

## BNH Vegetable MASH - Smoothie

Increase your Vegetable Intake with 1 quick Blend

**If using prepared protein powder and greens is prohibitive** for your meal planning, consider making your own vegetable MASH smoothie. The key is making sure you get 1 cup of vegetables from each food group along with Botanicals and other Nutrients.



Ideally, having 20 grams of protein in your veggie MASH smoothie helps prevent binge eating and supports healthy blood sugars and hormone balance.

Consider the following bullet Points when crafting your MASH

- If you make your MASH smoothie in a **base of water**, aim to add 1 scoop unsweetened Protein powder (whey or pea protein) to your smoothie
  - Or if you don't want to use protein powder, aim to eat 3 eggs with your MASH smoothie
  - Or 2 eggs and 1/2 cup of oatmeal or other gluten free grain *avoid grain if following Autoimmune Meal Plan*
  - Or 1 egg and 1 cup of oatmeal or other gluten free grain *avoid grain if following Autoimmune Meal Plan*
- If you make your MASH smoothie in a **base of bone broth**, aim to add 1 scoop of unsweetened Protein powder (whey or pea protein) to your smoothie
  - Or if you don't want to use protein powder, aim to eat 2 eggs with your MASH smoothie
  - Or 1 egg and 1/2 cup of oatmeal or other gluten free grain *avoid grain if following Autoimmune Meal Plan*
- Be sure to add 1 - 3 tablespoons of at least one Botanical or feel free to add several different botanicals as tolerated to your MASH smoothie. See the List Below
- See the Table below for some great Sugar Free Unsweetened Protein Powders to Use:



## Sugar Free or Unsweetened Protein Powders



[Ancient Nutrition - Bone Broth Protein](#)



[Vital Nutrients ProWhey Organic Raw \(Chocolate\)](#)



[Designs for Health Organic Pure Pea Plus Greens & Fruit](#)



[Paradise \(Pea\) Protein and Greens](#)

**20 g = one heaping scoop (included)**

**23 g = 2 heaping Tbsp**

**18 g = 2 scoops**

**20 g = 2 scoops**  
***BNH Favorite***

Supports a healthy gut†  
Supports joint comfort, flexibility and mobility†

- Supports knee comfort and healthy function†
- Supports healthy joint space†
- Joint-health benefits reported as early as 3 weeks†
- Supports key areas of joint health†

- 23 g of protein per serving
- Supports lean muscle mass\*
- Free of the Recombinant Bovine Growth Hormone\*
- Contains no antibiotic residues\*
- Includes naturally occurring immunoglobulins, which support the immune system\*

PurePaleo™ Protein is a novel, great-tasting, dairy-free protein powder, yielding 26 g of protein per serving. It contains HydroBEEF™, a highly concentrated, pure beef protein. This product contains beef from animals raised in Sweden without hormones or antibiotics, and is free of any GMO grains, grasses, and/or ensilage. PurePaleo™ is an ideal protein for those who:

- want a true Paleo protein source
- want the power of beef to build muscle, cartilage & ligaments
- are dairy sensitive
- Made with non-GMO ingredients.

**ORAC (Oxygen Radical Absorbance Capacity) Energy Protein & Greens:** Just one serving contains 20 grams of protein, the antioxidant power of over 24 servings of fruits and vegetables and a total ORAC score of over 40,000.

The essential amino acid profile and the plant derived enzyme Aminogen to increase branched-chain amino acids by 250%, increase plasma amino acid levels over 100%, increase glutamine levels by 90%, increase arginine levels by 80%, increase nitrogen retention by 32%, promote lean body mass, aid in muscle recovery, and may provide less gas, bloating and constipation.

## 9 Cups & Counting Vegetables

Choose 1 cup from group A,B & C & (1-3 Tablespoons) from The Botanicals to Make your Daily Vegetable MASH

