



Smoothie-talk

A green smoothie a day keeps illness away, says **Dr S Ramachandran**, in the third and concluding instalment of the series on vegan cuisine

To enjoy vibrant health is the deepest desire of every human being. One of the basic laws of nature is to maintain our health and nourish the body with wholesome foods.

A vegan diet has been valued and appreciated as the conscious choice for personal and planetary health. In this article we are going to explore some raw vegan smoothie recipes which can offer radiant health.

Smoothies can easily be prepared by blending any of your desired fruits with greens or nuts and seeds. Fruits and greens have vitamins, minerals, antioxidants and phytonutri-

ents in abundance, which have numerous health benefits. Nuts and seeds are packed with healthy fats and other beneficial nutrients. Therefore, you have access to an abundance of nutrients through smoothies. Unlike fruit juices, which are devoid of fibre, smoothies provide lots of fibre and can therefore assist in smoother bowel movements. As a snack option, smoothies satisfy hunger and will make us feel fuller for a long time.

Smoothies can also serve as an excellent breakfast choice. Starting the day with a smoothie is a simple way to energise ourselves, to improve vitality and a sense of well-being.

Here are some tantalising vegan smoothie recipes to indulge in to your heart's desire.

The raw vegan smoothies are totally free from cho-

lesterol, dairy products, sugar and artificial flavours. Choose organic fruits, greens, nuts and seeds whenever possible to prepare tasty smoothies. Organic produce provide more nutrients than conventionally grown ones.

Mango smoothie

Ingredients

Mango slices - 1 cup
Kimia dates (pitted) - 3
Chilled coconut/almond milk - 1 cup
Black raisins - 1 tsp for garnishing

Method

Blend mango slices, dates and coconut milk to a smoothie consistency and garnish with black raisins.

Chikku-banana smoothie

Ingredients

One ripe banana
Chikkus - 3
Chilled almond milk or coconut milk - 1 cup

Method

Grind these ingredients to get a smooth blend. Garnish with almond slivers or raisins.

Choco bliss smoothie

Ingredients

2 ripe bananas
Avocado pulp - 1 tsp
Medjool or Kimia dates (pitted) - 5
Almond milk (chilled) - 1 cup
Organic raw cocoa powder or nibs - 1 tsp

Method

Blend all these ingredients. Naturally chocolate-flavoured smoothie is ready! Garnish with raw cocoa nibs.

Banana berry boost smoothie

Ingredients

2 ripe bananas
Jamun fruit (Indian black berry) - 3 (deseeded and chopped)
Tender coconut water - 1 cup

Method

Blend the ingredients and enjoy the smoothie!

Watermelon smoothie

Ingredients

Deseeded water melon cubes - 1 cup
Mint leaves 5 - 10
Lime juice - 1 tsp
Chia seeds - 1 tsp
Water - 1/4 cup



Healthy and tasty green and chikku-banana smoothies

Method

Blend the watermelon cubes, mint leaves and lemon juice in a blender adding a little water. While serving sprinkle chia seeds. This is a super cooler smoothie!

Slimming and detox smoothie

Ingredients

Papaya slices - 1 cup
Organic wheat grass powder 1 tsp, or a handful of fresh organic greens
Flax seeds - 1 tsp
Water - 1/2 cup

Method

Blend all these thoroughly to get a nutrient-dense smoothie which is suitable for weight watchers and diabetics.

Energising green smoothie

Ingredients

2 ripe bananas
Handful of fresh greens (lettuce/spinach)
Chia seeds - 1 tsp
Tender coconut water - 1 cup

Method

Blend the ingredients in a blender until smooth. Garnish with lettuce leaves.



Dr R. Saravanan, is associated with the vegan nonprofit organisation, SHARAN. He is also the contributing author of the book *RETHINK FOOD - 100 plus doctors can't be wrong*

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