



The Ultimate

FALL HARVEST Smoothie Guide

10 Recipes And Tips
To Get Your Started

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About Jovanka

Hi there! My name is Jovanka and I’m a wellness expert, healthy living advocate, author and speaker, working tirelessly to inspire people to create their own wellness revolution and feel like a million!

I have personally experienced the healing power of fruits, veggies, herbs and spices and I’m excited for you to discover that as well!

**Get your weekly jolt of wellness and a copy of the Wellness Start-Up Guide for free >
<http://jovankacaires.com/free-updates>**

THANKS!

- JOVANKA -

DISCLAIMER: The information and recipes here are provided for entertainment, inspiration and educational purposes only. Check with your doctor first before making any dietary changes and to make sure you are meeting your specific nutritional and health needs.

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Harvest Season 101

All living creatures on planet earth (humans, plants and animals) are tied to and affected by the cycles of the day, the month and the seasons. As humans, our bodies are also affected by light and darkness, dryness and humidity, warmth and cold that represent the passage of time.

And for millennia, the people of the world have followed the guidance of Mother Nature to maintain health and extend their longevity. Bitter herbs in Spring as natural detoxifiers, fresh raw fruit and outdoor activities would rule summer, reflection and fasting during autumn to prepare for winter, warming herbs to help maintain immunity during winter.

Yet as the world evolved into an era of technological advance, so did our habits. We moved all too quickly to habits that are considered part of the convenience of modern living, like pre-packaged foods, artificial light and less sleep just to name a few.

While our society has evolved away from nature, our biology hasn't quite caught up as we still depend on the same natural habits for optimum health as those men that lived hundreds of years ago (a diet comprised of densely nutritious foods in season, mostly plants, proper sleep, regular activity/movement).

As part of my work, I advocate for a return to a simpler, healthier lifestyle; one that allows you to live more closely in sync with nature and your own body. Since we are approaching the colder seasons, you may wonder how to adapt your lifestyle to the upcoming season in accordance with the natural rules of nature.

First and foremost, it is important to understand what happens to your body as the weather changes from warm to cold. During fall and early winter our digestion gets a bit sluggish, we tend to need more sleep, our skin and airways get dryer and we get more prone to infections and airborne diseases.

Historically, people around the world celebrate harvest or fall with fasts (Ramadan, Yom Kippur), reflection about our own lives, making amends, etc. It is a traditional time to focus on balancing the body.

The recipes included in this e-book include ingredients available mostly during late summer and autumn, with a specific focus on herbs and spices that can strengthen your digestive system, increase your immunity while enhancing the flavor and taste of your smoothies. Enjoy!

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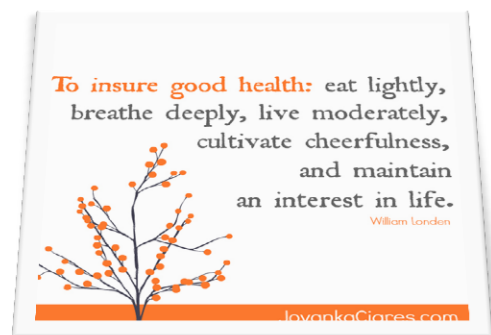
Ingredients That Keep You Feeling Warm

Warming Herbs and Spices

<ul style="list-style-type: none">• basil• bay leaf• black pepper• caraway• cardamom• cayenne• chili• chives• cinnamon• cloves• coriander seed• cumin	<ul style="list-style-type: none">• miso• nutmeg• onion• oregano• rosemary• spearmint• thyme• walnuts• garlic• ginger• ginseng• fennel
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Fruit In Season