<p><b>Group A</b> Dark Green Leafy 1 cup</p>	<p><b>Group B</b> Colorful &amp; Roots 1 cup</p>	<p><b>Group C</b> Cruciferous / sulfur / indole / thiol Rich - 1 cup</p>	<p><b>Botanicals &amp; Nutrients</b> To include daily via tea, tinctures, capsules These can be added to smoothies and vegetable Mashs</p>
<p>Parsley Kale Collard Greens Clover Alfalfa sprouts Beet tops Bok Choy All the lettuces (Romaine, Red leaf, butter, iceberg, etc) Limit Spinach (to no more than 2 leaves a day)</p> <p><i>Watercress</i> <i>Parsley</i></p> <p><b><u>NOTE</u></b> The Foods written in <b><i>Brown</i></b> indicate Foods that should be eaten EVERY DAY in your</p>	<p>Celery Carrots Beets Yams Sweet potatoes African Yam Red peppers Lemon grass Turnip Tomatoes Red Vegetables Green beans</p> <p><i>celery</i></p>	<p>Garlic Mushrooms Onions Yeast Cabbage Broccoli Cauliflower Kale Beet tops Turnip Brussel Sprouts Collard Greens Shiitake mushrooms Maitake mushrooms Leeks Shallots Chives Asparagus Rutabagas</p> <p><i>Broccoli</i> <i>Mushrooms cooked or</i> <i>Mushroom Powders:</i> <a href="#">My Community</a></p>	<p>Turmeric Ginger Galangal Slippery elm Rose geranium Lemon grass Clover Alfalfa sprouts Freshly ground flaxseed Chia seeds Green tea Rooibos tea Psyllium Moringa</p> <p><i>Green tea, Coconut oil</i> <i>Pomegranate, Blueberries</i> <i>Lemon / lime</i> <i>Passionflower /chrysin</i> <i>Ashwagandha, Turmeric</i> <i>Feverfew, Propoli</i> <i>Willow bark</i> <i>Magnolia /honokiol</i> <i>Chinese Skullcap</i></p>

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<p>smoothie is possible</p>		<p><u>Stamets 7 Mushroom Powder</u></p>	<p>Cat's Claw, Licorice White Willow Bark Chaparral, Resveratrol Quercetin in low doses Berberine, Genistein N-acetylcysteine Melatonin, Vitamin D, Zinc Methylating nutrients: B2, B6, Folate, B12, choline Magnesium, Selenium Inositol, Tocotrienols, Vitamin C (weak)</p>
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## Increasing Fiber is a Game Changer:

- You want to eat 9 cups of a variety Vegetables, low sugar fruits, psyllium, Strawberries, cranberries loganberries, marionberries, Fermented soy, Organic lemon or lime with peel in a smoothie, Red Fruits (As tolerated)
- Oral supplement Short Chain Fatty Acids to support the microbiome can be helpful
- Limit / avoid pea protein as it is estrogenic if you know you are estrogen dominant

## Anti-inflammatory Hormone Balancing Foods:

- Green tea, olive oil, coconut oil, blueberries, cooked mushrooms, pomegranate, all of the cruciferous vegetables, garlic, onions, asparagus, parsley, celery, lemon and lime

## Make a Daily Vegetable Mash or Smoothie 1 - 3 times daily as needed



- Take 1 cup of vegetables from each of the group (plus 1 or 2 foods in BROWN indicated for daily use)
  - Add 1/2 - 1 cup of blueberries or organic berries mixed with blueberries
  - Mix it in a Vitamix or bullet with flax seeds and chia seeds in a base of coconut milk or coconut water or water
  - Black raspberry powder can be added to enhance flavor
- Other powders you may want to add: Organic Whey Protein Powder, Beet Root Powder
- Additional Fats you may want to add if weight loss or the need for weight gain is key: coconut oil (2 tablespoons)
- Drink up the Vitality !



# BNH Vegetable MASH - Smoothie

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## BNH's - 3 Cups Vegetable Mash Smoothie Recipes

BNH - Smoothie Mash #1	BNH - Smoothie Mash #2	BNH - Smoothie Mash #3
1 cup Bok Choy	1 cup Watercress	1 cup Parsley
1 cup or (3) carrots	1 cup cauliflower	1/2 of a small beet
1/2 cup shiitake Mushroom	1/2 cup Maitake Mushroom	1/2 cup shiitake Mushroom
1/2 cup Broccoli	1/2 cup Celery	1 cup Kale
1/2 - 1 cup Bone Broth or Water	1/2 - 1 cup Bone Broth or Water	1/2 - 1 cup Bone Broth or Water
1/2 orange peeled	1/2 orange peeled	1/2 orange peeled
1 cup Blueberries Frozen	1 cup Mixed Berries Frozen	1 cup Blueberries Frozen
1/2 cup pineapple or Mango	1/2 cup pineapple or Mango	1/2 cup pineapple or Mango
1 tsp fresh or dried ginger	1 tsp fresh or dried ginger	1 tsp fresh or dried ginger
1 tsp dried Ashwagandha	1 Tablespoon dried Passion Flower	1 tsp fresh or dried turmeric
1 heaping Tbsp Flax Seeds/meal or Chia seeds Avoid if following Autoimmune Meal Plan	1 heaping Tbsp Flax Seeds/meal or Chia seeds Avoid if following Autoimmune Meal Plan	1 heaping Tbsp Flax Seeds/meal or Chia seeds Avoid if following Autoimmune Meal Plan
<b>Directions</b> <ol style="list-style-type: none"> <li>Place bok choy, carrots, broccoli, mushrooms, bone broth or water, and orange into a blender.</li> <li>Puree until smooth.</li> <li>Add remaining ingredients.</li> <li>Blend again until smooth.</li> </ol> 	<b>Directions</b> <ol style="list-style-type: none"> <li>Watercress, cauliflower, Celery, broccoli, mushrooms, bone broth or water, and orange into a blender.</li> <li>Puree until smooth.</li> <li>Add remaining ingredients.</li> <li>Blend again until smooth.</li> </ol> 	<b>Directions</b> <ol style="list-style-type: none"> <li>Parsley, beats, mushrooms, kale, bone broth or water, and orange into a blender.</li> <li>Puree until smooth.</li> <li>Add remaining ingredients.</li> <li>Blend again until smooth.</li> </ol> 



