

Brazilian Smoothie Recipes

Volume 1

Detox Cleanse

30 Powerful Brazilian Smoothie Recipes And Healthy Smoothie Recipe Tips For Detox Cleanse, Health And Happiness.

By Sjur Midttun

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“Don’t count the things you do, do the things that count”

Zig Ziglar

Author’s Preface

For some reason, most authors of Kindle cookbooks use pen names. Nothing wrong with pen names, but if you offer specific tips about something, surely signing the book with your own name inspires more confidence. I am a real person. Please check out my [Facebook](#) page or my [web page](#).

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São Paulo, 9th Feb. 2015,

Sjur Midttun

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Chapter 1: Introduction To This Book Series

“Brazilian Smoothie Recipes” is a short series of books that gives you healthy and tasty smoothie recipes, with one particular focus for each book. Detox, Energy Boosters, Weight Loss, Vibrancy, Health And Immune Boost and Relaxing smoothies.

In addition to the recipes, you will find honest and great tips about fruit and vegetable smoothies, as well as general diet tips. I say honest, because many smoothies recipes are not really healthy because of their high sugar and fat content. In this series you are always informed about the benefits of each smoothie, and you get both delicious and healthy smoothies. The book “33 Days To Better Health With Brazilian Smoothies” brings it all together, and gets you started and well into your first month of a new, healthy and vibrant regime that may improve your health and your life greatly.

Chapter 2: "Vitaminas e Sucos" The Brazilian "Way" With Fruits And Juices

In Brazil there is a phenomenon called “jeitinho”. Simply translated as “a way with”. And Brazilians definitely has a way with juices and smoothies, although very little known outside of the country.

Brazilians love their juices and their “vitaminas”, which is the Portuguese word, and version, of a smoothie. Brazil is a huge country, and thanks to its location the different climates the country has allow for the successful growth of virtually any plant that exists on the planet. Just think about the fruits. Brazil has a mind-boggling number of fruits. Fruits most people, even Brazilians, haven’t heard about. Some of these, like Açaí and Guaraná are considered super fruits.

But it is the humble orange that is the principle fruit of choice for juices in Brazil. Orange juice is always squeezed to order, and many people like to add papaya, banana or the small, Brazilian fruit “acerola”. In addition to orange, pineapple and passion fruit are popular choices. It is, in Brazil, generally believed that pineapple juice helps with cleansing and detox. This fits in nicely with what we know about this fruit, in addition to the fact that it works as an anti-inflammatory agent, particularly well together with ginger. Brazilians drink passion fruit juices to all occasions, but it is believed that the passion fruit relaxes you, and that it even help you sleep, so many a Brazilian child is given a freshly made passion fruit juice to wind down at night. Either blended with water, or with milk, as all juices are: “Do you want your juice with milk or water”, is a question asked about all blended juices.

Watermelon is popular, and the yellow types of melon, too, like Canary Melon. And depending on the region you will find many more juices. The star of the healthy choices is açaí, the super berry from the Amazon rainforest. People get their açaí fix either in juice form, as a thicker juice (smoothie) or in a bowl with banana and granola.

When it comes to smoothies, the Brazilians have their own version of it called “vitaminas”. The most popular choice is a “vitamina mista” or a mixed smoothie, which is avocado, banana, papaya and apple or strawberries, blended into a cup or two of milk, or into freshly squeezed orange juice if milk is avoided. You may think it strange to mix avocado with fruits, but first of all: avocado is technically a fruit. Secondly, it is a very potent and healthy fruit, particularly – but not limited to - all the healthy fats it contains.

So this is a Brazilian “way” we should all adopt. Banana and papaya are good for a number of things, potassium, carotene, anti-oxidants etc. And if you mix this into freshly squeezed orange juice, you are off to a good start. Milk gives it more substance. Another popular liquid to use as a blending ingredient is coconut water. Probably the single most healthy liquid substance there is.

In addition to fruit juices, Brazilians are well aware of the power of green vegetable juices, and one of the most popular ones is kale.

And, in speaking of green juices, the most popular juice after orange juice is lime juice, that can be made in two different ways. Either squeezed into water, or blended whole, with peels and all. This helps deliver limonene to your body, a very powerful nutrient that help fight disease. A simple juice like this is a wonderful detox, and a great way for anyone to start the day.

The Brazilians are great with juices, the only thing that interferes is the fact that they love sweet things. They add sugar to everything. A small cup of coffee is not drunk unless it has a tablespoon (yes, I’m not kidding) of sugar. Some even add sugar to a glass of milk before they drink it. And most Brazilians therefore add heaps of sugar to all their juices and vitamins. It doesn’t matter if the oranges are sweet by themselves, most Brazilians add sugar. And lots of it.

Fruit is already rich in sugar, and adding to this ruins the health aspect of the juice experience. And when you add sugar, fruit juices can be caloric bombs. Something to think about as you read yourself up on smoothies. Do not believe books that do not mention this simple fact. Fruits are good for you, but not in all amounts. So balance your interest in fruit juices with vegetable juices. And try to focus on fruits with lower sugar content, like avocado and lime. Then you can afford to enjoy the tastier fruits once in a while.

Chapter 3: About Detoxing

Detox and detoxing are abbreviations for the word detoxification. And by detox we mean to clean or cleanse the body of impurities and removal of toxins, but also to give the body a “break” from the regular diet so that it can use less of its energy on solid food processing. The result of such a break is therefore also increased energy, as well as removal of toxins.

