

# SEVEN SMOOTHIES

FOR  
MINDFUL EATING

By Ruthie Landellus



*Well, hello there!*

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uthie, here. I am so glad you grabbed my guide, Seven Smoothies for Mindful Eating! If you are a fan of smoothies, you are going to love each one of these!

A little about me: I am the owner of Black Fig Food, a culinary site that teaches others how to eat more plant-foods, artfully and consciously. In this role, I offer online instruction to advance your knowledge and creativity in cooking, build a community around your table, and create beautiful food at home.

Art, music, and food are what fuels my passion in the kitchen! Without a doubt, these three things connect, socially, ecologically, and culturally. When we cook, we are creating art using all of our senses and practicing mindfulness. That is why I love teaching how eating artfully and cooking mindfully can be the most authentic way to feed your mind, body, and soul.

If you snagged this guide, chances are you love to cook and don't mind taking that extra moment to make what you're eating (or drinking) a bit more pleasing to the eye. This guide teaches you how to slow down, be aware in the moment, and enjoy preparing the foods you choose to nourish your body. I also named each smoothie after a few of my favorite songs to add a personal touch.

I'm excited to dive into the recipes and tips to create the best smoothies to get your day started off right! But before we go further, let's talk about mindfulness.







# The Mindful Eater

In this Smoothie Guide for Mindful Eating, you have seven delicious recipes to rotate throughout the week to feed your body and mind. To be a mindful eater isn't just about being aware of your fullness cues; it is more about honoring the ingredients you prepare and feeling gratitude as you enjoy eating them.

As you prepare each one, take pleasure in the process! Think about the source of your ingredients. Consider the hard work of the farmer, drivers, stores, clerks, and others who brought you the food. Notice the beauty and sweetness in the tiny wonder of a blueberry and all it provides for your nourishment. It's a wonderful way to experience the present moment.

Some of the simplest cooking practices, like whipping up a smoothie, brings us into our kitchens as a place of sustenance. It's also an opportunity for us to learn from our awareness. Whenever you cook with awareness, it becomes a conversation between you and your ingredients. It's a two-way street; things talk back to you! It's so easy to be in a hurry and you forget to place the lid onto your blender. Next thing you know, you're late for work because you're cleaning beets off of the kitchen walls.

Practicing mindfulness in the kitchen is a time to slow down, connect with your ingredients, and observe the food, yourself, and the magic that can happen between the two. These smoothie recipes are a great place to start to tap into your culinary creativity. Prepare them as they are written, or deviate from them to suit your liking. I'm giving you the basic formula and the rest is in your beautiful hands!

*Let's Get To It!!!*



# But first...

Smoothies are an easy way to kick-start your fruit and vegetable consumption in the morning... especially for kids! Do you know how hard it is to get teenagers to eat their fruit (and I don't mean the loops) and veggies? It's bonkers tough! And, by adding a protein powder, you can count any of these smoothies as a meal replacement.

In order to make the smoothest of smoothies, you will want to have a good blender. Ninja or Vitamix blenders are the best options because they are durable AF. They are made to be used and are damn near indestructible! I use my Vitamix for more than smoothies too! They are great for making cashew cream sauces and silky winter soups. Aside from owning a bitchin' blender, below are a few more things to have for easy smoothie making!

- A sharp paring knife for cutting fruit
- A cutting board
- Spatula
- Measuring cup and spoons
- Drinking container
- Parchment paper, baking sheets, and freezer containers (I'll explain later)
- Music in the background or in your ears. Trust me. I personally cannot create without it. Throw on Dolly, Willie, Bowie, or whoever is your jam. Please just listen to something.

The first step in creating tasty smoothies is to use a good quality plant-based milk. We are fortunate to have so many fantastic options to buy at the grocery store, but making your own is second to none! It not only tastes better, it's also a perfect practice in cooking mindfully. To kick things off, I am happy to share a simple recipe for making your own plant-based milk. You will absolutely love it!