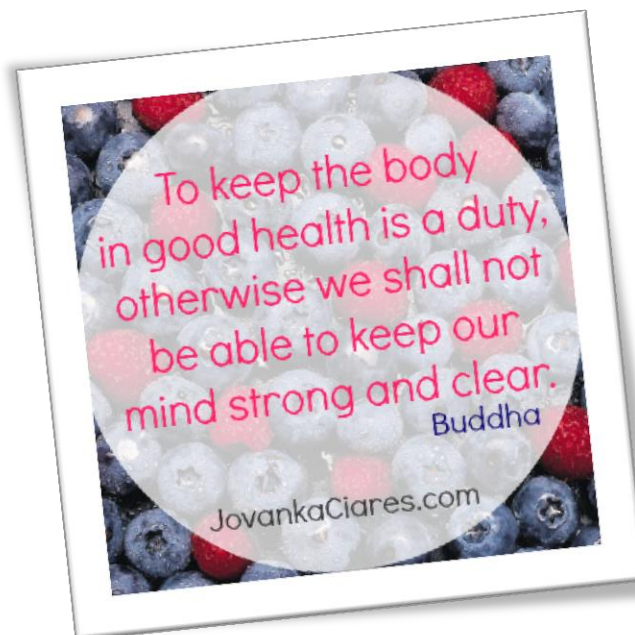
- Apples
- Coconut (milk and meat)
- Cranberries
- Figs
- Grapes (early fall)
- Limes
- Pears
- Peaches
- Persimmons
- Pomegranates
- Quinces



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Vegetables In Season

- | | |
|---|---|
| <ul style="list-style-type: none">• Artichokes (second crop)• Arugula• Beets• Broccoli• Broccoli raabe• Brussels sprouts• Cabbage• Carrots• Cauliflower• Celeriac/celery root• Celery• Chard• Eggplant (early fall)• Fennel• Garlic• Green beans (early fall)• Horseradish• Jerusalem artichokes• Kale• Kohlrabi (late fall)• Leeks | <ul style="list-style-type: none">• Lemongrass• Lettuce• Mushrooms (wild)• Okra (early fall)• Onions• Parsnips• Peppers (early fall)• Potatoes• Pumpkins• Radicchio• Radishes (all types)• Rutabaga• Salsify• Scallions• Shallots• Shelling beans (early fall)• Sunchokes/Jerusalem artichokes• Sweet potatoes• Turnips• Winter squash |
|---|---|



What You Need

An Efficient Blender

A powerful blender is key when doing smoothies on a regular basis. Your smoothies will include leafy greens, root vegetables, hard vegetables, fruits, nuts, seeds and supplements that, when blended together will make for a powerfully nutritious and amazingly tasting liquid meal but if it is not properly blended, it could scar you for life and you may be scared to try some of these fabulous smoothies again.

Brands like Vitamix and Blendtec are considered the Cadillac of the blending world and for good reason: they are the best in the market. And they are also the priciest. These blenders start at \$500. If you can afford one, by all means, get one.

If you are under budget, I would suggest the NutriBullet. It is a powerful blender, extremely easy to use and clean and you can get it for a fraction of the price.



Mason or Other Glass Jars

The traditional Mason jars are perfect for storing and carrying your smoothie everywhere. They are reusable, durable, come in a variety of sizes and are very easy to clean. You can find them in online retailers as well as some department stores.

If Mason jars are not available, find another glass jar with a tight lid that you can easily take with you without worrying about spills.

Spices Galore

Dedicate a part of your kitchen pantry for the amazing herbs and spices that you will add to your smoothies this fall. This will allow for easy access when creating your smoothies. Plus, these warming, extremely powerful herbs and spices will make fall harvest season one to remember.



Reusable Bags

If you are like me, you probably like to clean, peel and pre-package your fruits and veggies once a week for easy access during the morning rush. Get 7 or 8 reusable bags and add all the ingredients for your smoothies in each of them and then store them in the crisper. In the morning, all you have to do is empty the content of the bag, sprinkle some spices, add your milk and blend!



Pumpkin Chai Smoothie

Pumpkins are the perfect vegetable to start celebrating fall harvest. Low in calories and rich in dietary fiber and anti-oxidants, pumpkins are one of the foods recommended by dieticians in cholesterol controlling and weight reduction programs. Chai is a blend of warming herbs (cinnamon, cardamom, ginger, cloves, etc.), all with amazing medicinal properties.

Ingredients (1 serving)

½ cup pureed pumpkin, frozen
½ cup of green grapes without seeds, frozen
½ cup unsweetened almond milk
1 cup organic Chai tea
½ tsp. pumpkin pie spice
1 tsp. vanilla extract
Pinch of nutmeg

NOTES:

Freeze pumpkin and green grapes overnight to make your smoothie cold. Blend all ingredients together until you have achieved desired texture and smoothness.