Not scientifically proven, but it works

You should maybe be aware that the concept of detox and the belief that detoxing actually removes toxins from the body is not scientifically proven. Even though few would disagree that if you start thinking about what you put into your mouth, change your regular diet (that most likely is full of sugar, wheat flour products, animal proteins and fat), start drinking plenty of water and liquids and try to get nutrition from fruits and vegetables for a certain amount of time (could be a few hours, a day or several days) that you actually help your body become more healthy. Detoxing may not be scientifically proven, but people who detox their bodies report turning more focused and energized. This is surely a good thing.

Getting off solids

Just the act of getting off solid food for some time gives your digestive system a break. This is why juicing is so important in detoxing. A glass of liquid is easier on the digestive system than 250 grams of animal muscle and fat. Or some amount of wheat flour based carbohydrates. And a glass of selected fruits contains nutritional properties beyond your basic proteins and carbs. Heard about vitamins and minerals? What about other non essential, but still pretty important (especially in fighting disease and helping your body work properly) and little talked about nutrients such as phytonutrients? More specifically flavonoids? What about antioxidants? Carotenoids, like lutein? Polysaccharides, or dietary fiber?

Phytonutrients, phytochemicals and flavonoids

Phytonutrients (or phytochemicals) are compounds naturally found in plants, fruits and vegetables. They have a wide range of physiological effect, not all are understood full yet. But we know phytonutrient are important in fighting disease. Particularly chronic disease like cancer and heart disease. Just in the case of citrus fruit, you find a whole range of phytonutrients, or more correctly: several classes of phytochemicals, including 1) monoterpenes, 2) limonoids (triterpenes), 3) flavanoids, 4) carotenoids and 5) hydroxycinnamic acid.

The possible anticarcinogenic mechanisms of phytochemicals include antioxidant capabilities, their effects on cell differentiation, increasing the activity of particular enzymes that detoxify carcinogens, altered colonic states, and blocking of nitrosamines

(that may cause cancer). Although all this may be Greek to you, rest assured that phytonutrients fights disease. And that the regular intake of a good and varied mix of phytochemicals is possible only through the consumption of plant-based foods.

Fruits, vegetables and other plants are good for you, so let's start eating more of them.

The particular example of flavenoids

So fruits are good for you. They have vitamins, minerals. So, what else? Let's just mention flavenoids, because they are particularly potent. The flavenoids (that fall into the group of polyphenols) are what gives many fruits and vegetables their deep color. Their color power is reflected in the name, because *flavus* is latin for yellow. But apart from flavenoids giving things a nice color, they help with other things. The flavenoids are the biggest group of nutrients, with over 6000 unique flavenoids known today. Take pretty much every healthy food you have heard about from lemon, orange to green tea, and it has flavenoids. Green tea has "catechins" flavenoids. Tangerine has "tangeterin".

With the level of knowledge today's scientists have, we now that flavenoids are important for their antioxidant and anti-inflammatory health benefits and for strengthening cardiovascular and nervous systems.

Fruit contains sugars and carbohydrates, too

But before you start believing that fruits, nuts and berries are all you ever need, or before you begin to exaggerate your fruit intake, maybe on top of an already quite caloric diet, you should be aware that most fruits contain quite a lot of carbohydrates, mainly in the form of simple sugars like fructose, glucose and sucrose. Eating fruit will not necessarily make you fat, but some fruits can be very potent sugar delivery devices. Here's a list over sugar content of some fruits and vegetables:

Red grapes, 15.8 grams sugar per 100 grams fruit

Banana, 15.5 grams sugar per 100 grams fruit

Mango, 14.8 grams sugar per 100 grams fruit

Apples, 13.3 grams sugar per 100 grams fruit

Pineapple, 11.9 grams sugar per 100 grams fruit

Orange, 8.5 grams sugar per 100 grams fruit

Papaya, 7.7 grams sugar per 100 grams fruit

Watermelon, 6.4 grams sugar per 100 grams fruit

Strawberries, 4.7 grams sugar per 100 grams fruit

Raspberries, 3.5 grams sugar per 100 grams fruit

Lemon, 2.5 grams sugar per 100 grams fruit

Kale, 1.3 grams sugar per 100 grams fruit

Avocado, 0.9 grams sugar per 100 grams fruit

As you can see, if you want to avoid natural sugars, avocados, lemons and limes and kale are great options. A pure kale juice with a little lime is a wonderful detox juice, low in sugar. Add a little avocado, and you turn this juice into a pulpier, and even healthier, smoothie.

Sugars in fruit

But, even though you need to watch how much “natural” sugar you get from fruits and vegetables, remember, on the flip side, that the carbohydrate you find in most fruits and vegetables are what is called complex carbohydrates that pack important health benefits.

When fruits may help avoiding blood sugar surges

Fruits like citrus fruits, in particular, contain quite a lot of dietary fiber called Non-Starch Polysaccharides (NSP). This is an example of the complex carbohydrate we mentioned above. What’s great about NSP, is that it hold water soluble nutrients in a gel matrix which delays “gastric emptying”, and slows down digestion and absorption. This is perfect, for it tends to promote satiety. Also, it reduces the rate of glucose uptake following consumption of glycaemic carbohydrate, helping to prevent a surge in blood glucose levels. In other words, fruits with plenty of dietary fiber like in the case of NSP, regulates your blood glucose levels. As if this wasn’t enough, NSP also interferes with the re-absorption of bile acids which may help in lowering plasma cholesterol levels. Most health authorities agree that you should ingest at least 25 to 30 grams of dietary NSP per day. And this needs to come from fresh fruit itself, not pills or powders. One orange contains about 3,0 grams of NSP. So eating 10 oranges daily will help you eat what most health authorities believe is a minimum needed intake of NSP. As you

probably have realized, most people do not get enough NSP. At least people who do not drink fruit smoothies regularly.