## Consider Using CSA's for inexpensive high Quality Vegetables for your Vegetable MASH Smoothie ; CSA = (Community Supported Agriculture)

This option may help with high quality meal prep, by providing good quality produce and more at great prices, sometimes right to your door. Check out [Local Harvest](#) to find a CSA in your zipcode.

<https://www.localharvest.org/csa/>



Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Here are the basics: a farmer offers a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a "membership" or a "subscription") and in return receive a box (bag, basket) of seasonal produce each week throughout the farming season.


## Check Out These Farms & Drop Off Points in the DMV

(Click on the Names / Links to learn more)

- [Eco City Farms - Organic Urban Farm in Edmonston, MD](#) - right over the Eastern Avenue MD/DC Line
- [Farm To Family Richmond, VA](#)  
Nearest drop: [Washington, DC/Capitol Hill/Eastern Market](#) (225 7th Street Southeast , Washington)
- [Clagett Farm Upper Marlboro, MD](#)  Nearest drop: [Clagett Farm](#) (11904 Old Marlboro Pike, Upper Marlboro)
- [Karl's Farm Pisgah, MD](#) Nearest drop: [Hyattsville](#)
- [Pale Blue Dot Farm Clinton, MD](#) Nearest drop: [Greenbelt](#)
- [Even' Star Organic Farm Lexington Park, MD](#)  Nearest drop: [University Park](#) (Queens Chapel Rd., University Park)

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- **Good Fortune Farm Brandywine, MD**  Nearest drop: **University Park**
- **Orchard Country Produce and Fruit Farm Gardners, PA** Nearest drop: **Orchard Country Produce Farm Stand @ National Geographic Society (1145 17th Street NW, Washington)**
- **Owl's Nest Farm Upper Marlboro, MD** Nearest drop: **Owl's Nest Farm (2612 Ritchie Marlboro Rd, Upper Marlboro)**
- **Cabin Creek Heritage Farm Upper Marlboro, MD** Nearest drop: **Almost any of our Farmers' Market Location**
- **Breezy Willow Farm West Friendship, MD**  Nearest drop: **NEW!!!!!! Sandy Spring Museum, Olney**
- **ECO City Farms Edmonston, MD** Nearest drop: **Riverdale Park Farmers Market (4705 Queensbury Road, Riverdale Park)**
- **Second Spring Farm Purcellville, VA** Nearest drop: **Mount Rainier**
- **C&T Produce Fredericksburg, VA** Nearest drop: **USDA farmers market (12th St & Independence Ave SW , Washington)**
- **Spring House Farm and Farm Store Hamilton, VA** Nearest drop: **Washington DC (Times and location are specific to each location, Washington DC)**
- **Flying Plow Farm Rising Sun, MD**  Nearest drop: **Maryland Sunrise Farm (100 Dairy Lane, Gambrills)**
- **Nisani Farm Takoma Park, MD** Nearest drop: **Nisani Farm Takoma Park (Lancaster Road, Takoma Park)**
- **Crossroads Multi-Farm CSA Takoma Park, MD**  Nearest drop: **Crossroads Farmers Market (1101 University Blvd. East, Takoma Park)**
- **Spiritual Food for the New Millennium Chevy Chase, MD** Nearest drop: **Cheverly (member's Home, Cheverly MD, Cheverly)**
- **Ferguson Family Farm Parkton, MD** Nearest drop: **Greenbelt, Md (113 Centerway; Roosevelt Center, Greenbelt)**
- **Blades Orchard Federalsburg, MD** Nearest drop: **Riverdale Farmers Market (4650 Queensbury Rd , Riverdale Park)**
- **Shallowbrooke Farm LLC Boyce, VA** Nearest drop: **DC National Guard (2001 East Capital St, SE, Washington)**
- **Bending Bridge Farm Fort Loudon , PA**  Nearest drop: **Captiol Hill DC**
- **Cultivate the City Washington, DC** Nearest drop: **Pansaari (1603 17th St. NW, Washington)**
- **One Acre Farm Boyds, MD** Nearest drop: **Capitol Hill (219 11th St SE, Washington )**
- **McCleaf's Orchard Biglerville, PA** Nearest drop: **Capitol Hill, DC (600 11th St NE, Washington)**