Optional Nutrition Boosters:

1 tsp. ground flaxseed
1 tsp. maca root powder



Green Apple Pie Smoothie

Apples are a satisfying fruit with phytonutrients that help regulate blood sugar. They are also known to have anti-cancer benefits and help you fight cardio-vascular disease. Fennel provides strong immune response with a high Vitamin C content as well as digestive aid as it helps reduce bloating and gas.

Ingredients (1 serving)

- 1 apple, without seeds
- ½ cup of fennel
- 1 cup unsweetened coconut milk
- ½ teaspoon ground cinnamon
- ¼ inch of ginger root, grounded
- Pinch of nutmeg
- Pinch of Himalayan sea salt
- 2 tablespoons ground flaxseed or chia seeds

NOTES:

Blend all ingredients until smooth; add ice if desired. Add a p inch of C

Optional Boosters:

Chia seeds (protein)



Immunity “Orange-Kale”

Clementine oranges are usually in season in late fall. The kale, oranges and lemon will provide strong dosages of vitamins A and C to boost your immunity and the coconut kefir will add much needed probiotic to strengthen your digestion and immunity.

Ingredients (1 serving)

- 1 cup kale
- 1 clementine orange, peeled
- ½ lemon, peeled
- ½ cup of coconut kefir
- 1 cup unsweetened almond milk
- ½ TSP. walnuts
- ½ tsp. raw coconut nectar

NOTES:

Remove the stem for the kale and pack tightly before blending. Blend all ingredients until smooth; freeze oranges overnight for a colder, thicker smoothie. If allergic to nuts, use sunflower seeds instead.

Optional Immunity Boosters:

Add a small garlic clove for amazing antibacterial and antiviral properties.



Green Pear Pleasure

Pears are a great sweet fall fruit with antioxidant, anti-inflammatory flavonoids, and potentially anti-cancer phytonutrients. The skin of the pear has also been shown to contain about half of the pear's total dietary fiber. Lettuce is a power-house full of protein, calcium, iron and vitamin C.

Ingredient (1 serving)

2 pears without seeds
1 cup of lettuce
1 cup of hemp milk
2 pitted dates
½ cup hemp or coconut yogurt
¼ tsp. nutmeg
A pinch of cayenne

NOTES:

Freeze the fruit before blending for a thicker smoothie. Blend all ingredients together until smooth. Add the cayenne right before drinking.

Optional Nutritional Boosters:

Add steel cut oat to smoothie to boost fiber intake and improve immunity.



The Hormone Balancer

Broccoli is full of calcium, iron, vitamin A and magnesium, all of which can help balance estrogen, balance mood swings and relieve cramps and bloating. Beets are great at helping you oxygenate the blood and increase stamina. The oils in avocados can help reduce inflammation and promote healthy hormone functioning.

Ingredient (1 serving)

- 1 cup of seedless grapes
- 1 cup of broccoli florets
- ¼ inch of beet root
- ½ small avocado
- 1 ½ cup of unsweetened almond milk
- 1 tsp. flaxseed oil
- ¼ tsp. of cloves

NOTES:

Freeze grapes overnight to get a colder, thicker smoothie. Start blending the broccoli florets with milk and avocado and add the grapes last. Add additional grapes if needed for additional sweetness.

Optional Nutritional Boosters:

Add maca powder to your smoothie for a great adaptogen that will balance hormones.



Muscle Elixir

Did you know that most vegetables and fruit have small amounts of protein in them? Adding a variety of plant foods to your diet can ensure that you have your daily requirements of protein even if you do not consume animal flesh. A cup of peas has 9 grams of protein so pea protein is an excellent plant-based option for your smoothies.

Ingredients (1 serving)

- ½ cup of cranberries
- ½ cup of pomegranates
- ½ small banana (optional)
- 1 cup of cabbage
- ½ yellow peppers
- 1 cup of hemp milk
- 1 tsp. pumpkin seeds
- 1 scoop of pea powder protein

NOTES:

Start blending the pepper and banana together. Add all other ingredients and blend until desirable smoothness.