Final notes about detoxing

Think about detoxing through fruit intake, juicing and smoothies, then, also as a way to reduce inflammation, regulate body functions and fight disease. In addition to clearing the body of junk, and in addition of giving your digestive system a few days of holiday. Getting energized, turning more vibrant, reducing fat levels etc are all part of detoxing, so just get on with it and enjoy it even if the “experts” tells you it doesn’t exist.

A few warnings

Detoxing is a term that is also used about taking someone that has substance abuse issues off these substances, and obviously, this is a different meaning of detox that we are concerned about in this book. Getting off alcohol or drugs needs special attention

Before doing any serious detoxing, you should consult a doctor or a nutritionist, or ideally both. You need to be aware of health conditions that you have, and ingredients you cannot eat or drink, or ingredients that you need to be careful with.

Chapter 4: Fruits And Vegetables That Are Good For Detoxing

Practically all fruits and vegetables you can think of have detoxing effects, in the way that we think about detoxing in this book. But let’s take a look at the most important ones. Here’s a list of 12 of the most important fruits or vegetables for detoxing:

1. Lemon and lime

Lemon and limes are citrus fruits, with all the phytonutritional benefits you get from this important fruit. Traditionally it is also famous for its detoxing capabilities. Drinking a glass or two of pure lemon juice in the morning is often all it takes to get rid of undesired substances, aid your digestive system, and help get your body off to a good start. Sure, a simple glass of lemon juice with a little water may not be a “sexy” smoothie recipe, but the effects are clear and evident. It encourages the production of bile, it helps maintain pH-levels, supplies fiber – important for many things (also for aiding weight loss), but also for your colon health, aids production of digestive juices and helps replenish body salts. It also prevents kidney stones.

2. Pineapple

Pineapple juice is widely used in Brazil for detox purposes. And it does a good job of cleaning up your body. They are rich in antioxidants, contain vitamin C, and also contain the special bromelain protein extract that is said to be anti-inflammatory.

3. Coriander/cilantro

Coriander or cilantro have a range of benefits (skin inflammation treatment, indigestion, menstrual disorders and rheumatism and arthritis), and the herb actually helps clearing and flushing out metals like mercury, lead and aluminum. Keep in mind, however, that coriander/cilantro is in fact so powerful that you shouldn't exaggerate intake. A small handful of leaves once every other day should be enough, more than this can cause side effects. Some say to take coriander with chlorella.

4. Kale

Kale is extremely popular in Brazil, served with the national dish "Feijoada", but also used as a detox juice for decades by health conscious Brazilians that want to lose fat and get rid of cellulites. Mixed with a pineapple juice the Kale becomes less bitter to swallow. And a very healthy option, not least because of all the antioxidants. And vitamins. Because kale is extremely rich in all the "super" vitamins K, A, C, B6 and folate. Thought orange was the best source for this powerful immune system vitamin? Think again. Gram for gram, Kale has almost twice the amount of vitamin C than that of an orange.

The ALA (alpha-linoleic-acid) of kale is an omega-3 type fatty acid that is very good for us. Essential for the brain, and shown to reduce type 2 diabetes. We also know that these fatty acids boost heart health, as well. One cup of Kale has around 115 milligrams of these healthy fats.

Kale is also rich in fiber, and has some cholesterol lowering substances, and – more importantly – Kale's *glucosinolates* produces *isothiocyanates* that help regulate detox at a genetic level. Kale has over 40 different flavonoids. Powerful food.

5. Papaya (mamão papaya)

One of the most famous, Brazilian fruits. That is eaten or drunk every day by lots of naturally health conscious Brazilians. You can eat papaya raw with a spoon, just scoop out the seeds. Or you can use it in virtually any smoothie combination. A classic Brazilian combination is with milk, strawberries and avocado (“vitamina mista”) or simply with oranges juice.

Papaya is great for detoxing because of its rich fiber content and its antioxidants. Eat a whole papaya, and you could also notice its laxative effect. It’s great for your digestive system, and as you may know, the digestive system is unfortunately at the root of many health problems.

Papaya also tastes deliciously, either on its own or together with banana, and really any other fruit.

6. Beetroot

If the deepness of beetroot’s deep red color is any indication of detox healthiness, which it is, then beetroot is extremely good for detoxing. Which it also, actually, is. Look, flavonoids takes their name from their great coloring properties. And it’s the same properties that brings the good effects of the flavonoids. The substance betalain is a powerful antioxidant, with anti-inflammatory effects. Great for detoxing.

7. Avocado

You may think of avocado as a vegetable, but it is actually classified as a fruit. Extensively used in Brazil, particularly in smoothies, this fruit has strong detox properties. It is a fatty food, but the fat is healthy. And fat is essential for any detox diet, as you need fat for promoting the release of bile from your bladder. Also, you need fat to absorb fat-soluble vitamins, like vitamin A, D, E and K. Avocado also contains vitamins B5, vitamin E, folate, potassium and plenty of dietary fiber.

8. Chlorella

Chlorella is a type of algae that grows in freshwater, and is also called freshwater seaweed. Recently it has been discovered by many health advocates, just be aware the chlorella available is processed, and depending on the producer you will have a different product with different additives and quantities. The reports on this water plant is amazing, and chlorella seems to help with a lot of conditions, including stimulating

the immune system, promoting good bacteria in the intestine, increasing white blood cell count etc.