## *Now, for the fun part!!!*



# Lovely Leche

Lately, I have been making my own nut milk and I'm here to tell you, IT IS FABULOUS! It's also one of the most mindful practices you can do in the kitchen. It takes a bit of planning, but the taste is far superior to store-bought brands and free of preservatives. See for yourself and whip up a batch for those morning smoothies or a splash for your coffee. You can use any nut such as cashews, hemp seeds, pistachio seeds, pumpkin seeds, or walnuts. For oat milk, there's no need to soak the oats; simply add them to the water and blend.

<i>ingredients</i>	<i>DIRECTIONS</i>
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## For Plant Milk

3 cups of water  
1 cup nuts, soaked  
overnight  
One date  
A pinch of Himalayan salt  
1 tsp vanilla extract

- 1: Soak the nuts overnight, drain and rinse the nuts before adding them to a blender with three cups of water.
- 2: Blend for 30 seconds, carefully pour the milk into a nut bag to strain the liquid from the pulp. Pour the milk back into the blender and add the date, salt, and vanilla extract and blend for a few seconds. Taste to adjust sweetness.

\*The nut milk can be stored in a glass jar in the fridge for up to a week. Be sure to shake the liquid before each use to mix any nut settlement at the bottom of the jar.

## For Lovely Leche

3 cups nut milk  
1 tbsp carob powder  
1 tsp maca powder  
1/2 tsp vanilla extract  
1 espresso shot (2 oz.)

- 1: Combine the milk, powders, vanilla, and shot into a blender and pulse for a few seconds until combined. Serve over ice. For a stronger single serving, reduce milk amount to 1 cup.

Cooking is  
love made  
visible







# ... a solid formula

With these five steps to remember, you will have the key to unlock all kinds of smoothie possibilities. Simply choose one from each column!

BASE	Water, unsweetened juices, green tea, non-dairy milks, raw nuts or seeds that have been soaked, cooked grains in their liquid such as oats, quinoa, and barley	1-1/2 cups
	+	
FRUIT	Dried (soaked to soften), fresh, or frozen fruits such as apricots, dates, peaches, all berries, bananas, mangos, figs, or other seasonal fruit	2 handfuls
	+	
VEGETABLE	Two cups of fresh greens such as collards, spinach, kale, or green powders like spirulina	2 handfuls
	+	
SPICES HERBS	Fresh herbs and a dash of your favorite spice such as cardamom, ginger, nutmeg, cinnamon, vanilla, and even turmeric	1/2 to 1 tsp
	+	
BOOST	Protein or plant-protein powders, 1 tbsp nut or seed butter, hemp, flax, or chia seeds, coconut, cacao nibs, or 1/2 an avocado	1 scoop powder





# Smoothie Prep

# THINKING AHEAD...

## *Prep Idea #1*

When you are planning your weekly meals, you can choose which smoothies you'd like to try for the week and buy the fruits needed for each recipe. If the recipe calls for frozen bananas or grapes, Sunday night is a great night to get those fruits prepped and placed into the freezer!

Remember the baking sheets, parchment paper, and containers I mentioned earlier? For an extra ice-creamy, milkshake-y smoothie, slice your bananas into rounds, and place them on a baking sheet lined with parchment paper. Space each slice so they aren't touching each other and freeze them overnight. By morning, they will be ready to store in a small container! Simply transfer the frozen bananas into the container and keep them stored for smoothie-building. This prepping trick is super important so the banana slices won't freeze to one another.

## *Prep Idea #2*

Smoothie bases don't always have to be plant-based milks. You can play around with other foods like cooked grains (quinoa, oats, or barley). To switch up your smoothie formula, you can batch cook your grains and store them in the fridge along with their cooking liquid the night before. Your smoothie building will be more convenient for your morning routine.





# Beautiful toppings...

One of the truest statements I learned in my catering days is that "presentation is everything." There is something about the way a dish or drink appeals to the eye. Its added beauty or bells and whistles absolutely contribute to its taste and the experience of consuming it.

These smoothies aren't just for breakfast! Have one when you're craving something sweet after dinner or for an afternoon boost. When you have more time to be creative or want to dazzle your "brunch" friends with gorgeous clear glasses full of eye-pleasing smoothies, this is the time to pull out your bag of magic tricks. Adding a sprinkle of cinnamon or coconut on top or fresh cut fruit along the walls inside of your smoothie glass will be complete showstoppers for your guests.

