

Smoothies

This makes a single serving healthy breakfast with no cholesterol and very little fat. I highly recommend the CuisineArt hand held immersion blender. It has a lot of power to go through frozen fruit and ice cubes. And it mixes the stuff at the bottom of the glass. Some other brands don't pick up the stuff at the bottom. It's also handy to use a silicone (rubber) basting brush to clean the last bits of smoothie out of the blender's blades and into your glass.

Remove peels from anything that isn't organically grown. If you're in the habit of letting bananas go bad, then try this trick. Peel and slice them into 1" pieces and freeze them for 20 or 30 minutes on a plate or cookie sheet. Banana chunks should be placed on their rounded sides, not the flat cut sides. A flat side of a banana will stick to a plate when it's frozen. A rounded side banana can be easily popped off the plate. To keep them from welding themselves together, be sure they aren't touching each other. Your blender can go through a 1" chunk of frozen banana, but anything bigger will cause trouble. Then put the pre-frozen bananas in a bag and put them back in the freezer.

Use any or all of the following items. The only ingredients that are mandatory are bananas, ice cubes and milk of some kind. The banana gives it sweetness. The ice makes it thick. And the milk makes it creamy. Almond, soy or rice milk may be substituted.

If you have a whimpy immersion blender, then process your apple and carrot in a juicer. Then put the juice and pulp in with the other ingredients.

The number after each item is the calorie count.

1/4 apple (no need to peel it if you buy organic) 20
4 baby carrots or one regular carrot 25
1/2 banana 2 oz. 63
1/8 peeled mango 17
1/8 cup blue berries, raspberries or black berries 10
2 oz 2% milk 33
2 oz. juice (grape, cranberry, pomegranate all have good things for you!) 33
1 t. green powder (kelp or wheatgrass) (Don't worry! You won't notice the taste!) 8
1 T. oats 38
1 T. ground flax seed (keep it refrigerated!) 40
5 almonds 28
1 walnut half 13
2 strawberries 8
3 or 4 ice cubes
Total calories: 336

Compare my smoothie to my old favorite breakfasts. The Taco John's Super Potato

Oles has 1060 calories, 70 grams of fat and 3200 milligrams of sodium. The Mc Donald's Sausage Egg Mc Muffin and Hash Browns has 590 calories, 35 grams of fat and 1210 milligrams of sodium.

By the way, I HATE raw carrots! But they're not noticeable in this smoothie and, in fact, they add a lot of sweetness to the smoothie.

A smoothie takes about as much fooling around as making eggs and toast. Unlike eggs, I can enjoy a smoothie on the run.