9. Broccoli Sprouts

Broccoli sprouts are extremely potent, much more so than the broccoli itself. And if you have a little windowsill space, it is easy to grow – giving you plentiful access to this great detox ingredient, that you can use as garnish and directly in juices and smoothies. The phytochemicals that you find in broccoli sprouts, are released when they're chopped, cooked or digested. The substances are released before they break down into sulphorophanes, indole-3-carbinol and D-glucarate, which all have a specific effect on detoxification. The sprouts of broccoli seeds contain 20 times more sulphorophanes than fully grown broccoli.

10. Garlic

Maybe not something you think about when talking about smoothies, but if you are looking for fruit and vegetable juices that have detox value, garlic is a great option, for example to any green, leafy smoothie. You may know that garlic has sulphur, and while this is very evident (for hours and hours) when other people eat raw garlic, this is also an important detox mineral that can boost glutathione levels, among other things.

11. Flax Seeds

It's really easy to add flax seeds to your diet, for you can just throw them in the blender while mixing up any smoothie or juice. Flax seeds are at the top of many people's lists of detox foods, and there are good reasons why you should use flax seeds, too. Flax seeds contain alpha-linolenic acid, a very heart friendly omega-3 substance (fatty acid) that improves how your body uses insulin. As you may know, insulin is the hormone that removes sugar from your blood stream. Flax seeds is also good for your intestine, and for detoxing, because of its fiber, both soluble and insoluble.

12. Ginger

You don't need a lot of ginger in order to boost your smoothie with its benefits, but if you have a cold and is afflicted with a throat infection, try (if you can) doing what many Brazilians do, namely chewing and sucking on a piece of ginger. Ginger has many anti-inflammatory substances. And merely chewing on them releases them. If you can't bear

chewing raw ginger, crush and roughly chop it and add to your smoothie. A classic detox ingredient, especially together with lemon or lime.

Chapter 5: Foods to Avoid When On Detox

If you go to the trouble of doing a detox, and spend some time trying to understand which foods, vegetables and foods you should be eating and drinking, it's important also to be clear on which foods to avoid in order to make the detox more successful.

Every day, your body spends a lot of energy on the “simple” act of digesting the foods you eat, in order to take out nutrients, fats, carbohydrates, proteins and other building blocks we need in order to stay alive. When you detox, and get your food intake strictly in liquid form, you spend a lot less energy on digestion. Generally speaking, someone doing a detox would want to eat less solid food, and maybe even try to get all foods in liquid form over the course of a few days. Typically, in the form of a fruit juice or a smoothie, as these will bring potent nutrients to assist your detox process. Getting your food in liquid form will ease the digestive system, save energy, and in this way make you feel better and stronger.

Top 5 foods to avoid

Even though you don't necessarily want to stop completely eating solid foods during your detox, you should at least do your best to avoid the top 5 “toxins” that most of us ingest too much of on a daily basis. These are: added refined sugar, artificial sweeteners, alcohol, wheat flour and related products like bread, pasta etc, and coffee and tea. These days most people are aware of the problems that these foods represent, and even if you do not want to cut out caffeine or bread or even sugar, it is a very good idea to spend some periods avoiding these foods completely every now and then. Especially during a detox.

No surprises

Alcohol is something most people will immediately understand has to be on the list of things to avoid while detoxing, but it may be a bit more challenging to see the need to include the other items. These foods and substances have become so common. But if you stop to think about it, these days it is pretty well documented that too much sugar, for example, is a bad thing. And that many diseases are related to unnecessary blood

sugar swings. A few days of not eating refined sugar or products that contain sugar will be a positive experience. The same is the case with gluten related products. The case is building against gluten and phytic acid. And even though you may be on the fence, and may (like me) even think there is no need to cut out gluten all together, giving your body a rest during detox is important. If nothing else, than to test what will happen. See how your body will react to a few days of “clean eating”. With a good menu of fruit and vegetable smoothies, this will not be as difficult as you may think. Cutting out coffee could be worse. If you find you can’t, simply cut down as much as you can. The same goes for tea, although you can drink caffeine free herbal tea, like for example mint tea. Other foods to avoid during detox are:

Dairy products. Milk and yoghurt should ideally be avoided, but you can consider using some dairy products with your smoothies, if you think it has benefits or if you do not want a purely fruit or vegetable based food intake during your detox. Stay completely away from cheese, even Cottage Cheese. Keep butter and ice cream off the list, too. The point is giving your body a break, so try and do just that.

Animal protein. All muscle fiber, from any animal, or really any part of the animal. Avoid fish, too. As with milk, you decide how strict you want to detox, but try to avoid eggs if you really want a few days of a good detox.

Processed food. We’ve talked about sugar and sweeteners being a “no-no”, and this means, of course, that during detox you need to say goodbye to virtually any factory made food product, seeing as most of them contains sugar or sweeteners. It really is a good thing to do a crash diet like this now and then, if nothing else as to become aware of what you normally put in your mouth and through your body. And to understand how much sugar there is in processed food.

Soft drinks. Obviously this is no-go land, but we mention it just because it is common that some may not even think about it. Forget about drinking soft drinks with sweeteners or caffeine, which pretty much wipes out all commercial soft drinks in existence.

Chapter 6: General Smoothie Making Tips

Smoothies are pulpy juices that could be made of pulpy fruits that are blended with a little water, a little juice or a more juice fruit, milk, yoghurt or dairy substitute products

like coconut milk or almond milk. But be aware, from the outset, that if you blend with sugary fruit juices or sugary liquids, your smoothie becomes pretty caloric, and less detox efficient.