Toppings to Use:  
Unsweetened Coconut Flakes  
Cacao Nibs  
Gluten-Free Granola  
Bee Pollen  
Hemp Hearts or Seeds (for added protein)  
Granola  
Chia Seeds or Flax Seeds  
Nut Butters  
Goji Berries  
Fresh Fruit  
Nuts

The sky is the limit with what you can do to create the most amazing smoothies. We've covered the tools needed, a basic formula for smoothie building, and lovely toppings you might add. Now it's time to enjoy a few of my faves to get you started! I've even created a Spotify playlist with the songs that inspired me to create these recipes! You can grab it [here](#).

*Happy smoothie making!*

*~Ruthie*

A bowl of pink smoothie, likely made with dragon fruit, topped with chia seeds and a small green leaf garnish. The bowl is white and sits on a wooden surface.

# Recipes

Cha Cha Cha Cherry Lime Bomb  
Matcha Spawn the Monster  
Agent Orange  
Blood Bitch  
Monumental Mocha Mud  
Black and Blue Barry Town  
Peanut Sugar Hiccup



# Cha Cha Cha Cherry Lime Bomb

This smoothie is sweet, tart, and full of cherry goodness! It's definitely a favorite in our house and makes a delicious dessert drink for those hot summer nights.

## *ingredients*

## DIRECTIONS

1 1/2 cups plant-based milk  
2 cups sweet cherries, frozen  
zest and juice of 1 lime (set  
zest aside for garnish)  
1 scoop vanilla pea protein  
powder  
1/2 cup cold water  
8 ice cubes  
2 dates

- 1: Combine all ingredients into blender and blend on low for a few seconds, then increase to high until ingredients are combined.
- 2: Pour into a glass and garnish with lime zest and sliced lemon.

Food is not  
just eating  
energy. It's  
an  
experience.



# Matcha Spawn the Monster

Matcha green tea powder is one of the most distinctive tastes out there. You either love it or loathe it. I'll bet that you'll love it in this smoothie! Paired with icy green grapes, Matcha Spawn The Monster will awaken the sleeping giant from within!

## *ingredients*

1 cup plant-based milk  
1 1/2 cup frozen green grapes  
2 dates, pits removed  
1 tsp matcha powder  
1 scoop vanilla pea protein powder  
1 cup fresh spinach  
chia seeds for garnish

## *DIRECTIONS*

- 1: Combine all ingredients into a blender and blend on low for a few seconds, then increase to high until ingredients are combined.
- 2: Pour into a glass and garnish the top with chia seeds.

Eating is a  
necessity,  
but  
cooking is  
an art.





# Agent Orange

Orange is one of my favorite colors because it's made by combining the energy of red and the happiness of yellow! And what better way to start your day than with a little bit of enthusiasm, stimulation, and encouragement in a glass! This smoothie takes less than 10 minutes to whip up, including the added schnazzy orange slice element to the side.

## *ingredients*

1 cup unsweetened plant milk  
2 peaches, roughly chopped  
juice of 2 oranges  
1 orange, for garnish  
2 carrots, skin on, roughly  
chopped  
1 orange bell pepper, seeds  
removed, roughly chopped  
1 date, pitted  
1/2 tsp turmeric  
3 tbsp hemp hearts  
1 scoop vanilla pea protein  
powder

## DIRECTIONS

- 1: Slice the ends off of an orange. Place the orange flat side down on a cutting board. Working from top to bottom of the orange, carefully cut the peel off using a paring knife. Cut off a few slices for garnish and set aside.
- 2: Combine all ingredients into blender and blend on low for a few seconds, then increase to high until ingredients are combined.
- 3: Slide an orange slice into the glass before pouring in the smoothie. Top with hemp hearts and orange segments.

Slice the ends off of an orange, then carefully cut the peel off using a paring knife. Cut off a few slices for garnish and set aside.



