1 large stalk celery / ½ cup celery / 60 grams
- Kale, fresh: 1 cup tightly packed Kale / 75 grams
- Cucumber, fresh, chopped: ½ cucumber / 1 ¼ cups / 175 grams
- Avocado, fresh, peeled, cubed: ¼ avocado / ¼ cup / 40 grams
- Red Apple, fresh, cored, cubed: 1 apple / 1 cup / 150 grams
- Lemon, juiced: juice from ½ lemon / 1 ½ Tablespoons
- Water, 2 cups / 480 milliliters
- Stinging Nettle, dried: 2 Tablespoons

# THYME

Thyme is the herb of some members of the genus *Thymus*; they are aromatic perennial evergreen herbs belonging to the *Lamiaceae* mint family. The species most commonly cultivated and used for culinary purposes is *Thymus vulgaris*. Thyme is indigenous to the Mediterranean region.

Thyme contains a variety of compounds: thymol, carvacrol, and rosmarinic acid, which have been shown to have anti-inflammatory, antifungal, and antibacterial properties.

Thyme has been used for centuries to treat a variety of ailments. Its high levels of antioxidants protect the body from damage caused by free radicals, while its anti-inflammatory properties can help reduce pain and inflammation. Thyme has also been used to support respiratory health, boost the immune system, and aid in digestion.



HERBY · WOODSY · REASSURING

## IT'S ABOUT THYME SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Red Apples, fresh, cored, cubed: 3 apples / 3 cups / 330 grams
- Raspberries, frozen: 1 cup / 150 grams
- Mandarins, juiced: juice from 2 mandarins / ¼ cup / 60 ml
- Thyme, dried : 3/16 teaspoon



## TONKA BEAN

The Tonka "bean" is actually the seed from a flowering tree in the pea family called the *Dipteryx odorata*. This species is native to Northern South America.

The tree can grow up to 25–30 m (82–98 ft), and has a trunk of up to 1 m (3 ft 3 in) in diameter.

Tonka beans contain a high level of the compound coumarin.

Coumarin is a colorless crystalline solid with a sweet odor resembling the scent of vanilla and slightly bitter. Some anticoagulant prescription drugs, are based on 4-hydroxycoumarin, a chemical derivative of coumarin.

The Tonka bean has been used to promote healthy digestion, relieve headaches, and improve mood.



SWEET · VANILLA · SEDUCTIVE

## TONKA TREE SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Bananas, fresh, peeled, cut into thirds: 3 medium bananas / 4 cups / 360 grams
- 1 cup water / 240 milliliters
- Tonka bean, ground: 1 ½ Tonka bean / 1 ¼ teaspoon



## TUMERIC

Turmeric comes from the rhizomes of a flowering plant, *Curcuma longa* of the ginger family. This plant is native to the Indian subcontinent and Southeast Asia; it thrives in temperatures between 20 and 30 °C (68 and 86 °F) and with high annual rainfall.

The rhizomes of the plant are used fresh or boiled in water and dried, after which they are ground into a deep orange-yellow powder commonly used as a coloring agent and spice.

Turmeric contains a bright yellow compound called curcumin, which gives it its a warm, bitter, black pepper-like flavor and earthy aroma.

Curcumin may have potential as a natural remedy for depression and anxiety and is used in remedies to promote healthy digestion, relieve pain and inflammation, and support overall immune function.



EARTHY · FESTIVE · LUSCIOUS

## TROPICAL TURMERIC SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Bananas, fresh or frozen, peeled, cut into thirds: 3 bananas / 2 cups / 300 grams peeled
- Pineapple, fresh or frozen, peeled, cubed: 3 cups cubed / 450 grams
- Water:  $\frac{3}{4}$  c / 180 milliliters
- Lime, juiced: juice from 2  $\frac{1}{2}$  limes / 5 Tablespoons
- Powdered Turmeric:  $\frac{3}{4}$  teaspoon

## VANILLA

Vanilla comes from orchids of the genus *Vanilla*; the Mexican species *V. planifolia* is primarily harvested to produce this spice.

It is interesting to note that one flower produces one fruit and these flowers are hermaphroditic. Pollination occurs naturally with the orchid bees in the genus *Eulaema*, and all commercial vanilla production takes place via hand pollination by humans.

Vanilla was used by the Aztecs as a flavoring for chocolate. It was also highly valued by the ancient Maya and was considered a symbol of fertility and prosperity.

Beyond being a "favorite flavor" for many, vanilla is often used in natural remedies to promote healthy digestion, relieve stress, and improve mood. It is often used in aromatherapy for anxiety and depression.





FUN · TANTALIZING · JOYFUL

## STRAWNILLA MYLK SMOOTHIE



**For approximately 1 liter / 1-4 servings, blend:**

- Strawberries, frozen: 2 cups / 250 grams
- Young Coconut "meat", fresh: 50 grams / 4 Tablespoons
- Coconut Water : 2 cups / 480 milliliters
- Deglet Dates, dried, pitted: 2 dates
- Vanilla, powdered :  $\frac{1}{4}$  teaspoon

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