A smoothie that has dairy products or dairy substitutes, offer protein in addition to the fiber and carbohydrates of the fruit. Just note that for some types of detoxing you may want to avoid milk products.

Talking about fruit, a smoothie can also be made of vegetables. And these smoothies are often much more nutritive and healthy. Typical vegetables that can be blended and drunk as a smoothie are kale, lettuce, spinach, cucumber, carrot, beetroot, fennel, sea vegetables, zucchini and egg plant.

Egg plant is a particular Brazilian secret juice/smoothie tip, that millions of Brazilians drink in order to lose weight, often simply mixed up with a little squeezed lime.

In North America and Europe, it seems that many of us think a little too much with our eyes, because that sexy looking, silky smooth, yoghurt rich, fruit and berry smoothie may be easy on the eyes, and may go down quickly and deliciously, but in terms of health benefits...? Often we are talking lots of calories and fats. Some juices and smoothies are the liquid equivalent of a couple of donuts.

So first step is to get your head straight. Juices and smoothies are healthy, but watch the sugar and fat levels. Learn more about alternative juices and smoothies, like avocado, kale, lettuce, lime and egg plant. In a minute we will look at these. Remember, too, to plan a little. Think about the week as a whole, and vary the juices and smoothies you use, thinking about calories and fats, but also trying to get as many benefits as possible into your cups.

Remember, too, that the simpler juices like lime juice, or smoothies like egg plant, kale, avocado, beetroot etc, are often more beneficial than a smoothie cocktail choc full of sugars. So use the richer smoothie recipes more sparingly, and try to add a lot of simpler juices to your daily juice and smoothie regime, in order to clean your body and boost your energy.

You can use frozen fruits and vegetables in order to make your smoothies, and if you buy them ready frozen from the store, these fruits and vegetables could actually be richer in vitamins and other nutrients than fresh fruits stored for a long time. Frozen fruits also give a very nice and smooth texture to the smoothie, particularly bananas. So

from a purely textural view, freeze your bananas and use them as creamy smoothie thickeners.

You need a good blender, and ideally also a good juicer. The latter to better extract all the goodness from hard vegetables and fruits, like carrots and apples. Just be aware that a juicer takes a way pulp, while a blender leaves it in the juice.

As with everything, you need a good daily routine in order to change your life. And if you are looking for detoxing, smoothies and fruit juices, chances are you are looking to change your diet a little in order to get more healthy. And the key is to stick with it every day. In order to help you, it can be nice to plan your smoothies for the whole week. This way you do not need to make any decisions early in the morning, or when you are in the middle of your day. Make small plastic bags of chopped up fruits and vegetables and pop them in your freezer. When you need a juice or smoothie, it's just that much easier.

Chapter 7: Brazilian Super Fruits, Fruits And Vegetables

Brazil is an enormous country, with very good climates (for the country has many climates) for growing fruits and vegetables. You will find almost any fruit and vegetable known to man in Brazil. And a few more. Brazil is probably the largest fruit producer in the world. Many fruits you will only find in the country, such as jabuticába, umbú, açaí, aceróla (it is now being cultivated in the US, and sold as “Barbados Cherry” – a small fruit extremely rich in Vitamin C, great for adding to juices and smoothies), mangaba, jaca (can be found in other countries), carambola, graviola, atemoia, pitanga, fruta do conde, cupuaçu, guaraná, pequí, bacaba, nespera, etc. OK, some of these can be found in other countries, but few countries display all the world's fruit like Brazil.

In addition to all the fruits you most likely haven't heard of before, you probably associate Brazil with tropical fruits like mango and pineapples, and maybe the “recently discovered (outside of Brazil)” super fruits like açaí and guaraná. And this is true, but Brazil has many regions where Northern hemisphere fruits like apples, grapes, pears and strawberries thrive, particularly in the south of the country. In the smoothie recipes of this book we will focus on typical Brazilian fruits, but we will avoid fruits that aren't available elsewhere.

Here's a list over very typical, Brazilian fruits that we also get in Europe, Northern America and most of the rest of the world:

Banana (Banana Nanica)

Papaya (Mamão Papaya)

Mango (Manga)

Passionfruit (Maracujá)

Açaí (mostly available as a pulp, not fresh, even in Brazil)

Avocado (Abacate)

Pineapple (Abacaxi)

Watermelon (Melancia)

Lime (Limão)

Guava (Goiaba)

Oranges (Laranja)

Tangerines (Mexerica)

Here are fruits and berries that are widely eaten in Brazil, even though they are not particularly typical of Brazil.

Apples

Pears

Kiwi

Grapes

Strawberries

Honey Melon

Plums

Blueberries

Raspberries

Some fruits are difficult to find in Brazil, for example grapefruit and lemon. You find it, but these fruits are not common. For lemon, Brazilians use lime "Tahiti", but grapefruit

isn't much used. Cherries you will find, but not everywhere, and is therefore not a typical Brazilian fruit. Peaches exists, but not nearly of the same quality as we are used to in Europe or North America. These are therefore fruits we will not use in this book.

The Brazilian super fruits that you should try to use in your smoothies, but that are difficult to find outside of Brazil (and in the case of açai, even inside), are açai and guaraná. In Northern Brazil these fruits are readily available fresh, but in the rest of the country you only find them as processed, frozen pulp, or ready made "ice cream" or "sorbet" like, processed products. typically full of sugar and other unwanted substances. And this kind of defeats the purpose of trying to eat and drink more cleanly. How will you be able to detox eating a lot of sugars and syrups? So, if you find açai, include it in all of the smoothies you like, you can particularly substitute the recipes with blueberries with it.

