



**Fitness with PJ**  
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## Smoothies

I have a confession to make. I hate cooking. On the other hand, paradoxically, I love food. It's just the process of shopping for the food, prepping the food, putting the food together and then dealing with the food-mess afterwards that I extremely dislike.

In my cupboards, you will find never-been-touched-before casserole dishes and platter plates that we received as wedding gifts well over a decade ago. When you open our fridge, you will notice lots of left over soy packets from my weekly sushi take-out, tons of fruit (because, let's face it, fruit is easy!) and a fine assortment of condiments.

On the odd occasion when I do decide to prepare a meal myself, and give the night off to the many fine restaurants that delivery locally, I will only choose recipes that have no more than three sentences in length, require no more than a handful of ingredients and do not require any special cooking treatments. I do not blanch, sauté or flambé. I will on occasion blend, steam, stir fry or bake – but that's it. And, truth be told, I would never perform all four for one meal. Come to think of it, it is highly unlikely that I would even perform all four in one week.

So, what do I feed my loving husband and myself, you wonder? Easy, simple and healthy dishes, such as Kashi Go Lean cereal (straight from the box for dinner), or goat cheese melted on high-fibre Wasa bread. Now, I know that the last involved some cutting and prep work, but I am willing to endure for a warm meal.

Below are a few of my favourite “recipes” for smoothies that are great for those of you like me who lack the kitchen prowess the rest of population seems to have, or for the culinary genius who is hard-pressed for time and craves an easy snack or meal.

### **PJ's Lunch-time Protein Smoothie (makes 1 serving)**

*This is my weekday lunch time meal. If it is not enough food for you then try it as an afternoon pick me up. This shake is low calorie, low in fat, high in protein and anti-oxidants.*

- 2 scoops of whey protein powder
- 1 cup almond milk
- 3/4 cup purified water
- 1 tbsp ground flax seed or chia seed
- 1 cup frozen mixed berries

### **Artery-Aid Shake (makes 1 serving)**

*All of these ingredients are great for the heart and help lower LDL cholesterol levels.*

- 1 small tub of low-fat vanilla yogurt

2 tbsp of ground flaxseeds

1 c peaches, fresh or frozen, sliced

Honey – to taste

\* can add 1-2 scoops of protein powder to increase the protein

### **Banana Breakfast Shake (makes 2 servings)**

*This is a great tasting smoothie (your kids will love it too) with over 300 milligrams of calcium.*

1 Banana, sliced

1 c skim or 1% milk

1 c nonfat vanilla yogurt

¼ c unsweetened pineapple juice

½ tbsp honey

\* can add 1-2 scoops of protein powder to increase the protein

### **Mocha Madness (makes 1 serving)**

*Replace your Frappuccino with this healthier, chocolately drink.*

4 small ice cubes

½ c low fat vanilla yogurt

1 shot espresso or instant decaffeinated coffee

2 tsp cocoa powder

\* can add 1-2 scoops of protein powder to increase the protein

### **Strawberry Soy Smoothie (makes 2 servings)**

1 c vanilla soy milk

5 ounces silken tofu, firm, chilled and cubed

2 c frozen or fresh strawberries

2 tbsp honey

½ tsp vanilla

\* can add 1-2 scoops of protein powder to increase the protein

### **Strawberry Banana Tofu Smoothie**

Ingredients:

½ cup apple juice

½ cup frozen vanilla nonfat yogurt, peach sorbet, or desired flavor sorbet

4 ounces (½ cup) soft tofu, drained

1 cup fresh or frozen sliced strawberries or peaches

1 banana, broken into chunks

1 teaspoon honey

½ cup ice cubes

Place the apple juice, sorbet, tofu, strawberries or peaches, banana and honey in a blender. Cover and process until well blended.

With lender still running, drop ice cubes, one at a time, through the hole in the lid until smooth.

\* can add 1-2 scoops of protein powder to increase the protein

### **Peanut Butter Power Smoothie**

1/2 cup soy milk

1/2 cup silken tofu

1/3 cup creamy peanut butter

2 bananas — frozen

2 tablespoons chocolate syrup

Combine soy milk, tofu, and peanut butter in blender. Add bananas, chocolate syrup, and any ice cubes if desired. Blend until smooth.

\* can add 1-2 scoops of protein powder to increase the protein

### **Watermelon Smoothie**

*serves one*

2 cups of cut watermelon 1 cup of red grapes 5 ice cubes 1/2 cup of water

#### ***Directions:***

Place all of the listed ingredients into a blender. Blend on high until all of the ice is crushed up to tiny bits. Serve immediately. Tip: If you crush the ice before hand, it makes blending it much faster and easier

### **Peach Papaya Smoothie**

*serves two*

1 1/2 cups frozen papaya 5 frozen strawberries 1/2-1 container peach yogurt 5 ice cubes

1 small banana, fresh or frozen 1 cup soy milk (or rice, almond, hemp) 1/4 cup fruit juice

(pineapple, mango, orange, apple other) ***Directions:*** Add liquids, yogurt, frozen fruit and ice.

Leave out a bit of the liquid to add slowly mid blend. Blend ingredients.

### **Other Ways to Make Your Smoothies Interesting & Healthy:**

- Add a scoop of protein powder
- Silken tofu makes a beautifully light smoothie
- To increase the fibre content add one of the following:
  - 1 tbsp wheat germ
  - 1 tbsp ground flax (make sure you grind your flax seed)
  - 1 tbsp chia seed
  - 1 tbsp salba seed
- 1 tbsp omega-3 oil adds a healthy mix of fat to your smoothie
- Use either fresh or frozen fruit
- Add agave nectar if you want to naturally sweeten your smoothie
- Freeze coconut water in your ice cube tray and use these ice cubes in your smoothies. Coconut water is extremely healthy and for those of you trying to lose weight it can raise your metabolism, making you a better fat-burner.

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