Optional Boosters:

Add chia and hemp seeds for additional protein and turmeric and cinnamon for an inflammatory boost.



Fall Detox Blast

Fall is a perfect time to detox the liver and kidneys with vegetables like celery, beet greens and herbs like turmeric, ginger and garlic. Apples can also help prevent problems stemming from an overly toxic system and citrus can help transform toxins into digestible materials for easy elimination. Finally, the chlorophyll in green veggies help the liver rid the body of harmful toxins.

Ingredients (1 serving)

- 1 cup of beet greens
- 2 stalks of celery
- 1 apple, no seeds
- 1 fig, no seeds
- ½ lime without skin
- 1 cup of rice milk
- 1 pinch of thyme
- Raw Coconut nectar (optional)

NOTES:

Freeze the apple and fig for a colder, thicker smoothie. Add a little freshly squeezed orange juice as an optional alternative to milk.

Optional Detox Boosters:

Add Spirulina powder and a pinch of cayenne pepper to help boost your detox efforts.



Sipping Beauty

Chard greens contain an ingredient that has been shown to clear the skin and health blemishes. Coconut water will provide electrolytes and will keep your skin hydrated. Cocoa powder has anti-oxidant properties that help fight free radical and with it, the signs of aging.

Ingredients (1 serving)

1 cup of chard greens
1 pear, no seeds
1 cup of unsweetened almond milk
1cup of coconut water
1 TSP. raw cocoa powder
A pinch of nutmeg
A pinch of cloves

NOTES:

Blend all ingredients except for the cocoa powder. Add cocoa and some ice (if needed) and blend until smooth.

Optional Beauty Boosters:

Add Goji berries as an alternative to walnuts. They have incredible anti-oxidant and “beautifying” properties.



Fountain Of Youth

Blueberries and green tea are still in season during early fall and are very well known for their anti-aging and cell regeneration properties. Kale and walnuts are considered superfoods with great sources of protein, Omega-3 and anti-inflammatory properties link to improved brain function and a delay in onset of neurological aging.

Ingredients (1 serving)

1 cup of kale
1 cup of blueberries
10 walnuts in halves
1 cup of coconut milk
½ cup of green tea
1 tsp. of cinnamon
Pinch of cardamom

NOTES:

Keep blueberries in the freezer until ready to blend to ensure smoothie is cold. Add all ingredients and blend until desired smoothness. You may choose to add the walnuts at the end if you prefer to chew your smoothie and like to feel the walnuts.

Optional Beauty Boosters:

Add pea protein powder to boost your smoothie. You can substitute the green tea with black or white teas.



Pre-Holiday Harvest Smoothie

Root vegetables like winter squash and pumpkin have a warming, nurturing effect on the body, helping you stay warm and satisfied during fall and early winter. Apples and the non-dairy kefir will aid in the natural detoxification process that is common at this time of the year and the hemp milk will provide a complete protein source that will make this smoothie a great meal replacement.

Ingredients (1 serving)

- ½ cup of winter squash
- ½ cup of pumpkin
- 1 seedless apple
- 1 cup of unsweetened hemp milk
- ½ cup of dairy-free probiotic kefir
- 2-3 spearmint leaves
- A pinch of nutmeg

NOTES:

Boil squash and pumpkins, cut into pieces and then freeze before blending. Add all ingredients and blend until smooth. Serve.

Optional Beauty Boosters:

Add an inch of ginger for additional kick and spice for your smoothie.

About Jovanka

Jovanka Ciales is a bi-lingual wellness expert + nutrition coach based in NYC + LA.

With a rare talent for making healthy living fun, simple + sexy, Jovanka's approach to mind-body wellness has earned her thousands of fans the world over - and regular slots on Fox News, NPR, CBS Radio, Telemundo, The Huffington Post and MindBodyGreen.

Jovanka is the author of three books, and the creator of a transformational online program: [The Clean Foods Diet Method](#). She's been called a "miracle worker," a "total spitfire" and "the woman to call for a wellness smackdown."



Meet Jovanka + sign up for her provocative wellness newsletter, [The Weekly Jolt](#), at [JovankaCiales.com](#).

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