You will be able to find guaraná as a powder, even outside of Brazil. You can add this to any smoothie in order to make use of this fruit's powers, but you do not need to go to extreme measures in order to get your hands on this fruit, or the powder.

Chapter 8: The Brazilian Smoothie Recipes

NOTE: If you have any medical condition, be sure to talk to your doctor about which foods, fruits, vegetables, dairy products and other products, you may eat and, more importantly, those you may not. Fruits and vegetables are healthy, but (as an example) if you have a disease like hypothyroidism, you need to be careful with strawberries and kale. Talk to your doctor and do your own research on your specific health issue to see if you need to avoid certain foods.

The following smoothies are divided into two main groups: pure fruit smoothies, and smoothies with added dairy products. Of course, where dairy products are used, you may substitute for dairy substitutes, like almond milk or particularly coconut milk, for a tasty, Brazilian alternative to milk.

Going by color

The smoothies are grouped according to color. Yellow smoothies are smoothies where banana, mango and pineapple are the main ingredient. For the green smoothies in this book, we focus on kale, lettuce and avocado. Red smoothies: watermelon, beetroot and

strawberry. Blue smoothies açai-berries or blueberries, and orange colored smoothies papaya and carrot.

This classification of smoothies by color, is a different way of choosing your smoothie by focusing on the visual. But grouping according to color also helps us remember that different colored fruits actually has slightly different health benefits. The important thing is to vary the color smoothies you drink during the day/week, to get a complete vitamin and nutrient supplement. Yellow one day, red the other, and so on.

Pulp and liquid

Fruits like mango, banana, papaya and avocado pulp and smoothness to your smoothie. If you decide to cut your fruit into chunks and freeze them, using frozen fruit directly into your smoothie will give a thicker and smoother texture. Particularly bananas.

But in making your smoothie thicker by adding fruits with pulp, beware of the banana. Because even though it's delicious and healthy, it does deliver plenty of sugar. If this doesn't bother you, or you balance your weekly intake, just go ahead and follow your plan. If you never worried about sugar in fruits and thought all smoothies are "healthy" in all aspects, re-think.

When looking for fruit pulp without a lot of calories and sugar, avocado is a much healthier option. And remember that avocados are good for keeping hunger away, too. It's the oleic acids in avocado that sends signals to make your brain think it's full.

Pineapple, watermelon (with a little water, or coconut water added) and orange juice give a nice, liquid vehicle. Dilutes your smoothie pulp. But do not use factory made juices, even if they sound healthy. Cranberry and pomengrate juice are typically full of sugar, and therefore the equivalent of putting a few doughnuts into your smoothie. If you can find it (and afford it), use pure coconut water (just like many Brazilians) to dilute your smoothie. This is the super healthy, ideal option, for coconut water is full of electrolytes like sodium, potassium, calcium, magnesium, and phosphorus. As I said, if you can find it, if you can afford it and if you like it, use it in all of your smoothie recipes.

We use lime, passion fruit, ginger, mint leaves, coriander (cilantro), broccoli sprouts, flax seeds, chilies etc to add to the main "body" and/or liquid of the smoothie. Flax

seeds are high in fiber, and therefore particularly good for avoiding blood sugar spikes, and in this way suppressing hunger.

In the green smoothies, kale is a particularly popular leaf used in juices and smoothies.

Recipes are for 1 quite large serving.

Green Smoothies Without Dairy Products

Green Pure Smoothie #1: Simply Green Detox

Kale and lime. This is really the only detox smoothie you will ever need. Drunk all over Brazil, every morning. Virtually no sugar, just plenty of green effect. Kale is one of the best detoxing agents there is, and a richer source of vitamin C than oranges. Add lime for further citrusy antioxidants. This is not a sexy smoothie, but it works.

4 kale leaves

4 limes

1 cup coconut water or water

Wash the kale, and take away the stalks. Roughly tear up the leaves and place in blender. Squeeze the lime over. Dilute as much coconut water you want, start with a cup and then see if you need more/want more during blending.

Green Pure Smoothie #2: Bittersweet New Start

Kale and pineapple. The pineapple makes it easier to swallow kale's bitterness. But pineapple is, also, one powerful detox fruit, perfect to give your body a re-start. And it's excellent for your skin, as it boosts collagen synthesis in your body – making your skin firmer.

4 kale leaves

½ cup fresh pineapple in chunks (about 100 grams)

1 cup coconut water or plain water

Cut the pineapple into chunks, was the kale and take away the stalks. Place pineapple in blender with the coconut water or water and blend. Add the kale. Add more liquid as you judge necessary.

Green Pure Smoothie #3: Avocado Detox

Avocado, lime and Coriander (Cilantro). Not the trendiest ingredients, but a really strong detox trio. The cilantro is a potent cleanser. Avocado gives body and lots of healthy fats to this smoothie, and the lime good acidity.

1 small avocado

1 to 2 limes

1 cup chopped coriander (cilantro)

2 cups coconut water or plain water

Place avocado meat in blender with the juice of the limes, the coriander and the coconut water. Blend.

Yellow Smoothies Without Dairy products

Yellow Pure Smoothie #1: Happy Banana Explosion

Mango, banana and orange juice . Mango and banana are both rich in fiber, and banana is also rich in tryptophan, which is converted into serotonin – the “happy” drug that your own body produces when stimulated.