# Blood Bitch

Beets, you either love 'em or hate 'em. I absolutely love them! I replaced the plant-milk with good ol' water for a deeper red color. The incorporation of fresh beets adds a surprisingly fresh \*crunch\* in every sip. Serve it to your beet-hating friends! I promise they will dig it.

## ingredients

1 1/2 cups cherries, frozen  
1 small beet, peeled and cut into chunks  
1 banana, frozen (1/2 cup)  
2 pitted dates  
1/4 cup old fashioned oats  
1 1/2 cups cold water  
1 cup of ice  
1 scoop vanilla pea protein powder  
sliced beets, cut into thin sticks  
chia seeds and fresh mint (for garnish)

## DIRECTIONS

- 1: Combine all ingredients except for the sliced beets, chia seeds, and mint into blender and blend on low for a few seconds, then increase to high until ingredients are combined.
- 2: Pour smoothie into a glass. Carefully sink the beet sticks, leaving half of the sticks sticking out of the glass. Sprinkle chia seeds on top and garnish with a small mint leaf.

To keep your hands from staining when handling the beets, wear a pair of disposable gloves.





# Monumental Mocha Mud

I bet you can't say that name 10 times in a row super fast! What I CAN bet is that you will love this smoothie! It'll punch you right into your day. Don't believe me? Check this out...

## *ingredients*

2 bananas, previously sliced and frozen (1 cup)  
2 dates, pits removed  
1/2 cup raw cashews, soaked overnight, then drained  
2 tbsp cacao powder  
1 tbsp pure maple syrup  
1 1/2 cups brewed coffee  
1/2 cup plant-based milk  
1/2 tsp vanilla extract  
pinch of sea salt  
hemp hearts and cinnamon (for garnish)  
\* 1 tsp maca powder  
\* 1 tsp carob powder  
\* (optional)

## DIRECTIONS

- 1: Combine all ingredients into blender and blend on low for a few seconds, then increase to high until ingredients are combined.
- 2: Pour into a glass and top with hemp hearts and a sprinkle of cinnamon.

This recipe  
makes plenty  
to share or  
enjoy  
seconds!



# Black and Blue Barry Town

This smoothie is a great way to get your "kale" on if you have a hard time incorporating green leaf veggies into your meal repertoire. Plus, it's super simple to throw together. Also, if you're in a mad dash out the door with this one, be sure to grab a toothpick to clean out the blueberry carcasses from your teeth because no one will like you enough to tell you there's blueberry shit throughout your smile.

## *ingredients*

## DIRECTIONS

1 1/2 cups unsweetened plant  
milk

1/2 cup fresh blackberries

1/2 cup fresh blueberries

1 cup frozen mixed berries

2 handfuls of fresh lacinato kale,  
chopped

1/2 tsp vanilla extract

1 scoop protein or pea protein  
powder

1: Combine all ingredients into blender and blend on low for a few seconds, then increase to high until ingredients are combined.

2: Pour smoothie into a glass and top with extra fresh berries.

For a smoothie bowl, reduce milk by 1/2 a cup and add mixture into a bowl and top with berries or your favorite granola.





# Peanut Sugar Hiccup

If you love Reece's Peanut Butter Cups, you will love this smoothie! It's on the sweeter side of taste, so it makes a great dessert option after dinner for a quick sugar-fix. Just top it off with a bit of hemp hearts and a sprinkle of cinnamon!

## *ingredients*

1 1/2 cups unsweetened plant milk  
1/4 cup oats  
2 tbsp peanut butter  
1 tbsp maple syrup  
1 scoop peanut butter powder  
1 scoop vanilla pea protein powder  
1/2 tsp cacao powder  
1/2 tsp vanilla extract  
1/4 tsp cinnamon  
2 cups ice  
pinch of kosher salt  
hemp hearts  
cinnamon for garnish

## *DIRECTIONS*

- 1: Combine all ingredients into blender and blend on low for a few seconds then, increase to high until ingredients are combined. You can adjust the consistency by adding more ice to thicken or milk to thin.
- 2: Pour smoothie in a glass and top with hemp hearts and cinnamon.

You can also top this baby with a few crushed salted peanuts for a more peanut-y flavor!