½ cup mango

½ cup banana

1 cup orange juice

Make the oranges yourself, squeezing fresh oranges. Put everything in blender and go. Adjust with some water or coconut water if you want to dilute your smoothie a little.

Yellow Pure Smoothie #2: Yellow Passion

Mango and passion fruit. A great combo. The high potassium content in the passion fruit helps fight high blood pressure. The antioxidants in passion fruit also helps clean and detoxify the colon.

1 cup mango

2 small passion fruit

½ cup of coco nut water or water

Place mango in blender, cut open the passion fruit and pour in its contents. Add coconut water and go.

Yellow Pure Smoothie #3: Calm Pineapple Passion For Cleaning

Pineapple, passion fruit, banana and grated ginger. Pineapple contains bromelain, which aids digestion. Passion fruit has a calming effect, and the spicy zest of the grated ginger has potent anti-inflammatory substance.

1 cup pineapple

1-2 passion fruit

1 banana

a small piece of fresh ginger, about 20 grams

½ cup of coconut water or water

Blend the pineapple and add the coconut water or water. Add the banana, ideally frozen to get a great, silky sooth texture. Then scoop in the contents of the passionfruit, just pour it right in the blender while blending. Add the peeled ginger. Fantastic taste and great benefits.

Orange Smoothies Without Dairy products

Orange Pure Smoothie #1: Papaya King

Papaya is great for making orange smoothies, and great for getting your daily dose of carotenes and flavonoids. It helps clean out your intestines, too, and tastes of Brazil, especially with banana and a little detox lime for acid.

1 cup papaya in cubes

1 banana

½ cup coconut water or plain water

Just place everything into the blender and go. Adjust with coconut water or water.

Preferably use frozen banana for great texture.

Orange Pure Smoothie #2: Carotene Detox Bomb

Papaya, carrot and orange smoothie. A great orange detox juice.

1 cup papaya in cubes

2 carrots

juice of 3 oranges

2 pinches of cinnamon

Squeeze the oranges into blender, and blend everything.

Orange Pure Smoothie #3: Mango, Carrot, Papaya Quickie

All orange juices are great for getting your carotene, and prevents infections.

1 cup mango

2 carrots

1 cup papaya

½ cup coconut water or plain water

Just blend everything, and you're good to go.

Red Smoothies Without Dairy products

Red Pure Smoothie #1: Xangô

Watermelon and strawberries are a fantastic detox mix. Strawberries are full of antioxidants and vitamin C. Watermelon cleans you out and boosts you up with potassium, and its red liquid helps you stay alive, for it reduces cardiac risks and high blood pressure. The ginger is an anti-inflammatory aid.

2 cups watermelon in chunks

1 cup strawberries

a little piece of fresh ginger

Wash the strawberries well, and blend everything. If needed, add a little coconut water or water.

Red Pure Smoothie #2: Good Morning Vidigal

A classic Brazilian combination. Beetroot gets your blood flow going, and with some orange and banana this is your morning wake up call, and will get your day off to a red and flowing start. Add a pinch of freshly chopped chili just to stimulate the dopamine production in the brain, for that little bit of extra, Brazilian happiness.

1 medium sized beet

1 banana, preferably frozen

3-4 oranges

1 small chili

Peel the beet, the banana (if fresh, if it's frozen it should have been peeled by now), wash the chili and just blitz everything.

Red Pure Smoothie #3: Red Vibe

Strawberries, apple, avocado, watermelon, beetroot, carrot and orange juice. Oh yes. This is a little bit of a lot of good things, great for a red, vibrant detox full of carotene power. And plenty of potassium from the watermelon. The cinnamon adds a little spicy heat and better heart health.

½ cup strawberries

¼ red apple

½ avocado

2 cups watermelon

½ medium sized beetroot

1 carrot

2 oranges

1 pinch of cinnamon

Cut the oranges and squeeze directly into blender. Add everything.

Blue Smoothies Without Dairy products

Blue Pure Smoothie #1: Amazon Bliss

Use açai berries if you have this super fruit available. If not, go with blueberries. This is a classic!

1 cup açai or blueberries

2 bananas, peeled and frozen for great texture

2 oranges

½ cup coconut water or plain water

Squeeze the oranges into the blender, add everything and enjoy this powerful smoothie.

Blue Pure Smoothie #2: Blue Moon Over Two Brothers

Two Brothers is a hilltop in Rio, where you find the famous favela Vidigal just below. This is a very rich, very potent detox smoothie. Note the garlic, that we added, just a little. Great smoothie for the evening.

1 cup açai or blueberries

1 cup strawberries

½ cup papaya

½ cup pineapple

1 orange

1 lime

1/2 cup coconut water or plain water

a few cilantro leaves

2 very finely sliced slices of garlic

2 tablespoons of flax seeds

The berries are great frozen, to add texture. Grind the flax seeds first, then add everything else. Mix it all, adjust with the coconut water and enjoy.

Blue Pure Smoothie #3: Blue Sun

1 cup blueberries

2 bananas

3 oranges

a little piece of ginger

some mint leaves

Use frozen bananas. Squeeze the oranges into the blender, add everything and go.

Dairy smoothies

NOTE: The Brazilian way to make smoothies involves more of the milk, to make a slightly more liquid smoothie than the North American, milk-shakey, creamy smoothie. But you can adjust the texture as you like. Use more yoghurt and less milk, or use just the yoghurt or liquid yoghurt, or just milk, or use any dairy substitute like almond milk or coconut milk.

Green Smoothies With Dairy Products

Milky Green Smoothie #1: Avocado Morning Detox

Avocado is one of the healthiest fruits you can put in a blender. And yes, it is a fruit. With the kale, the orange and some high quality, intestine friendly yoghurt, this is nice for an early morning breakfast.

1 cup avocado in cubes

2 large kale leaves

1 orange

½ cup yoghurt and ½ cup milk, or 1 cup dairy substitute

Squeeze the orange into the blender, add yoghurt, milk, avocado and kale leaves and go.

Milky Green Smoothie #2: Casa Verde Cleaner

4 large kale leaves

¼ large cucumber, thoroughly washed

1 banana

1/3 cup fresh pineapple chopped

1 cup yoghurt/milk mix

Wash the kale, and place everything in blender. Begin with the pineapple, add the milk/yoghurt, then the rest.

Milky Green Smoothie #3: Green Day

Orange, lime and kale together with some spoonfuls of flax seeds makes this a tasty green juice.

4 large kale leaves

1 orange

1 cup yoghurt

1 lime

1 tablespoon flax seeds

a pinch of cinnamon

Blend the flax seeds, and crunch them nicely. Squeeze the orange into the blender and add everything else. Blend well.

Yellow Smoothies With Dairy Products

Milky Yellow Smoothie #1: Bom Dia Oxum

Orange, mango, banana and passion fruit. Have a citrusy, good morning. This is your Brazilian wake up call.

1 cup mango

1 banana

1 small passion fruit

1 orange

1 cup yoghurt/milk mixture, or any dairy substitute

Place the meat of all the fruits in blender (also the orange, to get the pulp) add the dairy and blend.

Milky Yellow Smoothie #2: Mango Morning

Mango alkalizes the body, and cleans the skin. A great morning smoothie.

1 cup mango

1 banana

1 lime

2 tablespoons flax seeds

1 cup yoghurt/milk mixture

Blend the flax seeds, then add the rest. The lime is squeezed in as you blend.

Milky Yellow Smoothie #3: Simple Pleasures

Orange, banana and cinnamon. Simply delicious, deliciously simple, full of vitamin C and warmth from the cinnamon.

1 banana

2 oranges

2 teaspoons cinnamon

a few mint leaves

1 cup yoghurt/milk

Use frozen bananas for a smooth and rich texture. Blend everything.

Orange Smoothies (the color, not necessarily the fruit) With Dairy Products

Milky Orange Smoothie #1: Vitamina Light

Papaya, banana and avocado is a classic mix for a Brazilian “vitamina”. With a little less avocado in this recipe, this smoothie is less green and more orange.

1 cup papaya

1 banana

1/3 cup avocado

1/3 cups strawberries or apples

1 cup yoghurt/milk mixture, or dairy substitution

Just blend everything and enjoy this classic “vitamina”.

Milky Orange Smoothie #2: Tropical Beach Bliss

Mango, banana and papaya are delicious together. The touch of lime gives nice acidity, but you could use passion fruit if you wanted something else than the detoxy lime.

½ cup mango

1 banana

½ cup papaya

1 lime

1 small piece of ginger

1 cup yoghurt/milk, or dairy substitution

Squeeze lime juice into blender, add everything else and mix.

Milky Orange Smoothie #3: Paparanja

One of the most popular juices in Brazil is orange and papaya. A fantastic juice, great for getting your intestines going. Here we add some dairy to get that richness from the ground up

1 cup papaya

2 oranges

1 cup yoghurt/milk, or any dairy substitution

Squeeze the oranges into blender, add everything and mix.

Red Smoothies With Dairy Products

Milky Red Smoothie #1: Bio Melon

Watermelon, strawberries, yoghurt and mint leaves. Just relax, you will be good!

2 cups water melon

½ cups strawberries

1 cup yoghurt

a few mint leaves

Just add everything and mix.

Milky Red Smoothie #2: Strawberry And Lime Smoothie

A very good smoothie, creamy and just a little tangy. Try it.

1 cup strawberries

1/2 banana

1 lime

1 cup yoghurt/milk mixture

a few cilantro leaves

Make sure you freeze the banana for that rich texture. The strawberries may be frozen, too, but are better fresh.

Milky Red Smoothie #3: Beet It

Super healthy, and a really delicious mix of fruit and vegetables.

½ cup beetroot

1 carrot

½ cup strawberries

1 cup yoghurt/milk mixture

1 small celery stalk

Peel beetroot and chop into blender with the rest. Blend.

Blue Smoothies With Dairy Products

Milky Blue Smoothie #1: Green Detox Açaí

The green lime gives nice acidity, and citrus lift to this blue and beautiful smoothie with great antioxidant content.

1 cup açaí or blueberries

1 banana

2 limes

1 tablespoon flax seeds

1 cup yoghurt/milk mixture

Milky Blue Smoothie #2: Tropical Blues

A great mix of typical, Brazilian fruit. Great fiber, and plenty of antioxidants.

1 cup açai or blueberries

1/3 cup mango

1/3 cup banana

1/3 cup papaya

1 orange

1 cup yoghurt/milk mixture

Squeeze the orange into blender, mix the rest of the ingredients.

Milky Blue Smoothie #3: Green, blue and yellow

A super healthy smoothie, with the colors of the Brazilian flag.

1 cup açai or blueberries

2 kale leaves

1 banana

2 oranges

1 cup yoghurt/milk mixture, or dairy substitute

Wash kale leaves, and mix everything in blender.

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